SHORTS

Dulwich Runners AC
Weekly Newsletter
February 25th 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 25 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 03 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... Nationals Cross country reports and results
10... DR Cross Country Champs results and tables
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.
Please be warmed up and ready for the session to start at 7.15.
You need to go through the Crystal Palace reception check in where you say you are with Dulwich Runners and you will be given a wristband.
When you get to the track itself, Ros will be there to collect your track fee (£2.50 per week) and mark the track register. If you want to pay in advance for future sessions that is fine.

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**

Mar	8	Sidcup 10 club champs
Mar	29	Paddock Wood 1/2M club champs

Dulwich Runners Annual Membership Due

If you do not renew your 2015 membership then you cannot compete as a Dulwich Runner in any races, XC, club champs and any other events
You must RENEW ASAP
You will have received by email or post your membership renewal reminder for 2015.
If not then contact me asap **barry@bg1.co.uk** or see me at the club on a Wednesday evening
You can now pay direct online

NEW RUNNERS ROTA

Many thanks to **Natalie Davys & Mike Mann** 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 needed	**25/02**
Sharon Erdman	4/03
Paul Hilton	11/03
Emma Ibell	18/03

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 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)

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.....

March

Curry Night - Late March TBC - Surma
Back by popular demand, watch this space for the date.

May

Boozy Brunch - Sat 16th (TBC) - The Great Exhibition, Crystal Palace Rd
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/bottom-less-boozy-lunches-in-london#.aiwWVJVBa - Nuff said

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

Ola Balme
Sports & Therapeutic Massage

Do you suffer from a sporting injury, shoulder strain, backache?

What could you benefit from?

- Deep Tissue Massage
- Massage to alleviate muscle fatigue
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- Maintaining your fitness and well-being

Ola is an experienced Sports Massage Therapist and club runner.
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

DULWICH RUNNERS KIT STOCK CLEARANCE SALE

There will be a sale of old style kit - vests, short and long sleeved shirts.

Now is your chance to buy an extra vest or long sleeved training top.

Limited sizes - all items £10.

Available on Wednesday nights,
or email 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

Sidcup 10 - British Masters Championships

The next club championships is the Sidcup 10 on March 8 and this race includes the British Masters Championships. Potentially Dulwich could do well in this - it is open to all men and women aged over 35 but you need to enter officially through the BMAF.

http://www.xchangecms.co.uk/index.php?option=com_content&view=article&id=12&Itemid=192

it doesn't cost any extra but you may need to enter through the BMAF and get a refund off Kent AC if you wish to challenge for individual British Masters medals and score in Dulwich's team if you have already entered.

So far only a few Dulwich Runners - Duncan Wilson, Steve Smythe, Andy Murray and Ros Tabor have official Championships entries for the event when potentially we could have 40.

For all runners aged over 35, I recommend being a BMAF member - the cost is minimal - joining Veterans AC is the best option of getting into the Masters movement officially.

Ros is the secretary and can give more details.

http://www.vetsac.org.uk/

'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
8	1 Mar	Norman Park	09:00 Road route to Tatsfield and return – 18m
7	8 Mar	Sidcup 10 (DR club champs race)	10 mile race –Sidcup 10.00
6	15 Mar	Dulwich Park	09:00 Road run to Town/City – 20m
5	22 Mar	High Elms	09:00 Off-road 2 hours +
4	29 Mar	**Paddock Wood Half Marathon**	Paddock Wood, Kent- 13.1 mile race
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:

8 March	Finchley 20 miles (Ruislip)	http://www.hillingdonac.co.uk/f20/
15 March	Meon Valley Plod (multi-terrain 21 miles)	http://www.pjc.org.uk/
22 March	Hastings Half Marathon	http://www.hastings-half.co.uk/
28March (Sat)	Date tbc – Orion 15, Epping Forest	http://orionharriers.weebly.com/
29 March	Cranleigh 15/21 (15 or 21 miles)	http://www.mabac.org.uk/
29 March	Tempest 10 / Spitfire 20 (10 or 20 miles)	http://www.eventstolive.co.uk/
29 March	Croydon Half Marathon	http://www.croydonhalf.co.uk
19 April	Thames Towpath 10 (10 miles, Chiswick)	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 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)
29 March	Paddock Wood half marathon (long)
26 April	London Marathon (or alt. marathon) (long)
15 June tbc	Battersea Park 2 miles (short)
21 June	Ranelagh Richmond 10k (medium)
3 or 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**

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 .

