SHORTS

Dulwich Runners AC
Weekly Newsletter
March 11th 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 11 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar.

Sun 15 Long Runs ...see page 4

Tue 17 Track Session - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

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.
The 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

March winner - Kevin Smith

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**

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

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
4... Assembly League race diary announced
5... Race reports and results
7... Sidcup 10 British masters full reports and results
9... Club champs after 2 events
11... Parkrun results
12... Wednesday night routes map

And much more !

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 29 Paddock Wood 1/2M club champs

NEW RUNNERS ROTA

Many thanks to **Barry Graham and 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**

Paul Hilton	**11/03**
Emma Ibell	18/03
Sharon Erdman	25/03

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 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***

March

Curry Night - Wednesday 25th March 9pm - at The Surma - East Dulwich
Back by popular demand, please RSVP to me if you wish to attend by Wednesday 18th March so that I can confirm numbers to them a week before hand

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

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

- £2015
- £2000
- £1500
- £1000
- £500
- £379

Charity corner: £2015 in 2015?

Dulwich Runners has made a pledge to raise £2015 in 2015 for Dulwich Helpline. Welcome to your monthly update on this initiative.

Where are we on fundraising? The Crystal Palace tower-ometer is not looking too favourable at £379. After a promising start we've lost some momentum.

What we need? Ideas for fundraising and volunteers for a committee to take the ideas forward. The more volunteers we have the more the workload can be shared. It should take no more than a few meetings after the Wednesday run and some organization in between. Or you can help remotely.

Next steps: Please email Sue Vernon on vernonrun@aol.com with your ideas or to pledge your support by **end of March please**

We need ideas and volunteers NOW!

SUNDAY TRAINING RUN

This Sunday's run is to be a 20 miler from Dulwich Park at 0900, going to Hyde Park via Clapham/Battersea/Chelsea etc and return.
If you intend coming can you please let either me or Claire Steward know

'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
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:

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, 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
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 with 2 venues tbc.
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 and September fixtures 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 venue tbc
2 July venue tbc
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
Mar	29	Paddock Wood 1/2M	long	Paddock Wood
Apr	9	Assembly League Beckenham (Beckenham running club HQ)		Beckenham
	26	London Marathon (or alt. marathon)	long	London
May	7	Assembly League Victoria Park		Hackney
Jun	1	Battersea Park 2 miles	short	Battersea
	4	Assembly League venue tbc		tbc
	21	Ranelagh Richmond 10k	medium	Richmond
Jul	2	Assembly League venue tbc		tbc
Jul	10	Mark Hayes Mile	short	Dulwich College Track
	30	Assembly League Victoria Park		Hackney
Aug	Mon 31	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	3	Assembly League Beckenham (Beckenham running club HQ)		Beckenham
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**
	tbc 22	Epsom 10 (replacement for the cancelled to cabbage Patch)		Epsom
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**

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

Paddock Wood Half Marathon - March 29

2536 entries as per Tuesday night of which 53 are Dulwich. The limit is 2750.

SM (13): Tim Bowen, Andy Bright, James Burrows, Sam Crump, Toby de Belder, Hugh French, Alex Haylett, Mark Lacey, Matt Ladds, Alastair Locke, Tom Marshall, Edwin McCormack, Ross Rook
M40 (8): Lloyd Collier, Rob Cope, Steve Davies, Jim Dowsett, Mark Foster,Paul keating, Charlie Lound, Christian Moody
M50 (11): Ameet Patel, Gideon Franklin, Mike Fullilove, Graham Laylee, Pat McMorrow, Tony McPherson, Ebe Prill Steve Smythe, Graham Stanton, Tony Tuohy, Duncan Wilson
M60 (2): Barrie Nicholls, Steve Wehrle
SW (11): Selma Benattia, Karina Burrowes, Lucy Cartlidge, Sue Cooper, Kim Hainsworth, Ellie Horrocks, Laura Lane Laura Long, Helen Lister, Claire Sinka, Laura Vincent
W40 (5): Lindsey Annable, Yvette Dore, Michelle Lennon, Clare Osborne, Lucy Pickering
W50 (2): Lucy Clapp, Clare Elms
W60 (1): Claire Steward

.....Races to look to in May

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 .

Inter counties cross country , Birmingham March 7

I thought cross country was finished for the season and had washed my spikes but no, there was one more. On Saturday I headed up to Cofton Park in Birmingham with my new Kent vest. I'd love to approach each race with the Tuohy optimism of 'I'm on for a pb this time' but my aim was purely not to be last.

I'd looked at the results from the previous 2 years and compared the times with my recent 8K xc times. They put me in competition for the tail runner spot!

