SHORTS

Dulwich Runners AC
Weekly Newsletter
April 1st 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 1 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar.

Tue 7 Track Session - Crystal Palace Arena
7 for a 7:15pm start £2.50 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
5... Race reports and results
7... Paddock Wood full report
11... Parkrun results
12... Wednesday night routes map

And much more !

TRACK SESSIONS

at Crystal Palace Arena

Tuesdays with Steve Smythe

Improve your speed & strength over all distances, suitable for all standards and abilities.
Be warmed up ready for the session to start at 7.15.
Go to Crystal Palace reception, say you're with Dulwich Runners and you will be given a wristband.
Make your way to the track and pay Ros your track fee (£2.50 per week) Ros will mark the track register. If you want to pay in advance for future sessions.
Sessions have been averaging around 40 people each week this year which is good but it is notable that there are only around 20 regulars and too many are only doing sessions every other or every 3 or 4 weeks.
To get the full benefit of the sessions and get a range of distances and get the body accustomed to speedwork it is important that you attend on a regular basis

LUCKY VEST

tonight April 1st

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 3**

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)

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**

9 April Beckenham Assembly League 7:15 start
26 April London Marathon

NEW RUNNERS ROTA

Many thanks to **Tony Tuohy** 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**

Paul Keating	**01/04**
Doug Keighley	08/04
Laura Lane	15/04
Graham Laylee	22/04

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

SOCIAL SPOT

Apologies for the radio silence it's been a busy start to this year with work, travels and this marathon training malarkey.
Anyway I thought I should give you all an update on what I had planned over the next couple of months to get some dates in your diary..... ***Matt Ladds***

May

Boozy Brunch - Sat 9th 11am
The Great Exhibition, Crystal Palace Rd
Please RSVP to me if you wish to attend by 25th April so I can confirm our booking.
Once we have our marathons out of the way it's time to kick back and relax (well maybe for some of us!) so what better way than a post Parkrun booze up at one of Dulwich's premier pubs featured in Londons Best Bottomless Brunches http://www.buzzfeed.com/ailbhemalone/bottomless-boozy-lunches-in-london#.vqo9aLMaz
Pizza/Pasta Night - Date TBC - Rocco, Dulwich Village

June/July

Summer Picnic - Date/Venue TBC
Always open to suggestions/request so feel free to drop me a line or grab me when I'm down the club
matthew.ladds@uk.zurich.com

A big thankyou to Matt Ladds for arranging a very successful curry night, attended by around 40 members last Wednesday evening

'MARATHON TRAINING SUNDAY SESSIONS'

SUNDAY RUNS, RACES AND REPS

(Provisional – dates and events subject to change)
Includes: middle and long distance multi-terrain / road races
Sunday runs at High Elms & Dulwich Park
Track sessions at Norman Park track, Bromley
Preparation for London Marathon 2015

Weeks to go!	Date	Event / Distance	Information
3	5 Apr	Westerham run	09:00 Grasshopper pub, Westerham – off road 3 hrs +
2	12 Apr	High Elms	09:00 Off road 2 hours +
1	19 Apr	High Elms	09:00 Easy 10m off road
GO!	**26 Apr**	**LONDON MARATHON!**	**CLUB CHAMPS**

for more information contact Steve Wehrle, Claire Steward, Paul Hilton
ParkRuns (5k) take place at 09:00 on Saturday morning in local parks all over the country (incl Dulwich, Brockwell Park, Crystal Palace, Peckham Rye, Burgess Park, Southwark, Hilly Fields) – check out http://www.parkrun.org.uk/ for venues and registration
Alternative / additional race options:

19 April	Thames Towpath 10 (10 miles, Chiwswick)	http://www.west4harriers.com/

Sunday Long Run Group / Spring 2015 Marathon Training

There will be an informal Sunday long run group meeting around 9am in Dulwich Park from the beginning of January onwards. The runs will typically be 15-20 miles and at a range of paces in accordance with training schedules, aiming at runners targeting 8 min down to sub 7 min miling in a spring marathon. Non marathon runners looking to improve their stamina equally welcome.
Contact ian.lilley@gmail.com or ebeprill@yahoo.co.uk to be added to the email distribution list, we will also try to get something up on Facebook each week. ***Ian Lilley***