Date		Race		Venue
Feb	21	National Champs	mens & womens	Parliament Hill Fields
Mar	8	Sidcup 10	long	Sidcup
	29	Paddock Wood half marathon	long	Paddock Wood
Apr	26	London Marathon (or alt. marathon)	long	London
Jun	tbc 15	Battersea Park 2 miles	short	Battersea
Jun	21	Ranelagh Richmond 10k	medium	Richmond
Jul	10	Mark Hayes Mile	short	Dulwich College Track
Aug	Mon.31	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	19/20	SEAA Road Relays		Aldershot
Oct	4	Middlesex 10k	medium	Victoria Park 10:30
	10	Surrey League match 1		Wimbledon Common
	17	Surrey Masters (tbc)		Richmond
Nov	1	Cabbage Patch 10	CANCELLED	CANCELLED
	7	Surrey League match 2		Walton
	14	London Champs		Parliament Hill Fields
Dec	5	Surrey League match 3	women only	Lloyd Park
		2016		2016
Jan	9	County Champs (Surrey & Kent)		
	16	Surrey League match 4		tbc
	tbc 30	South of England champs		Parliament Hill Fields
Feb	15	Surrey League match 5		tbc
	27	National Champs		tbc

Green = Cross country Blue = Club Champs Black = Misc.

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 .

National XC Championship, Parliament Hill, Sat 21st Feb

Senior Men

I won't bother with the clichéd references to the Somme (oh sod it, I've mentioned the Somme) but saying that the National was a bit muddy may not quite do it justice. I think they got somebody to plough most of the course and then mix in some sort of non-setting glue.

A glance at the top runners' times compared to the better conditions here in the 2012 National showed a slowdown averaging about three minutes, so who knows what that meant for us lesser mortals. When I took off my so-called super-light XC spikes they had quadrupled in weight with all the wet clay clinging to them. I wouldn't know, but hardened veterans of Parliament Hill were relating they'd never known it so bad. Exaggeration? No.....

The National is an EVENT, and I was glad I was finally able to get round to taking part. In fact, the atmosphere on the start-line was a case of, 'Wow, can you believe this race?'; so much so that the Dulwich contingent all forgot to line up in the appropriate manner, in single file back from the startline. We started in a bunch behind all of Kent AC's and Heathside's teams, which I didn't give much thought to at the time.

However, starting only a few yards back probably meant being unnecessarily behind a couple of hundred runners across the start in this particular race and once over 2,000 competitors set off it was elbow-to-elbow for a long time with virtually no opportunity for moving through, even if you were capable of it. Of course, we were never in the hunt for major results, but that basic mistake may have cost a few of us a lot higher placings. It's true, your honour, really.....

Anyway, I was determined to make this race a good experience rather than an ordeal and the aim was to end up with as even a pace as possible for the two laps. The melee at the start was probably a blessing as any temptation to go off too fast was completely scuppered for what seemed like miles. When things eventually opened out a bit I found myself gradually moving through without really trying to – just as well, as I thought any extra effort through that gloop and you could soon find yourself paying for it in short order, either with seized-up thighs or going face-first into the mire.

I tried harder in the last mile while losing a finishing battle with an M50 rival but finished happy enough without being too out-of-it. I even nearly got that negative split I'd aimed for, just 10-12 seconds slower for the second half. What I didn't see was any other Dulwich vests, where the hell were they?

You're in there somewhere !

Charlie was ploughing round in his customary strong manner, re-passing Wayne later on and holding him off to the tune of two seconds. Wayne shouldn't be too disappointed with this as he scored a victory of sorts – he stayed on his feet for a change, and let's face it he was odds-on to go over on this course. His vest was almost clean, don't know how he managed that.

Charlie and Wayne are Dulwich survivors from the 2012 National, and Charlie, who's hardly unfit, was 5 minutes down in the muck this time compared to his run back then, while Wayne somehow lost less than 3 minutes, similar to the elite runners....?. Alastair couldn't get on terms with the front three on this occasion but still ran well – he may be forced to use some excuse about recent illness or something..... Ross Rook only started cross-country this season and has improved with each race and chose the National for his latest blinder, finishing not far behind our three ahead with all four covered by only 46 seconds.

Just a minute back on them was a good showing from Ebe, warming up for his half marathon the following day, just getting the better of comeback man Dave Beaver in his first race for months after injury and illness. He had a somewhat slower run than his victory at Parliament Hill in the London XC Championship in 1978 from a certain Dave Bedford. Not a bad result to have on your CV.....

The rest of the Dulwich team consisted of Duncan Hussey (multiple National appearances, including the last four years), Mike Mann, Gideon Franklin, Duncan Wilson, Bob Bell (experimenting with contact lenses instead of glasses, but lost one before the start), Ian Sesnan (multiple appearances at the National - in fact, upwards of 15 in the last 20-odd years!) and Steve Street, all successfully negotiating the toughest of courses – and believe me, there were plenty of drop-outs today, so well done to all.