So I went to 'enjoy the experience'. It was a large event with 10 races throughout the day. My race was third up at 11.51 so I was able to watch the previous races and sus out the course. Some last minute measuring had happened that morning so we were promised 8K exactly.

The ground was mostly fairly firm grass with only a few muddy places; the course was undulating with an 'M' shaped loop along the side of a fairly steep hill on lap 1; the weather was mild and only moderately windy – very kind conditions for a cross country. My determination not to be last paid off as I was 213th out of 275.
213 Ange Norris 31:50

Steve Smythe adds....
Congratulations to Angie Norris who was delighted to get selected for the Kent senior team and take part in the event where she finished 213th in 31:50.
Clare Elms was also selected but felt she couldn't risk her foot problem.

Inverness Half Marathon, March 8

It wasn't quite a PB but Shona McIntosh had a great run to win this big race and defeat Scottish marathon champion Jenn Wetton in 76:43, a time that would have been a big PB last year and a faster than average pace than anyone managed over the shorter distance of 10 miles in Sidcup.

Thames Riverside 20

Two races in a weekend is unheard of for me but it was a result of a series of (unfortunate) events.
It was a bright and early start on Sunday for the Thames riverside 20 which is advertised as a race or pace. It is ideal for anyone marathon training or if you want a low key scenic run. It starts from the north side of Putney Bridge, crosses over then follows the towpath to Richmond and back. Organised by Clapham Chasers, there are pacers for every half minute mile from sub 7 to 10 mpm. Each group sets off 2 minutes apart to ease congestion on the towpath.
I had entered the 7.30 mpm pace group but having run xc on Saturday decided to change to 8 mpm. I was keen to run it at a set pace to learn what I could do however this plan didn't even last the first 200m! The pacers set off far too quickly over the bridge then abruptly slowed down. A small group of us settled in to a pace about 7.45 mpm which seemed comfortable and it was very social. The miles passed quickly and soon we started meeting runners on their return trip. After half way one man increased his pace and I did too which fortunately I kept up. It was a really enjoyable run.
Ange Norris 2:29:43

Sidcup 10, inc British Masters Championships
March 8

Steve Smythe writes....

A very good turn out and we dominated the British Masters team championships winning 3 golds and 1 bronze in the 5 team events. It would have been more had Tony Tuohy not focussed on the indoors and a few more Masters from Dulwich had entered the Championships.

The course isn't universally popular, three laps of mostly pavements with plenty of kerbs to negociate. A small testing hill on each lap and the conditions weren't perfect being warm and windy. It was notable that the course had clearly been extended from a few years back where a few records were set clearly on short courses as there was an extra out and back inserted along some side roads to add on to the distance.

A few people got over 100m over distance this time. There were quite a few club PBs but mostly from people who have greatly improved of late and hadn't previously reached their potential before.
Alastair Locke led home the club contingent with another very strong run to win the club fastest man award and he was followed in by **Mark Lacey** who did a good first Club Championships and get inside the hour and win the senior man's award.
Steve Davies had his best club race to date and came through strongly to deny **Charlie Lound** the M40 title.
Lloyd Collier showed good endurance for a 800m specialist and had a strong well-paced and steady run.
Wayne Lashley wasn't quite in his Battersea 10 mile form of last year.

Clare Elms finished second woman and was only beaten by a Scotland Commonwealth Games representative but didn't run anywhere near her best but still won the overall club championships and also won the National W50 title (also beating the W40 and W45 champion) and went top of the National rankings.
Ebe Prill took minutes off his PB with his best ever distance run and again finished just behind Clare and he won the club M50 title.
Recent club additions **Tim Bowen** and **Ross Rook**, who have both strengthened our cross-country team this winter had good runs too.
Some way back, **Kevin Chadwick** finished strongly to take three minutes off his best as did J**ames Burrows** but both are capable of much more and in between them **Steve Smythe**, who ran the first Sidcup 10 back in 1978, was over 10 minutes outside his PB but did his fastest for 5 years and won the British Masters M55 bronze.

Emily Gelder, who wasn't entered in the BMAF event and would have won W35 silver, if she had been, won the fastest woman award (with Clare winning the overall) in what appears to be her first ever 10 mile race.
She is in Britain's team for the world 24 hour championships next month but showed good speed as she caught **Mel Edwards** on the line. Mel is now 2nd claim and was close to her PB.
Claire Baglin easily set a PB surviving a very fast starting mile at sub-60 pace and won the senior women's award.
Mike Fullilove had a good solid run again.