Another Sunday running group meets each week at 8am prompt at Brockwell Park main gates. Runs are from one hour, with marathon runners extending this towards two hours. We try to visit local points of interest (windmills, cemeteries, riverside etc). Pace is around 8 minute miling.
Andy andrew@28kerfield.freeserve.co.uk
Ros ros@28kerfield.freeserve.co.uk

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

HERNE HILL HARRIERS

TOOTING BEC ATHLETICS TRACK

Tooting Bec Road, London SW17 3NP

Under UK ATHLETICS rules

OPEN TRACK & FIELD MEETING

SATURDAY 4 APRIL 2015

TIMETABLE

NO ENTRY WILL BE ACCEPTED FOR TRACK EVENTS LATER THAN 45 MINUTES PRIOR TO THE SCHEDULED START TIME

TIME	EVENT	AGE CATEGORY (Please ensure junior athletes are eligible to compete in some events, as per UKA age rules)
12.30	HAMMER	MALE AND FEMALE: ALL AGE GROUPS
13.00	SPRINT HURDLES	MALE AND FEMALE: ALL AGE GROUPS
	POLE VAULT	MALE AND FEMALE: ALL AGE GROUPS (EXCEPT U13)
	LONG JUMP	MALE: ALL AGE GROUPS
13.45	100M	MALE AND FEMALE: ALL AGE GROUPS (INC. UNDER 11s)
14.00	DISCUS	FEMALE: ALL AGE GROUPS
	HIGH JUMP	FEMALE: ALL AGE GROUPS
	SHOT PUT	MALE: ALL AGE GROUPS
14.45	3000M	MALE AND FEMALE: SENIOR, VET, U20, U17, U15
15.00	HIGH JUMP	MALE: ALL AGE GROUPS
	SHOT PUT	FEMALE: ALL AGE GROUPS
	LONG JUMP	FEMALE: ALL AGE GROUPS
15.05	600M	MALE AND FEMALE: ALL AGE GRUPS (INC. UNDER 11s)
15.45	200M	MALE AND FEMALE: ALL AGE GROUPS
16.00	DISCUS	MALE: ALL AGE GROUPS
	TRIPLE JUMP	MALE AND FEMALE: ALL AGE GROUPS
16.30	300M	MALE AND FEMALE: ALL AGE GROUPS
17.00	1500M	MALE AND FEMALE: ALL AGE GROUPS
****** **ELECTRICAL TIMING** *******		
ENTRIES ACCEPTED ON THE DAY		**£3.50** per event Under 20 and Lower Age Groups **£4.50** per event Senior and Veteran

HHH 2015 Open Meetings: May 4 (May Day Holiday Monday), July 25, August 29

For any further information contact
Steve Bosley on **0208 687 0386 / 07721 555 688**
or by email: stevebosley1@aol.com
www.hernehillharriers.or

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
Apr	9	Assembly League Beckenham start 7:15pm		Beckenham
	26	London Marathon (or alt. marathon)	long	London
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).

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 can do, let Steve Smythe know on steve.smythe@athleticsweekly.com who will advise the captains who will select the team.

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 .

Serpentine 5k- Friday 27

Conditions were perfect for the second month running for the regular last Friday of the month 5k race in Hyde Park. Dulwich participation was rather depleted this month due it being 48 hours before the Paddock Wood half. It will be the same story next month with it being just before the Marathon- oh well less competition I guess!

Being a new parent, sleep deprivation is still very much prevalent, but I have managed to fit in some more training in recent weeks, and this was rewarded with a well paced season's best and a top 15 finish in what is almost always a decent standard race.

Ross Rook has been struggling with injury in recent weeks, and as a result of this race pulled out of Paddock Wood- but not before an excellent PB here. He is a vastly improving runner who I'm sure is heading for a good summer.