550	Tony Tuohy	49:56
709	Charlie Lound	51:42
715	Wayne Lashley	51:44
747	Alastair Locke	52:03
792	Ross Rook	52:28
873	Ebe Prill	53:21
883	Dave Beaver	53:30
1263	Duncan Hussey	57:43
1505	Mike Mann	1:01:12
1532	Gideon Franklin	1:01:35
1691	Duncan Wilson	1:04:35
1819	Bob Bell	1:07:49
1878	Ian Sesnan	1:11:05
1994	Steve Street	1:28:50

2005 finishers
Teams
6 to count
Dulwich Runners 67th of 145
9 to count
Dulwich Runners 46th of 74

-Tony Tuohy

English National Championships, Parliament Hill, February 22

Women's Race
Every club runner should try and participate in the National at least once and there was a record field of over 800 on the famous tough course around the Heath.
Unfortunately quite a few Dulwich Runners entered were unable to take their place but the team did well to make the top 30 with so many absentees.
Claire Baglin ran a well paced run and held her position well and had a strong second lap.
After showing great improvement recently in her parkrun form, **Elkie Mace** went off far too quickly and struggled on the second lap.
Helen Lister continued her very good form with her best run to date.
Cara Oliver was on to be a scorer but suffered an injury on the second lap and had to drop out.
Kim Hainsworth, not a great fan of the mud, eased around to ensure she was the final scorer.
Close behind, **Ros Tabor** had a steady run and was first W65 while Selma Benattia continues her gain in fitness after injury.
Lucy Clapp and **Lindsey Annable** completed the Dulwich team with good runs on a par with their recent cross-country form.
- Steve Smthe

130 Claire Baglin	36:26
148 Elkie Mace	36:54
266 Helen Lister	39:50
408 Kim Hainsworth	42:14
418 Ros Tabor	42:28
485 Selma Benattia	44:32
526 Lucy Clapp	45:17
693 Lindsey Annable	50:44

Cara Oliver dnf
808 finished
Dulwich 29th of 92 completed scoring teams - 301 teams entered
Dulwich's highest ever position is 14th in 2002 - the best in recent years is Clare Elms 39th in 2011.

former first claim members, Catherine Lee was 66th in 34:24, Mel Edwards was 144th in 36:49

National XC, Parliament Hill , U15 Boys 4.5k

After the snow in Sunderland two years ago and the near benign conditions in Nottingham last year, it was back to the ancestral home of cross country running, Parliament Hill. It was here three years ago in somewhat balmy conditions that Oscar started his first National up against boys two years older.

Although we have not had last year's amount of rainfall and the course was surprisingly muddy. Even being the second race of the day, by the time he had crested the first hill, probably one of the most famous hills in all types of running, his face was already mud splattered.

Seeing him battle up the hill took me back to my first Nationals in 1981 when already up against it, being under aged in the age category I was running in, I lost my shoe my within 100 metres of the start and there commenced a very tough day!

The plan was to take the first two hills steady and then take the back half of the course up by Kenwood House a little more quickly. At the top of the second hill, he had achieved this but strangely was ahead of some of those usually in front of him. Up front, the battle was commencing with George Groom, who only finished fourth in the Southerns, pushing the pace ahead.

On the back half of the course, the younger Mohammed brother, Zak, who finished second in the Southerns, made an extraordinary burst and had put a big gap on Groom who was being chased by a pack of five, including James Puxty, Oscar's schoolmate. On the last uphill, Mahamed paid for his efforts and Groom passed him quite easily leaving the pack of five to try to reel Zak in. With Groom winning easily, Zak was able to hold off the challengers in the end, remarkable for a lower aged boy, and Puxty just missed out on third as Henry Boyd from Guildford took bronze.
Meanwhile, just ahead of the middle part of the race, Oscar was having some success on the Kenwood House half of the course and, as the National is always bit of a leveller, was not too far off boys who would usually be quite far ahead. With a good sprint down the final hill, he was pleased with his effort which was his last as an U15 in a cross country.

There were some thoroughly enjoyable junior races, two of which had very dominant winners, Kathleen Faes, who had a bad cold but still won easily, and Mahamed Mahamed. Seeing Mo and Paula Radcliffe compete here as juniors in the nineties, it will be interesting to see if these two make it onto the big stage. ***- Duncan Hussey***

142 Oscar Hussey 18:24
371 ran

Scottish National Championships, Falkirk, February 23

Shona McIntosh had her best cross-country for many years as she made the top 10 to equal her best from 2010 but run 16 seconds faster.
She finished one place down on forme champion Susan Partridge who was 10th in the last World Championships Marathon. ***- Steve Smythe***
10 Shona McIntosh 30:15

The greatest running race you have never heard of !

http://www.telegraph.co.uk/men/active/11429049/The-greatest-running-race-you-have-never-heard-of.htm

Gade Valley Harriers 17miles

Having not managed to do any long runs for a few weeks having been off gallivanting in the U.S. and last weekend in Edinburgh, Karina and I needed to ensure we got some distance under our belts this weekend.