Helen Lister had her best ever road race by far and took two minutes off her PB and finished narrowly ahead of **Andrea Pickup** who won the BMAF silver medal in the W45 category.
Gideon Franklin did well after recent injury problems and came through strongly while **Kim Hainsworth** and **Mike Mann** were the others to go inside 70. It was Kim's longest race for two years after childbirth and a new PB. Mike didn't run at his best after his BMAF track medal the day before and won the M65 silver here after winning 1500m gold the day before and again he won the club M60 title.
Laura Long just missed breaking 70 and after a fast start didn't quite match her Brighton half form and she finished just ahead of **Ola Balme**, who had been ill the week before the race but showed an improvement and she won W45 BMAF bronze.
Nicola Richmond had also ran a 1500m at Lee Valley where she won a BMAF W40 bronze and here she won the BMAF W40 silver and did well after a lack of endurance training of late.
Andy Murray had a steady run and his quickest for 2 years.
Anna Thomas took 5 minutes off her PB but didn't quite match her best cross-country form.
Graham Laylee also had an excellent run and his best for many years and well over two minutes up on his Cabbage Patch run.
Cameron Timmis also had his best 10 miler for a while while **Yvette Dore** did a three minute PB as she continues her improvement (to win the captain's award) as did **Matthew Ladds** with another PB.

Gary Sullivan and **Sue Cooper** and **Olivier Montfont** were some way from their best fitness and capabilities but finished around the 75 minute mark.
Following them was **Ros Tabor**, who ran within herself after her brilliant 1500m the day before just missing the world record scoring over 101% on age grading in narrowly beating Angie Copson, arguably Britain's greatest ever Master. She won the W65 BMAF title here unchallenged and the club W60 title and narrowly lost to Clare E in the club champs.
Clare Wyngard had a very good run - her best 10 for 9 years according to Power of Ten.
Also inside 80 with good runs were **Bob Bell, Selma Benattia, Mike Crilly, Katie Styles, Michelle Lennon, Laura Lane and Mike Dodds.**
Completing the Dulwich contingent over 80 minutes were reliable club champs regulars **Barrie John Nicholls, Claire Steward, Ameet Patel, Paul Keating, Steve Wehrle, Lindsey Annable and Paul Hilton**. less regular championship competitors **Christian Moody and Karina Burrows** were also well inside 90 while second claimer **Tony MacPherson** was the final of the 55 Dulwich Runners participating.

		pos	time	gen	Cat	points	a/g pts
Alastair	Locke	19	59.18	M	sm	50	750
Mark	Lacey	24	59.37	M	sm	49	748
Stephen	Davies	30	60.42	M	m40	50	797
Charles	Lound	35	60.54	M	m40	49	807
Lloyd	Collier	39	61.23	M	m40	48	770
Wayne	Lashley	41	61.45	M	sm	48	722
Clare	Elms	44	62.03	F	w50	50	918
Eberhard	Prill	45	62.06	M	m50	50	825
Timothy	Bowen	48	62.20	M	sm	47	713
Ross	Rook	50	62.34	M	sm	46	715
Kevin	Chadwick	54	63.36	M	sm	45	703
Steve	Smythe	55	63.38	M	m50	49	834
James	Burrows	57	63.42	M	sm	44	702
Emily	Gelder	59	63.45	F	sw	50	801
Mel	Edwards	60	63.45	F	2nd claim		
Claire	Baglin	65	65.14	F	sw	49	762
Michael	Fullilove	79	67.43	M	m50	48	757
Helen	Lister	85	68.25	F	sw	48	727
Andrea	Pickup	88	68.39	F	w40	49	777
Gideon	Franklin	90	68.53	M	m50	47	744
Kim	Hainsworth	92	69.12	F	sw	47	721
Michael	Mann	101	69.46	M	m60	46	834
Laura	Long	108	70.11	F	sw	46	715
Ola	Balme	110	70.17	F	w40	48	782
Nicola	Richmond	114	70.52	F	w40	47	746
Andrew	Murray	121	71.48	M	m60	45	773
Anna	Thomas	133	72.39	F	sw	45	687
Graham	Laylee	141	73.25	M	m50	44	729
Cameron	Timmis	145	73.42	M	m40	47	651
Yvette	Dore	151	74.12	F	w40	46	701
Matthew	Ladds	157	74.45	M	sm	43	594
Gary	Sullivan	158	74.53	M	m50	43	715
Sue	Cooper	161	75.09	F	sw	44	664
Oliver	Montfort	162	75.22	M	m40	46	622
Rosalind	Tabor	163	75.25	F	w50	45	916
Clare	Wyngard	166	76.03	F	w50	44	779
Bob	Bell	173	76.25	M	m60	42	726
Selma	Benattia	174	76.27	F	sw	43	656
Mike	Crilly	187	78.41	M	m50	41	657
Katie	Styles	189	78.48	F	sw	42	633
Michelle	Lennon	191	78.56	F	w40	43	689
Laura	Lane	193	79.25	F	sw	41	634
Michael	Dodds	194	79.33	M	m50	40	667
Barrie	Nicholls	207	80.47	M	m60	39	687
Claire	Steward	211	81.12	F	w50	42	826
Ameet	Patel	219	82.08	M	m50	38	619
Paul	Keating	246	86.11	M	m40	45	575
Christian	Moody	249	86.35	M	m40	44	537
Steve	Wehrle	259	87.06	M	m60	37	668
Lindsey	Annable	261	87.26	F	w40	41	622
Karina	Burrows	265	88.04	F	sw	40	564
Paul	Hilton	267	88.15	M	m40	43	566
Tony	Macpherson	281	91.31	M	2nd claim		