Next in was Ian Lilley with a very welcome return to racing after two months out with a stress fracture. He wisely eased his way back in to test the injury, and got faster each mile and then closed out with his trademark sprint finish. He happily reported no reaction to his injury- and is now looking forward to returning to full training following a two week break in the Maldives- alright for some.

Finally there was a good return to the Serpentine 5k from Steve Williams after a break of some months and he only narrowly finished outside the 20 minute mark. ***- Paul Devine***

15	Paul Devine	17:34
29	Ross Rook	18:19 (pb)
63	Ian Lilley	19:20
83	Steve Williams	20:06

Bateman's Bay 5k, NSW, Australia, 28 March

This low key event was part of a weekend of triathlon and related events in this idyllic coastal location, around 3 hours drive south of Sydney. Sadly, logistics ruled Clare out of the sprint tri, which she would obviously have loved to have competed in (and done very well in as the results subsequently revealed), but this was decent compensation for the family unit.

Star of the show was Alexander who beat 19 minutes on a flat out and back course in 25 degree heat and was 2nd overall. Clare was first vet by a country mile and Mike was second in his category which meant that each got presented with medals, by an English bloke, in a subsequent presentation, which was nice. ***- Mike Dodds***

Alexander Dodds	18.52
Clare Wyngard	22.38
Mike Dodds.	23.08

Paddock Wood Half Marathon (Club Championship), Sunday 29th March

Tony Tuohy writes.....

A chilly, wet and very windy day greeted 41 Dulwich Runners on the one-hour-shortened first day of so-called British Summertime for the latest round in this year's club championship.

The normally fast course at Paddock Wood is just a tad harder in the second half but this was exacerbated by hitting the strong wind head-on for much of the last three miles, which certainly caught a few out (guilty, m'lud). Judging from those runners who had already shown form in a half marathon recently, it's safe to assume that the conditions added a minimum one and a half minutes to most runner's times, and in some cases a good deal more.

Charlie Lound had an unusually bad day at the office a few weeks ago in the Sidcup 10 but made a resounding return to form here, and surely would have threatened his 1:15:42 PB, set here in 2012, if conditions had been more benign. Passing 10 miles well over two minutes faster than he ran at Sidcup, he had already caught and left me at halfway (more on that in a minute....) and now also caught and passed Tom Marshall (1:15:54 PB at Brighton only last month) who himself was having a pretty decent run. On a day like this even Charlie's expert pacing resulted in a second-half loss of a minute-and-a-half, with Tom losing about two minutes, which seemed to be a fairly common story. Mind you, I'll raise you a minute on that myself, did anyone else lose more than three....?

I had plans to attack my PB and Dave Beaver's M50 club record by going under 1:17 and, completely ignoring the weather, set out with fast intentions. After the start, I found myself in the front group feeling like I was cruising and probably completely forgetting I had 13 miles to run. It surely couldn't last, and didn't, but I still felt OK at halfway in 38:06 and congratulated myself that I could lose a whole minute in the second half and still bag the PB. What a laugh. Soon after this Charlie passed me and I made a brief but doomed attempt to jump in his slipstream, which made me realise I was actually slowing fairly drastically. Ten miles in 59:20 still wasn't bad, under 1:18 still looked straightforward, but the last three miles into that wind made a joke of that intention and I lost another minute, but did at least cling on to the 1st M50 prize.

While draped over a fence trying to recover I looked up in time to be treated to a flat-out sprint finish between Steve Davies and Mark Lacey with Steve getting the nod in the results, but both given the same excellent time; a brilliant debut for Mark and a great PB for Steve as his marathon preparations near completion. Close behind was J-G with another good time, but who had a very hard last few miles after going with an early fast pace similar to mine but later being caught and passed by Steve and Mark. Charlie, J-G and myself often run together on a Wednesday night – you chose the wrong pacemaker from our little group J-G.....!