Not a race, but an organised marathon training run organised by Gade Valley Harriers (part of the "trilogy" over Jan, Feb & March at 12, 17 & 20 miles respectively) open to all. The course is marshalled and has water stations, some cake and a cup of tea at the end, all for £5! It makes these training runs a darn sight easier.

A lovely run through the Hertfordshire countryside, you start off with a 3 mile stretch along the canal which was firm under foot due to the previous night's frost, with some icey puddles to navigate. You then cut off the canal path and head onto quiet country lanes, reasonably undulating there were a few uphills that were a bit of a grind but sweeping downhill stretches more than made up for them.

The course also takes you past the Ashbridge Estate which is very impressive. As you come up the hill at c14 miles you hear the cries of "JELLY BABIES, JELLY BABIES" these little chubby faced nuggets of joy were much needed! From here you start a two mile descent back down towards the canal path which you follow back for the last mile by this point though it was pretty muddy which made getting your footing pretty difficult.

It was a very friendly affair and you get a warm welcome from Gade Valley Harriers. So if you find yourself out there during training season or you just fancy a change of scenery from the usual routes it's well worth doing. Karina and I had our confidence buoyed with times of 3.02 and 2.28 respectively in our longest run to date.

Matt Ladds

30th Malta Marathon 22nd Feb 2015

Penelope was encouraged to enter this race when she was there working earlier this year, and is staying on to run a couple of cake decorating courses. So this report is based on a short telephone call.

Flying out on Saturday with a case full of sugarcraft materials and her trainers and a large amount of tape to strap up an injury, she made it to Malta in time to register for her first ever marathon.

Start of the race was 7.30 local time (5.30 GMT) which was made worse by having to be at the start even earlier and then waiting around in the cold. The run itself was mainly into a strong headwind (it's a point to point course) and during the run every type of weather, other than snow, was encountered.

Penelope's comment was "it was hell" but we didn't hear "never again".

Bob Bell

1st Man
Muhammad Hajjy 2:19:28
1st Lady
Samantha Woodward 3:09:06
509 Penelope D'Arcy Graham 4:33:16
645 ran

SOUTHERN COUNTIES VAC INDOOR TRACK CHAMPS, 22 FEBRUARY

For some of us, this was the second of 4 consecutive weekends of indoor track races, but this one was quite a low key event with several age groups combined in many of the races. Both Ros and myself had run the National cross country champs the previous day in a relaxed fashion with the cruise control button firmly pressed but the heavier than usual going must have eventually taken its toll on the legs. Maybe I was having withdrawal symptoms and would have gone better if the organizers had been asked to hire a truck to dump some of the contents of Parliament Hill Fields over the track.

My first race, the 800m was a bit of a disaster, as I went off at my normal pace but was very heavy legged towards the end, and some 8 secs down on last week. There was a single 3000m race combined across men and women and all ages. This resulted in a lot of lapping but the organizers seemed to cope well with the lap counting. I found this pace much easier than the 800m, though my pace faded a bit after some initial 45 second laps.

We both achieved championship bests in our age categories. Ros had a good race, tucking in behind John Batchelor, one of the leading UK M70s until he stretched out in the final lap. The 400m was always going to be a struggle for me, though unlike the 800m, I managed to get the initial pace about right over the first 200m before the lane break, and although slower than a week previously, never felt too uncomfortable. Ros put in another good performance in a competitive race in which she had a good contest with another competitor over the final 100m. -

Mike Mann

800m
Mike Mann 2:48.50

3000m
Mike Mann 11:42.56
Ros Tabor 12:18.67

400m
Mike Mann 77.05
Ros Tabor 76.75

Mudfest at Parliament Hill 21st February 2015

Lindsey Annable writes: Glastonbury came early this year or so it seemed with copious quantities of gloopy mud that would do the festival proud. In fact a fellow competitor who had been running on the course for 57 years claimed it was the muddiest he'd ever seen it. You'd only hear stories like that at the Nationals.

And so how to master the art of gloop running? Chris Vernon opined you had to be young, fit and light so that ruled out Barrie and I on all three counts. It was no surprise then that we struggled at any point where there was mud (i.e. most of the course) but managed to pass quite a few runners on firmer ground. Still it was an honour to be part of this historic event and thanks to all DRs who turned up to support, or supported before and after their runs.