BMAF Championships - medal count:
5 golds, 3 silver and 2 bronze

Rob Cope's injury weakened the team a bit and meant more athletes dropping down an age group and our M35-44 team of Lloyd, Steve D and Ebe won bronze. The M55 plus team of Steve S, Andy and Mike won gold and we also won gold in the W35s through Andrea, Ola and Nicola while the W45 team of Clare E, Ros and Clare W also won team gold.
M40: 6th Lloyd Collier
M35-44 TEAM: 1 N Herts 179:17; 2 Ilf 183:23; 3 Dulw 184:11 (Collier, Davies, Prill)
M45: 5th Steve Davies
M50: 6th Ebe Prill, 14th Gideon Franklin, 16th Ameet Patel
M45-54 TEAM: 1 Donc 179:05; 2 B&H 184:27
M55: 3rd Steve Smythe
M60: 5th Andy Murray
M55-64 TEAM: 1 Dulw (Smythe, Murray, Mann) 205:12; 2 Ilf 227:56
M65: 2nd Mike Mann
W40: 2nd Nicola Richmond
W35-44 TEAM: 1 Dulwich (Pickup, Balme, Richmond) 209:48
W45: 2nd Andrea Pickup ; 3rd Ola Balme
W50: 1st Clare Elms: 4th Clare Wyngard
W45-54 TEAM: 1 Dulw 213:31 (Elms, Wyngard, Tabor); 2 B&H 220:58; 3 Ilf 256:31
W60: 1st Ros Tabor

Club age graded points
1 Clare 918
2 Ros 916
3 Steve S/Mike 834
5 Claire S 826
6 Ebe 825
7 Charlie 807
8 Emily 801
9 Steve S 797
10 Ola 782
11 Clare W 779
12 Andrea 777

British Masters Indoor Championships, Lee Valley, Sat 7th & Sun 8th March

Tony Tuohy wrote...

A short and not very sweet indoor season was coming to a close for me with the annual BMAF Championships, while some were running this final domestic competition before going on to the European Champs in Poland in a couple of weeks.

Saturday

M65 400m

Mike unusually decided to have a stab at the 400m before his main target of the day, the 1500m. He couldn't get near the medals but it's one way of blowing out the pipes I suppose....

5 Mike Mann 72.64

W65 400m

Ros had the same idea and, while well short of the gold, still started the day with a nice silver medal.

2 Ros Tabor 80.32

W65 1500m

The W65 race started the afternoon, and what cracker it turned out to be. After dead-heating with super-champ Angela Copson over 800m the previous week, Ros was looking to stay on terms over the longer distance, where W65 world record holder Copson has been invincible for years. Predictably, Copson went straight to the front setting a scorching pace in an effort to burn off her rival.

Ros found it tough at first but grew in confidence as the race wore on and was still there as the final burn-up approached. Ros started sprinting with just 100m left and edged ahead but Copson wasn't finished yet and was giving everything to hold Ros on the outside of the final curve. However, Ros kept a crucial shoulder in front as they entered the straight and a final spurt broke Copson who conceded defeat as Ros won by 1.4 seconds. It's her fastest time for five years and fell less than a second behind Copson's world and UK record, boasting an incredible age grading of 101.24%! Roll on Poland....

1 Ros Tabor 5:37.62

M65 1500m

Mike's first 1500m of the year was by no means one of his fastest but was easily enough to land him the gold medal.

1 Mike Mann 5:17.49

M50 1500m

With world class runners Guy Bracken and Simon Anderson contesting the first two positions my aim was to grab the bronze from the four or five runners capable of running in the 4:30s. The main danger was 2:12 800m man Malcom Tuff who'd flattened me at 800m a couple of weeks earlier. I saw no point in hanging about with that sort of finishing speed waiting to pounce and set off hard, going through 800m in about 2:24 and still holding a ten metre gap on Tuff as we entered the last lap, whereupon he inexplicably stepped off the track. Saved me an eyeballs out finish I suppose, and relief at wrapping up the bronze may be why I only managed a poor last 400m in 74 secs; a good excuse but still a season's best.