Next in was Clare Elms with a strong run that was, just like Tom, about two minutes down on her Brighton Half last month (which tops this year's W50 rankings by four minutes). She also reported finding the last few miles very hard, but was still moving well enough to distance herself from Tim and Ebe, who she'd been running with for much of the race. She did a bit of extra weight training at the presentation trying to juggle her prizes – the large annual trophy for winning the ladies race, a slightly smaller copy to keep, a large silver platter for 1st W45 and a plaque or medal or something (I can't notice everything) for being one third of the winning Dulwich team. The trophy cabinet's not big enough anymore, she's having an extension built.

Being beaten by the Beckenham Legend is no disgrace, and Tim and Ebe had quality runs; Tim's debut shows he's going from strength to strength while Ebe somehow contrived to squeeze a nine second PB out of the awful conditions. Marathon training is still right on course. James Burrows ran his hard half marathon last week at Reading, an excellent PB of 1:24:05, as he's running an earlier marathon than London, so took things relatively easily here, enjoying himself while all around him were gasping. Claire Baglin had an excellent run just outside 1:30, a minute short of her PB from four years ago, but certainly a PB-level performance in the conditions, and she was rewarded as second counter in the winning Dulwich team. Toby de Belder hasn't raced much lately but his fitness appears to be well up to his usual levels and he ran strongly.

Ellie Horrocks has been getting consistent training in all winter, including frequent sessions with the Tuesday night track group, and it shows. She ran a pretty sensational nearly-6 minute PB, a superb improvement over five months, especially in the conditions, and was pleasantly surprised to find herself joining Clare and Claire as the third counter in the winning team. Mike Fullilove and Nicola Richmond moved out of their comfort zones and up in distance, recording solid debut runs, and were followed by a host of great PB runs from Helen (2 minutes!), Selma (4 minutes!), Yvette (8 minutes!), Michelle (4 minutes!), Matt (7 minutes!), Laura Lane (3 minutes!), Des (5 minutes!), Pat (2 minutes!) and Paul Hilton (3 minutes!). Laura Vincent managed to outdo Ebe's nine second PB by beating her own by just two seconds! All really good runs and a testament to a lot of hard training. Jim, Gary and the two Grahams all had good solid runs, as did Ameet, Claire Steward (first race this length for two years), Lucy Cartlidge (similar to debut just 2 weeks ago), Lucy Clapp (good debut), Barrie John, Paul Keating, Lindsay Annable, Steve Wehrle and Karina Burrowes.

Special mentions: it's great to see Clare Osborne in a race again, especially of this length, after only being able to manage the odd parkrun for the last two years with a persistent long-term injury. And Alastair Locke; expected to be fighting it out at the head of the Dulwich race, the onset of a knee niggle after only a few miles meant a wise bail-out rather than jeopardise his marathon preparation. That's what he said anyway. DNF Alastair, that's spelt D - N - F.....

Paddock Wood 1/2M Club Championship
Sunday 29th March

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Tony Tuohy

2015 champs categories
PADDOCK WOOD 1/2M

1 Overall winner	CLARE ELMS
2 Fastest man (excluding overall winner)	CHARLIE LOUND
3 Fastest woman excluding overall winner)	CLAIRE BAGLIN
4 First Senior Man (excluding above)	TOM MARSHALL
5 First Senior woman (excluding above)	ELLIE HORROCKS
6 First M40 (excluding above)	STEVE DAVIES
7 First W40 (excluding above)	NICOLA RICHMOND
8 First M50 (excluding above)	TONY TUOHY
9 First W50 (excluding above)	CLAIRE STEWARD
10 First M60 (excluding above)	BARRIE JOHN NICHOLL
11 2nd Age Graded (excluding above)	EBE PRILL
12 3rd Age Graded (excluding above)	MARK LACEY
13 Captains' award	MATT LADD