The customary post Parliament Hill drinks followed and all the more reason to celebrate, as it was Barrie's birthday. Thanks for all the birthday wishes, drinks and the cake from Stephen. Afterwards we went to an excellent Italian restaurant near the train station for pasta refueling. The atmosphere was buzzing, with the owner, who looked like he'd just stepped off a stylish yacht on the Italian Riviera, flitting between the tables to greet diners.

When he heard it was Barrie's birthday he belted out Happy Birthday in a strong baritone voice and offered us a glass of champagne.... What a Birthday of contrasts!

South of England Indoor Masters/Vets AC Championships, Lee Valley Sunday 15th February

Tony Tuohy writes...This meeting seems to have become a day for multiple races for our vets, as they try to sharpen up for the more important championships in March.

W65 800m
A great start for Ros, obviously in good shape, who time-trialled her way to a time less than a second outside her European Championship-winning season's best from 2014.
1 Ros Tabor 2:50.36

M65 800m
Mike Mann started his day with a race that was an improvement on his recent mile – but he did get pipped for second in the finishing straight.
3 Mike Mann 2:40.03

M50 800m
About as bad an 800m as I could imagine. 69 seconds at 400m should have been comfortable but the speed just fell away in the last 200m.
3 Tony Tuohy 2:19.02

M65 400m
Mike hadn't run a competitive 400m for years but gave it a fair stab here with a solid performance – leaving a little room for improvement....
1 Mike Mann 73.24

W40 1500m
Nicola signed up for just the 1500m and started her season with a time she called pedestrian – but it's similar to the same fixture last year and she did go on to much faster times.
1 Nicola Richmond 5:24.42

M50 1500m
After the depressing first race things improved a lot in the 1500m where I moved through gradually after a conservative start and just outsprinted a rival who had beaten me by 6 seconds in that earlier 800m.
1 Tony Tuohy 4:35.50

W65 3000m
Ros completed her day with a very decent 3000m, comparable with her first race last year.
1 Ros Tabor 12:23.13

M50 3000
I may be lacking sharpness but at least recovery appears good, as I completed my third race of the day gradually speeding up through 1k splits of 3:20, 3:16 and 3:12.
1 Tony Tuohy 9:48.26

Vitality Brighton Half-marathon, February 23

Steve Smythe writes...This race has been growing in popularity in recent years and over 7000 runners were attracted to a reasonably fast course out and back along the seafront.
The very bad weather with strong winds predicted midweek didn't arrive and while it was breezy, the temperature was cool and ideal.
There were lots of fast times through the race though one runner complained the first half of the race was nearly uphill and most of the first 10 miles was run into a strong headwind!

Tom Marshall doesn't race for the club too often - 19 times in seven years - according to Power of Ten but a 17:17 parkrun last month showed he is in good shape and after starting slowly, he moved through the field to finish 31st and set a new PB. His 80.53% age-grading was a best at any event.

Clare Elms didn't think her foot was up to wearing spikes in the National cross-country so decided to focus on the half-marathon instead.
She started a little too fast and lost out on third place in the second half but it was still her fastest half-marathon for four years.
It was just two minutes outside the British record but was four minutes inside the Club W50 record and worth noting pre Mike Mann, it would have easily been a men's club M50 record.
At 93.70% it is her best ever age-grading for a half-marathon or distance event.
Steve Smythe also went too fast setting his fastest 5km for many years when he was even briefly ahead of Clare before fading on the second half. He just about held on though to run his fastest half for 5 years and he was first M55.

The day after a 20:58 parkrun PB, Laura Long, continued her improvement as she had her best ever race to date to run a big PB of 92:32 on chip.
All the four were wrongly down as Dulwich Park Runners and the other four down as DPR were I think actual members.
31 Tom Marshall 76:00 (75:54 chip) (80.53%)
4W/71 Clare Elms 80:35 (80:32) (Club W50 rec) (93.70%)
101 Steve Smythe 82:45 (82:42) (1st W55) (85.27%)
47W/518 Laura Long 93:14 (92:32)
7675 finished

Tunbridge Wells 1/2M Feb 22

Not a PB (set when I did this course in 2012) but am happy with my time considering I only started running again 4 months ago after a long time off with injury.
Forgotten how hilly it is!

480 Katie Styles 1:44:03

and Tony Tuohy wrote.....

I was reminded by Ebe just a few days before that we had free complimentary places in this race, as we won M50 prizes last year. The prospect of racing a tough-course half marathon less than 18 hours after running the National XC wasn't that endearing but it beats a lone Sunday long run, so why not? In fact I felt OK and ran the first downhill five miles in about 28:30, similar to last year, but the hard hills in miles six to nine reminded me I was by no means fresh. Ten miles passed in a still not-too-shabby 1:01:05 and I got going again quite well to finish only a minute down on last year's effort. I was caught by the first M40 right at the end but was pleased to secure first M50 – mind you, the sponsorship must have got a bit tight this year as last year's prize of a nice sports watch was replaced by a pair of socks. Beggars can't be choosers.