Oh, and I suppose I ought to mention Guy Bracken's phenomenal solo run to win in 4:11.87, less than two seconds outside the M50 world record. He's 53 you know, even older than me....

3 Tony Tuohy 4:32.16

W40 1500m

With very similar best times last year of around 5:05 Cara and Nicola had their own private battle for the silver and bronze medals; Nicola had to let Cara go in the latter stages but both put in very good runs that bode well for the outdoor season.

2 Cara Oliver 5:10.20

3 Nicola Richmond 5:12.03

Sunday

M50 3000m

After much deliberation I was forsaking the joys of the Sidcup 10 miles for my habitual stab at the BMAF 3000m. As with the 1500m I had the similar aim of landing the bronze behind the two fast blokes, but I also didn't fancy being lapped by Guy Bracken, which was a real possibility as he was going for a quick time – in his case that's sub-9:00. Amazingly the older men and women were all mixed in with the M50 race, which created a lot of traffic with the first few faster runners lapping some others multiple times.

Despite all that Guy still managed to run 8:58. Meanwhile, lesser mortals Colin Ridley and myself were giving it a good go hanging on to Simon Anderson through a 3:07 first km. I've had many close battles with Colin, with honours about even, and was somewhat relieved when he was dropped at this point, as I knew I wasn't going to last at Simon's pace much longer. I started drifting back as we passed 1500m in about 4:44; Simon later said that he was seriously worried that I was still there at this point. No need though – he pushed on while I finished nine seconds back with a comfortable hold on that medal and another season's best.

3 Tony Tuohy 9:36.35

Bromley Vets Open 5 XC Sparrows Den

I was torn between this race and Sidcup 10, but couldn't resist since in 2014 this was my first ever xc and it was what made me join DR so I could do more like it.

I have no regrets as the sun shone, the marshals were friendly, there was free tea, coffee and cakes, and I won a bottle of wine as 2nd woman.

Lucy Clapp 42:55

E & o...

Patrick Mcmorrow's Tunbridge Wells 1/2M time was 1:55:42 and not 1:57:12 as stated.