	Time			Chip
24	1:17:26	Charles Lound		1:17:24
27	1:17:50	Tom Marshall		1:17:48
34	1:18:56	Tony Tuohy	1st M50	1:18:56
40	1:19:22	Stephen Davies	PB	1:19:20
41	1:19:22	Mark Lacey		1:19:21
45	1:19:49	John-Gabriel Harrison	PB	1:19:49
61	1:22:30	Clare Elms	1st SW, 1st W45	1:22:28
67	1:22:57	Timothy Bowen		1:22:54
81	1:24:26	Eberhard Prill	PB	1:24:23
139	1:28:03	James Burrows		1:27:41
171	1:30:18	Claire Baglin		1:30:14
187	1:31:11	Toby De Belder		1:30:50
197	1:31:40	Ellie Horrocks	PB	1:31:19
201	1:31:45	Michael Fullilove		1:31:30
233	1:32:49	Nicola Richmond		1:32:32
239	1:33:06	Helen Lister	PB	1:32:45
277	1:34:56	Jim Dowsett		1:34:34
383	1:38:34	Gary Sullivan		1:38:29
411	1:39:31	Selma Benattia	PB	1:39:09
427	1:40:01	Yvette Dore	PB	1:39:01
447	1:40:45	Michelle Lennon	PB	1:40:28
458	1:41:00	Matthew Ladds	PB	1:39:56
484	1:41:41	Graham Laylee		1:41:19
493	1:41:49	Graham Stanton		1:39:59
519	1:42:55	Laura Lane	PB	1:42:28
544	1:43:54	Lucy Pickering		1:42:55
713	1:48:12	Ameet Patel		1:48:08
722	1:48:28	Claire Steward		1:46:39
773	1:49:46	Lucy Cartlidge		1:49:19
779	1:50:02	Lucy Clapp		1:49:04
804	1:50:49	Barrie Nicholls		1:50:20
862	1:52:28	Laura Vincent	PB	1:50:40
918	1:53:22	Desmond Edwards	PB	1:52:23
929	1:53:45	Patrick McMorrow	PB	1:52:48
955	1:54:40	Paul Keating		1:52:51
963	1:54:49	Lindsey Annable		1:54:20
1071	1:57:42	Steve Wehrle		1:56:50
1143	1:59:23	Paul Hilton	PB	1:57:13
1447	2:08:50	Karina Burrowes		2:07:50
1565	2:12:30	Clare Osborne		2:10:39

DNF Alastair Locke
2061 finishers

European Masters Champs Indoors Torun, Poland

As reported last week, Ros won gold medals in her first two races, over 3,00m and 400m…

W65 800m 26.03.15
After her earlier victories, there was pressure on Ros to add to these in the intermediate distances. In the 800m there was a different Dane to race against, Jensen, a previous champion. Ros let her take the lead at a slowish pace, passing 400 in 1.34 and 600 in 2.21, with a Swede and Dutch woman Van Dijk following closely. At the bell Ros kicked ahead in front, with Jensen and Van Dijk chasing but gradually falling behind and the third gold was won by nearly two seconds.

1 Ros Tabor	2:58.58
2 I Jensen (Den)	3:00.54
3 A Van Dijk (Ned)	3:01.75

W65 1,500m 27.03.15
World record holder Angela Copson had arrived for this race but also chose to run (and win) the cross country starting only an hour beforehand. The Dane, Jensen, took the lead, as in the 800m, with Ros following closely and Copson tracking her. This continued at a slow 6m15-ish pace until 250m to go. Copson attacked first, prompting Ros to respond. They overtook the Dane just before the bell and Ros was able to get the inside lane there, level with Copson. Ros then kicked ahead (a familiar story) and built a decent lead, with Copson trying but trailing by over a second at the end.
So four races, four gold's for Ros, winning all distances from 400m up to 3,000m.

1 Ros Tabor	5:58.92
2 Angela Colson (Rugby)	6:00.25
3 I Jensen (Den)	6.04.99

M55 Cross Country 4.2k 27.03.15
GB had only one m55 runner and several m60's, so Andy was asked to drop down to the younger race to try for a team medal. The opposition was Spain, Poland, both stronger on declared best times, and Finland. The course was three laps - tarmac straight, sandy straight, sandy hill, twisty firmer sections in pine woods and back onto tarmac - adding up to less than the advertised 5k.