Ebe had the National in his legs too and gauged this as a bit of tough marathon training; he was happy to be less than two minutes down on last year's full effort. Steve Davies however was fresh and hoping for a decent run, which he duly delivered, knocking two minutes off his PB set here last year. Rob Hollands thought he'd just missed his best time but according to Power of 10 he got his PB too. Gideon also ran the National on Saturday, but still got himself round here within a creditable four minutes of last year's effort.

Katie was running her longest race for a couple of years, still improving on her post-injury comeback trail, and managed an excellent time a minute or so ahead of Laura Lane's own excellent and well deserved three minute PB. Behind those were good solid runs from Laura Vincent (first half marathon?) and Pat McMorrow, who just held off Des Edwards' new PB. The Dulwich contingent was completed by solid runs from Paul Hilton and Steve Wehrle with Paul missing last year's time by only three seconds. Steve was a few minutes down but is playing catch-up after a month's missed training due to illness – but you can bet he'll be on the London Marathon start-line again in April alongside the few remaining 'ever-presents' for the 35th edition.

16	Tony Tuohy	1:19:44 1st M50
33	Steve Davies	1:23:46 PB
53	Rob Hollands	1:26:05 PB
65	Ebe Prill	1:26:44
377	Gideon Franklin	1:40:58
478	Katie Styles	1:44:03
509	Laura Lane	1:45:24 PB
716	Laura Vincent	1:50:42
900	Pat McMorrow	1:57:12
964	Des Edwards	1:57:18 PB
1136	Paul Hilton	2:01:46
1212	Steve Wehrle	2:04:58

1558 finishers

Hampton Court 1/2M 23 February

Martin Double

Managed a PB by 32 secs with 1:39:45, chuffed considering the last mile resembled a XC course!

and from Sam Crump....

Toby De Belder also ran as a pacer for 1:40 and finished on 1:39:55 despite having to stop and do up a shoe lace and an unexpected kilometre of cross country the organisers had thrown in with only about 2k to go. He must have had some time in the bank as the going through that section was very poor and he was carrying a massive "1:40" flag which did not mix well with the low hanging branches.

Andrew Bright ran a half marathon PB and was under 1:30 for the first time despite stopping to ask directions after being confused by some unclear signage where the 10k race filtered off from the HM field. He also had an undone shoe lace but elected to ignore it.

I believe Martin Double also scored a PB but afraid I didn't manage to speak to him at the end to get details.

I did not get a PB but like Andrew was confused by the signage and ended up doubling back to ask directions after incorrectly believing I had gone the wrong way. I also suffered an undone shoe lace but chose to stop and do it up.

This half marathon was unofficial so no results on run Britain or power of ten…
2617 ran.

Name	Chip	Gun	Chip Pos.	Gun Pos.	WAVA
Sam Crump	01:24:37	01:28:20	37	72	67.52
Andrew Bright	01:29:43	01:33:25	113	167	63.85
Sarah Cross	01:38:51	01:39:29	365	332	66.14
Martin Double	01:40:32	01:41:13	431	395	59.61
James Wicks	01:42:54	01:43:38	518	475	57.56

Club La Santa

5k race Saturday 21st Feb

5. Lewis Laylee 17:53
Graham Laylee 22:58

14k race Tuesday 17th Feb
Graham Laylee 70:22

DULWICH RUNNERS CROSS COUNTRY CHAMPIONSHIPS 2014-15

1ST WOMAN	CLAIRE BAGLIN
2ND WOMAN	OLA BALME
3RD WOMAN	ANGE NORRIS
1ST FV40	NICOLA RICHMOND
1ST FV50	ROS TABOR
1ST MAN	TONY TUOHY
2ND MAN	WAYNE LASHLEY
3RD MAN	CHARLIE LOUND
1ST MV40	STEVE DAVIES
1ST MV50	EBE PRILL
1ST MV60	HUGH BALFOUR
CAPTAIN'S AWARD	HELEN LISTER