Dulwich Runners Club Champs after 2 events

2015 Club Champs within age group		Short			Medium			Long					
Name/Category		5k Dulwich 31-Jan	2M Battersea 1 - Jun	1M Dulwich 10-Jul	10K Richmond 21-June	7M Sevenoaks 31-Aug	10k Vic Pk 4-Oct	10M Sidcup 8-Mar	1/2M Padd. Wood 29-Mar	Marathon London or other 26-Apr	10M Epsom ?-Nov	Bonus for no. of events	TOTAL 5 events max 1.S,M,L
WOMEN SENIOR													
Kim	Hainsworth	50	-	-				47				2	99
Laura	Long	47	-	-				46				2	95
Anna	Thomas	48	-	-				45				2	95
Selma	Benattia	45	-	-				43				2	90
Katie	Styles	42	-	-				42				2	86
Emily	Gelder	-	-	-				50				1	51
Claire	Baglin	-	-	-				49				1	50
Ellie	Horrocks	49	-	-				-				1	50
Helen	Lister	-	-	-				48				1	49
Caroline	Wedmore	46	-	-				-				1	47
Charlie	Boden	44	-	-				-				1	45
Sue	Cooper	-	-	-				44				1	45
Ruth	Bennett	43	-	-				-				1	44
Laura	Lane	-	-	-				41				1	42
Karina	Burrowes	-	-	-				40				1	41
WOMEN V40													
Ola	Balme	49	-	-				48				2	99
Nicola	Richmond	47	-	-				47				2	96
Michelle	Lennon	44	-	-				43				2	89
Lindsey	Annable	37	-	-				41				2	80
Andrea	Pickup	-	-	-				49				1	50
Cara	Oliver	48	-	-				-				1	49
Emma	Ibell	46	-	-				-				1	47
Yvette	Dore	-	-	-				46				1	47
Lucy	Pickering	43	-	-				-				1	44
Joanne	Shelton	40	-	-				-				1	41
Sharon	Erdman	38	-	-				-				1	39
Carolina	Lilley	35	-	-				-				1	36
WOMEN V50													
Clare	Elms	50	-	-				50				2	102
Ros	Tabor	45	-	-				45				2	92
Clare	Wyngard	41	-	-				44				2	87
Claire	Steward	39	-	-				42				2	83
Lucy	Clapp	42	-	-				-				1	43
Stephanie	Burchill	36	-	-				-				1	37
MEN SENIOR													
Alastair	Locke	50	-	-				50				2	102
Mark	Lacey	49	-	-				49				2	100
Wayne	Lashley	49	-	-				48				2	99
Timothy	Bowen	46	-	-				47				2	95
Ross	Rook	45	-	-				46				2	93
James	Burrows	43	-	-				44				2	89
Lewis	Laylee	47	-	-				-				1	48
Kevin	Chadwick	-	-	-				45				1	46
Sam	Crump	44	-	-				-				1	45
Matthew	Ladds	-	-	-				43				1	44
Oscar	Hussey	42	-	-				-				1	43
William	Haines	41	-	-				-				1	42
Simon	Burnett	40	-	-				-				1	41
Chris	Goodman	39	-	-				-				1	40
MEN V40													
Stephen	Davies	50	-	-				50				2	102
Charles	Lound	49	-	-				49				2	100
Cameron	Timmis	44	-	-				47				2	93
Paul	Keating	43	-	-				45				2	90
Lloyd	Collier	-	-	-				48				1	49
Rob	Cope	48	-	-				-				1	49
Duncan	Hussey	47	-	-				-				1	48
Jim	Dowsett	46	-	-				-				1	47
Olivier	Montfort	-	-	-				46				1	47
Ajay	Khandelwal	45	-	-				-				1	46
Christian	Moody	-	-	-				44				1	45
Paul	Hilton	-	-	-				43				1	44
MEN V50													
Eberhard	Prill	50	-	-				50				2	102
Stephen	Smythe	49	-	-				49				2	100
Gideon	Franklin	47	-	-				47				2	96
Graham	Laylee	42	-	-				44				2	88
Gary	Sullivan	41	-	-				43				2	86
Michael	Dodds	40	-	-				40				2	82
Ameet	Patel	38	-	-				38				2	78
Colin	Frith	48	-	-				-				1	49
Michael	Fullilove	-	-	-				48				1	49
Duncan	Wilson	45	-	-				-				1	46
Mike	Crilly	-	-	-				41				1	42
Mick	Mead	37	-	-				-				1	38
Barry	Graham	36	-	-				-				1	37
Stephen	Street	35	-	-				-				1	36
MEN V60													
Andrew	Murray	44	-					45				2	91
Robert	Bell	43	-					42				2	87
Barrie J	Nicholls	39	-					39				2	80
Mike	Mann	-	-					46				1	47
Hugh	Balfour	46	-					-				1	47
Stephen	Wehrle	-	-					37				1	38

Best 5 count for year including 1 each short, medium, long. W50's and M60's have separate contests using the above scores.