The weather was cold, wet and breezy. Andy wasn't able to stay with the Finns but managed to attack the hills reasonably well and finish 2nd Brit. First Brit was England XC manager Alex Rowe, half a minute ahead of the first Finn, with Andy half a minute behind the third one and the other Brit well back, so the team came 4th.

19 Andy Murray	18:19

27 ran.
17th fastest time of 34 m60's

The championships were held in a brand new stadium with excellent running, viewing and other facilities. When not at the stadium we spent most of our time in the old town section of Torun, a UNESCO heritage site, with many medieval and gothic buildings. Eating and drinking was very cheap and we enjoyed local gingerbread, cheesecake and craft beers. We also managed a couple of train trips, to Bydgoszcz for Parkrun and to a spa town.

Upcoming masters championships are non-stadia (10k/half marathon) in Grosetto, Italy, this May, world outdoor track plus marathon and half in Lyon in August, world indoors in Ancona, Italy next March- bmaf website has links.

The Euro Masters championships were held over six days in a brand new indoor stadium, apparently now tge major such facility for Poland. Media interest centred around the oldies - GB's Charles Easter sprints at well over 90 and raced against Poland's Stan Kowalski (104 years old), who was chauffeured around town. Ros's 1500 was delayed by a 70+ Norwegian woman athlete sitting on the track being filmed. ***- Andy Murray***

EUROPEAN MASTERS INDOOR CHAMPS TORUN, POLAND

Mike Mann reports:

Having been slightly disappointed with my 3000m time earlier last week, following too fast a start, the next challenge was the 800m heats.

Heats in these championships can be quite fraught, particularly with only 2 automatic qualifiers from each of the 2 heats plus 5 fastest losers. In the event these worries proved misplaced as I tucked in behind the leading Dane in the first heat at a very comfortable pace until the final 100m when I was overtaken by one of the fast Dutchman, but finished not far behind in 3rd place. Although the winning time in the 2nd heat was slightly faster, I qualified easily and felt I had quite a bit left in the tank.

As with the 3000m, the 800m final was a blast as the flying Dutchman Cees Stolwijk, who had achieved a world record in the 3000m, went off at frenetic pace, pulling along the rest of the field in the process, and setting a European record of 4:43. Although towards the back of the field and disruted through sharing a lane with a German who went off in front of me very fast until slowing at the lane break, my first lap was just over 35 secs. I then slowed to around 40 sec pace but managed to improve my season's best by around 4 seconds.

My final race, the 1500m was against many of the same competitors, including Stolwijk who was looking to improve on his own record set a few weeks ago. I tucked in behind Irish competitor and friend, Pat Timmons, completing the first 3 laps rather too fast at 40 second pace. Thereafter our pace slowed to around 43 secs until the final lap when I managed to overtake Pat, finishing around 4 secs inside my recent time at the BMAF champs.

With most of the M60 and M55 middle distance races won at a slower pace than the M65s, I began to crave for some slower tactical races, where positions can be more of a lottery, but it was clear from the outset that this was wishful thinking. With long gaps appearing early on in all my races, my positions were largely pre-determined and it was largely a question of running for times, which worked pretty well in the 2 shorter races, though not in the 3000m. My 800m form at earlier races at Lea Valley had been pretty poor,but I have now gone some way towards exorcising that demon.

Both the venue and town were excellent, the only disappointment being the clash between the cross country and 1500m held on the same day. The cross country was held on a course consisting of shorts hills and soft sand which would have suited me perfectly, but I decided to concentrate on the 1500m.

800m Heats
2:40.03 (3rd)
800m Final
2:36.71 (6th)
1500m
5:13.40 (5th)

March 28th

Brockwell

274 ran

Pos	Gen		
9	9	Lewis Laylee	18:25
29	2	Ola Balme	20:20
56	3	Anna Thomas	21:46
135	22	Katie Styles	24:47

Bromley

397 ran

Pos	Gen		
2	2	Alex Elms	18:20
33	29	Stephen Smythe	20:45
274	205	Peter Jackson	28:52

Bushy

Chris Vernon writes:

For my 150th parkrun I thought I would make my first visit to the "Mother Run" at Bushy where the parkrun saga started. This visit turned out to be quite fortuitous as they are about to change the course after nearly 11 years, to prevent damage to the trees. This is not surprising after nearly 300,000 runners have pounded the earth for a total of nearly 1.5million kilometres.