CROSS COUNTRY CHAMPIONSHIPS 2014/15 MEN

Total of 4 best runs

MUST INCLUDE 3 SURREY LEAGUES

NAME	Surrey Lge 1 Newlands 11/10/14	Surrey Lge 2 Ham Lands 08/11/14	S of Thames Wimbledon 22/11/15	Surrey Lge 3 Wimbledon 10/01/2014	Surrey Lge 4 Lloyd Park 08/02/2014	National Champs Parl Hill 21/01/15		Best 4
Tony Tuohy	**50**			**50**	**50**	**50**		**200**
Wayne Lashley	**48**	**49**		**48**	**[47]**	**48**		**193**
Charlie Lound	**[46]**	**47**	**50**	**46**	**48**	**[49]**		**191**
Alastair Locke	**49**	**46**		**49**		**47**		**191**
Steve Davies		**45**	**48**	**45**	**49**			**187**
Ian Lilley	**45**	**44**	**49**	**44**				**182**
Paul Devine	**44**	**48**		**47**	**43**			**182**
Ebe Prill	**43**	**[40]**	**47**	**42**	**42**	**[45]**		**174**
Ross Rook		**41**	**46**	**39**	**44**	**[46]**		**170**
Jim Dowsett	**38**	**36**	**45**		**39**			**158**
Martin Double	**37**	**33**	**44**		**37**			**151**
Hugh Balfour	**39**	**35**		**36**	**40**			**150**
Mike Mann	41				41	42		124
Bob Bell			42		36	39		117
Edwin McCormack	47			41				88
Sam Crump		42			45			87
Tom South		43		43				86
Tim Bowen				40	46			86
Duncan Wilson				35		40		75
Ian Sesnan					35	38		73
Desmond Edwards	36			33				69
Steve Street					33	36		69
Barry Graham		31			34			65
John Gabirel Harrison		50						50
Dave Beaver						44		44
Graham Laylee			43					43
Duncan Hussey						43		43
Rob Cope	42							42
Gideon Franklin						41		41
Mark Foster	40							40
Kevin Chadwick		39						39
Chris Loizou		38						38
Steve Smythe				38				38
Andy Murray					38			38
James Charles		37						37
James Godber				37				37
Barrie John Nicholls						37		37
Joe Brady		34						34
Ed Smyth				34				34
Ameet Patel		32						32

CROSS COUNTRY CHAMPIONSHIPS 2014/15 WOMEN

Total of 4 best runs

MUST INCLUDE 3 SURREY LEAGUES

NAME	Surrey Lge 1 Richmond 11/10/14	S of Thames Wimbledon 22/11/14	Surrey Lge 2 Nonsuch 06/12/14	Surrey Lge 3 Wimbledon 10/01/14	Surrey Lge 4 Farthing Down 07/02/15	National Parl Hill 21/02/15		Best 4
Claire Balgin	**49**		**50**	**49**		**50**		**198**
Ola Balme	**[47]**	**50**	**48**	**48**	**50**			**196**
Ange Norris	**45**	**49**		**47**	**49**			**190**
Anna Thomas	**[43]**	**48**	**46**	**46**	**48**			**188**
Nicola Richmond	**46**		**47**	**45**	**47**			**185**
Helen Lister	**[42]**	**[46]**	**44**	**44**	**46**	**48**		**182**
Ros Tabor			**43**	**43**	**44**	**46**		**176**
Michelle Lennon	**40**	**42**	**42**	**42**	**[40]**			**166**
Lucy Clapp		**44**	**40**	**41**	**41**	**[44]**		**166**
Katie Styles		**40**	**39**	**36**	**42**			**157**
Eleanor Simmons	**35**		**38**	**35**	**43**			**151**
Elkie Mace	44	47	49			49		189
Selma Benattia		45			45	45		135
Claire Sinka	37		41	39				117
Sue Rowlands	32		37	33				102
Clare Elms	48			50				98
Kim Hainsworth			45			47		92
Lindsey Annable		39				43		82
Tereza Francova	41			38				79
Joanne Shelton		41		37				78
Mel Edwards	50							50
Clare Wyngard		43						43
Katie Crowe				40				40
Nicola McIvor	39							39
Charlie Boden	36							36
Linda Byrne	34							34
Claire Steward				34				34
Charlotte Easton	33							33
Stephanie Burchill	31							31

February 21st

Brockwell

222 Ran

Pos	Gen		
32	32	Robert Campbell	20:56
70	8	Lucy Pickering	22:47
145	112	Alex Haylett	26:30
207	74	Susan Vernon	33:25
214	136	Chris Vernon	35:12

Bromley

270 Ran

Pos	Gen		
31	30	Chris Goodman	21:50
45	43	Matthew Ladds	22:27

Crystal Palace

167 Ran

Pos	Gen		
16	16	Andy Cottrill	21:42
31	3	Yvette Dore	22:55
67	9	Belinda Cottrill	24:55
112	92	Paul Hodge	28:36

Dulwich

174 Ran

Pos	Gen		
16	16	Simon Burnett	19:09
39	37	James Wicks	21:29
84	10	Claire Steward	24:22