Overall Age Graded Champs		Short			Medium			Long						
Name/Category		5k Dulwich 31-Jan	2M Battersea 1 - Jun	1M Dulwich 10-Jul	10K Richmond 21-June	7M Sevenoaks 31-Aug	10k Vic Pk 4-Oct	10M Sidcup 8-Mar	1/2M Padd. Wood 29-Mar	Marathon London or other 26-Apr	10M Epsom ?-Nov	Average	TOTAL 5 events max inc 1.S,M,L	Events
Ros	Tabor	954	-	-				916				935	1,870	2
Clare	Elms	940	-	-				918				929	1,859	2
Claire	Steward	828	-	-				826				827	1,653	2
Eberhard	Prill	813	-	-				825				819	1,639	2
Stephen	Smythe	788	-	-				834				811	1,622	2
Charles	Lound	811	-	-				807				809	1,618	2
Ola	Balme	824	-	-				782				803	1,606	2
Stephen	Davies	807	-	-				797				802	1,604	2
Clare	Wyngard	770	-	-				779				774	1,548	2
Andrew	Murray	760	-	-				773				766	1,533	2
Nicola	Richmond	765	-	-				746				756	1,511	2
Alastair	Locke	747	-	-				750				749	1,497	2
Mark	Lacey	744	-	-				748				746	1,492	2
Gideon	Franklin	742	-	-				744				743	1,486	2
Kim	Hainsworth	751	-	-				721				736	1,472	2
Robert	Bell	745	-	-				726				736	1,472	2
Wayne	Lashley	744	-	-				722				733	1,466	2
Graham	Laylee	704	-	-				729				717	1,433	2
Michelle	Lennon	744	-	-				689				716	1,433	2
Laura	Long	711	-	-				715				713	1,425	2
Ross	Rook	710	-	-				715				712	1,425	2
Timothy	Bowen	706	-	-				713				709	1,418	2
James	Burrows	699	-	-				702				700	1,401	2
Anna	Thomas	707	-	-				687				697	1,394	2
Gary	Sullivan	670	-	-				715				692	1,385	2
Barrie J	Nicholls	668	-	-				687				678	1,355	2
Selma	Benattia	685	-	-				656				671	1,341	2
Michael	Dodds	659	-	-				667				663	1,326	2
Cameron	Timmis	657	-	-				651				654	1,308	2
Katie	Styles	632	-	-				633				632	1,265	2
Lindsey	Annable	614	-	-				622				618	1,236	2
Ameet	Patel	594	-	-				619				606	1,212	2
Paul	Keating	596	-	-				575				586	1,171	2
Mike	Mann	-	-	-				834				834	834	1
Emily	Gelder	-	-	-				801				801	801	1
Hugh	Balfour	789	-	-				-				789	789	1
Colin	Frith	783	-	-				-				783	783	1
Andrea	Pickup	-	-	-				777				777	777	1
Lewis	Laylee	773	-	-				-				773	773	1
Lloyd	Collier	-	-	-				770				770	770	1
Claire	Baglin	-	-	-				762				762	762	1
Cara	Oliver	760	-	-				-				760	760	1
Michael	Fullilove	-	-	-				757				757	757	1
Lucy	Clapp	739	-	-				-				739	739	1
Oscar	Hussey	736	-	-				-				736	736	1
Emma	Ibell	735	-	-				-				735	735	1
Lucy	Pickering	732	-	-				-				732	732	1
Helen	Lister	-	-	-				727				727	727	1
Duncan	Hussey	727	-	-				-				727	727	1
Ellie	Horrocks	717	-	-				-				717	717	1
Duncan	Wilson	715	-	-				-				715	715	1
Kevin	Chadwick	-	-	-				703				703	703	1
Yvette	Dore	-	-	-				701				701	701	1
Sam	Crump	695	-	-				-				695	695	1
Rob	Cope	692	-	-				-				692	692	1
Caroline	Wedmore	685	-	-				-				685	685	1
Ajay	Khandelwal	684	-	-				-				684	684	1
Charlie	Boden	683	-	-				-				683	683	1
Jim	Dowsett	682	-	-				-				682	682	1
Stephen	Wehrle	-	-	-				668				668	668	1
Simon	Burnett	665	-	-				-				665	665	1
Sue	Cooper	-	-	-				664				664	664	1
William	Haines	663	-	-				-				663	663	1
Stephanie	Burchill	662	-	-				-				662	662	1
Ruth	Bennett	657	-	-				-				657	657	1
Mike	Crilly	-	-	-				657				657	657	1
Joanne	Shelton	648	-	-				-				648	648	1
Laura	Lane	-	-	-				634				634	634	1
Mick	Mead	628	-	-				-				628	628	1
Olivier	Montfort	-	-	-				622				622	622	1
Sharon	Erdman	609	-	-				-				609	609	1
Barry	Graham	607	-	-				-				607	607	1
Chris	Goodman	601	-	-				-				601	601	1
Matthew	Ladds	-	-	-				594				594	594	1
Paul	Hilton	-	-	-				566				566	566	1
Karina	Burrowes	-	-	-				564				564	564	1
Carolina	Lilley	548	-	-				-				548	548	1
Christian	Moody	-	-	-				537				537	537	1
Stephen	Street	502	-	-				-				502	502	1

parkrun

March 7th

Ashford

156 ran

Pos	Gen		
5	5	Nicholas Brown	20:10

Brockwell 259 ran

Pos	Gen		
15	15	Robert Campbell	20:04
40	4	Sarah Cross	21:30
84	15	Ruth Bennett	23:39
91	76	Giles Gibson	23:54
146	109	Desmond Edwards	26:16
161	44	Sarah Lyness	26:52

Bromley

418 ran

Pos	Gen		
6	6	Oscar Hussey	18:29
13	13	Duncan Hussey	19:19
55	55	Chris Goodman	21:03

Burgess

124 ran

Pos	Gen		
9	1	Kim Hainsworth	19:39
23	20	Matthew Ladds	21:45

Crystal Palace

170 ran

Pos	Gen		
34	30	Andy Cottrill	22:20
36	31	Bob Bell	22:25
55	47	Paul Hodge	23:41
66	10	Belinda Cottrill	24:29

There will be no Crystal Palace parkrun 14 March due to another event in the park.