On a chilly March morning, Sue and I took the parkrun recommended "green route" i.e. public transport, to South West London. The organisers were well prepared for a large crowd with plenty of volunteers and a PA system. After the usual greetings we set off only 5 minutes late.

The wide grassy start allowed everyone, including the kids, buggies and dogs, to set off at their own pace. Eventually, the track gradually narrowed for the 1 lap trip around the park, so none of the dreaded lappery here.

The scenery was very familiar from our marathon training days with the herds of deer hardly giving us a second glance and the parakeets squawking overhead

I have never seen so many 50, 100 and 250 t-shirts. Apparently, there is a Bushy parkrun rule which says you have to wear your senior parkrun t-shirt, i.e. 250 or 100 at home and only wear any others as away kit, so not much room for club kit! Worry not dear reader we wore the red and two blue hoops with pride.

Club representation is very sparse at Bushy, except for a few Stragglers, Serpies, Ranelagh and 26.2 who are the locals. Surprisingly, only 16 DRs have ever run Bushy.

I managed to pass one old guy in a 250 shirt who turned out to be in his late 70's but with a PB of 24 mins which could have been set 11 years ago. He was not the only former athlete plodding around at the back.

After rounding' the big tree' it took me an age to reach the finish but I managed it without walking and took a few scalps along the way, ending up 5th in my age group. Sue was well ahead and was pleased with her run, ending up 2nd in her age group. She is looking forward to her 70th at 70 in a few weeks.

Will I get my 250th t-shirt before my 75th birthday? Hmm I am not sure!

998 ran

Pos	Gen		
840	274	Susan Vernon	32:03
948	613	Chris Vernon	36:37

Bydgoszcz, Poland

After hearing from another competitor at the championships in Torun that she and her son intended to do this parkrun, Andy and I decided to investigate.

We found that an early train would arrive in time, so once Andy had got his barcode in an internet café (cost about 2p), we decided to go too. We were greeted by friendly volunteers, some of whom had run parkruns in the UK, and who took several photos of us.

The course was on paths, a narrow figure of eight in a wood alongside a canal, crossing at a lock, plus a lap of a football pitch. As the run is still quite new we both got age group records and I also got the age grading record (92.23%).

- Ros Tabor

56 ran

Pos	Gen		
20	2	Ros Tabor	22:19
19	18	Andy Murray	22:19

Crystal Palace

157 ran

Pos	Gen		
12	12	Andy Cottrill	20:16
32	30	Stephen Davies	22:10
60	7	Belinda Cottrill	24:12

Dulwich

147 ran

Pos	Gen		
9	8	Simon Burnett	18:55
73	62	Mick Mead	24:50
103	26	Stephanie Burchill	26:41

Hilly Fields

132 ran

Pos	Gen		
21	21	Gary Sullivan	22:00

Peckham Rye

99 ran

Pos	Gen		
9	8	Rob Cope	19:25
17	16	Michael Fullilove	20:05

Riddlesdown

91 ran

Pos	Gen		
1	1	Paul O'callaghan	17:53
13	1	Ange Norris	21:21
23	22	Peter Gibbons	23:39