Orpington

91 Ran

Pos	Gen		
11	1	Tereza Francova	22:59
19	18	Colin Frith	23:50

Peckham Rye

81 Ran

Pos	Gen		
4	4	Sam Crump	18:25
8	8	Kevin Chadwick	19:13
15	15	Michael Fullilove	19:56
19	1	Ellie Horrocks	20:24
32	31	Alistair Clarke	22:42

Preston Park, Brighton

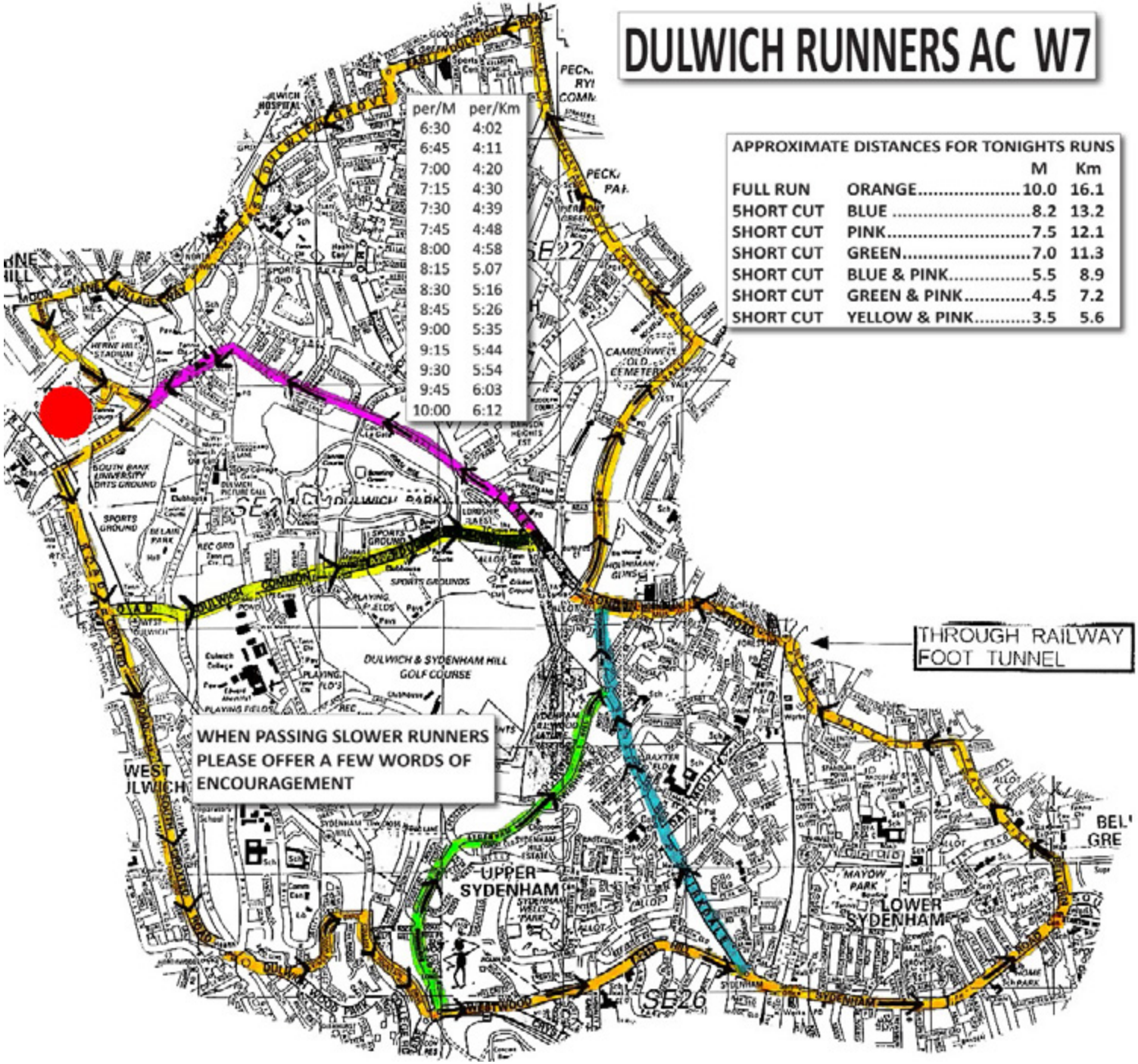
283 Ran

Pos	Gen		
17	1	Laura Long	20:58

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 W7



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	10.0	16.1
5HORT CUT	BLUE	8.2	13.2
SHORT CUT	PINK	7.5	12.1
SHORT CUT	GREEN	7.0	11.3
SHORT CUT	BLUE & PINK	5.5	8.9
SHORT CUT	GREEN & PINK	4.5	7.2
SHORT CUT	YELLOW & PINK	3.5	5.6