Dulwich

177 ran

Pos	Gen		
21	20	Simon Burnett	19:16
33	32	James Wicks	20:37
91	14	Clare Wyngard	24:02
95	17	Claire Steward	24:14
98	79	Lloyd Collier	24:17
118	90	Michael Dodds	25:15
145	43	Stephanie Burchill	27:13

Lincoln

329 ran

Pos	Gen		
104	92	Martin Morley	24:56

Peckham Rye

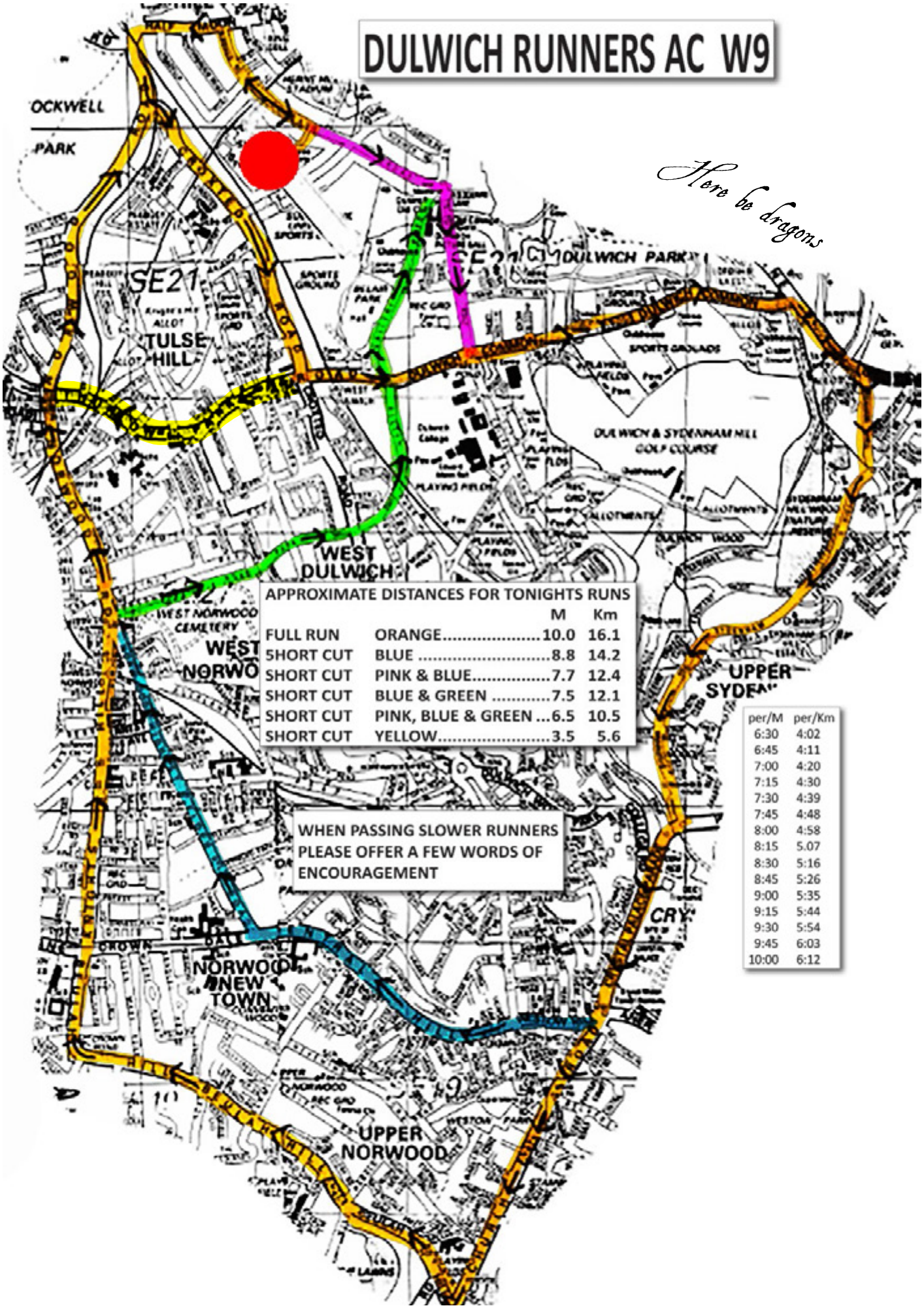
101 ran

Pos	Gen		
9	9	Michael Fullilove	19:51
15	15	Gideon Franklin	20:53
28	1	Michelle Lennon	22:54
47	40	Ameet Patel	25:48
91	42	Susan Vernon	31:27

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 W9



APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.0	16.1
SHORT CUT	BLUE	8.8	14.2
SHORT CUT	PINK & BLUE	7.7	12.4
SHORT CUT	BLUE & GREEN	7.5	12.1
SHORT CUT	PINK, BLUE & GREEN	6.5	10.5
SHORT CUT	YELLOW	3.5	5.6

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