Nonsuch

494 ran

Pos	Gen		
38	36	Nicholas Brown	20:15

St Albans

342 ran

Pos	Gen		
45	40	Chris Goodman	20:50

Warszawa-Praga , Poland

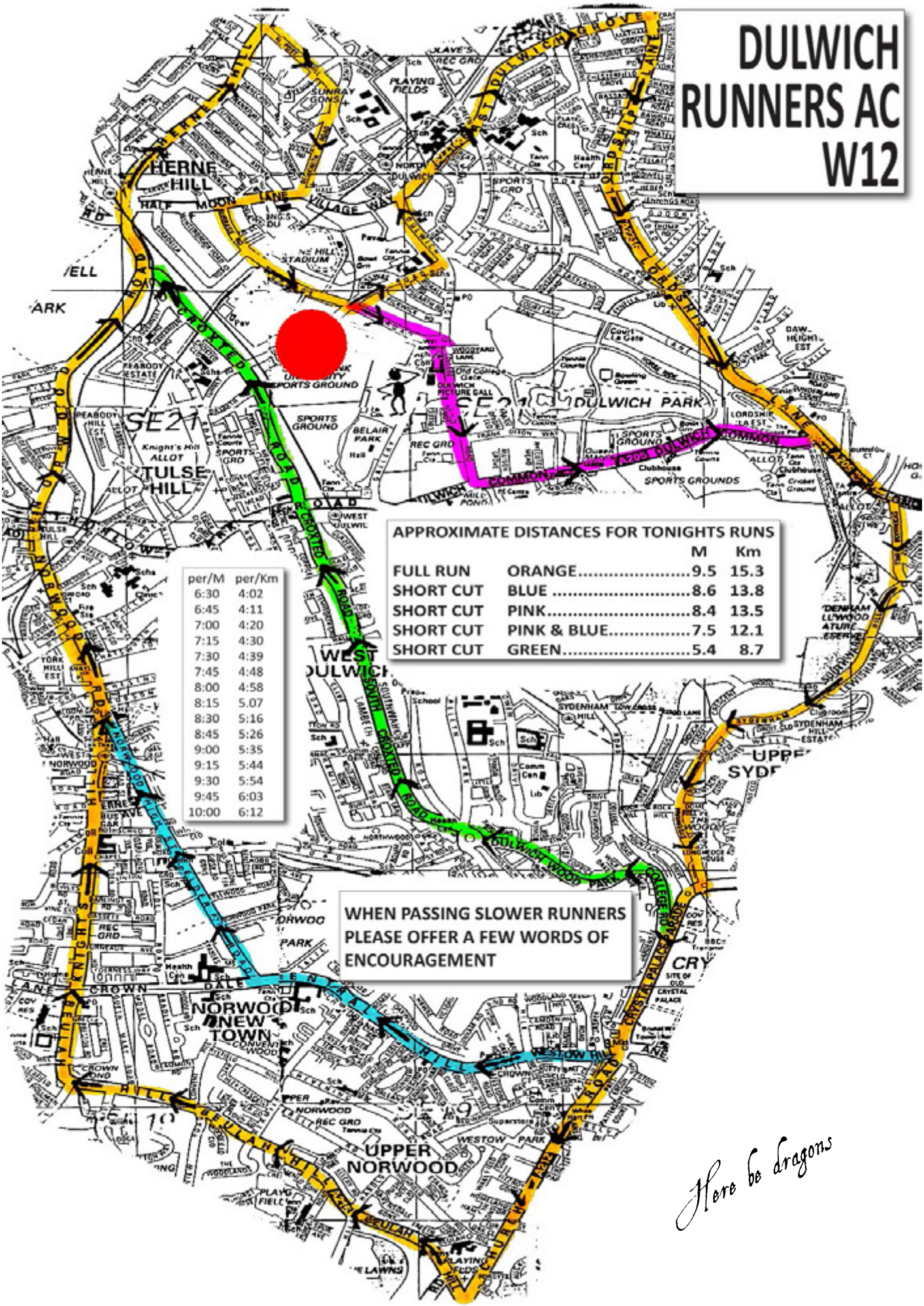
112 ran

Pos	Gen		
19	1	Sarah Cross	21:32

New members especially ! and others....

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

DULWICH RUNNERS AC W12



APPROXIMATE DISTANCES FOR TONIGHTS RUNS		M	Km
FULL RUN	ORANGE	9.5	15.3
SHORT CUT	BLUE	8.6	13.8
SHORT CUT	PINK	8.4	13.5
SHORT CUT	PINK & BLUE	7.5	12.1
SHORT CUT	GREEN	5.4	8.7

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

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT