DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
March 16th 2016

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

Wed 16 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 22 Track at Crystal Palace Arena
£2.50 per session.
Meet just after 7pm to warm up, the session around 7.20pm.

In your SHORTS this week !

1... General information
2... Club kit, social events etc
5... Fixture list, club champs,XC, road, track
6... Race reports and results
7... Dartford 1/2M inc club champs - full report and times
8... Parkrun results..
10... 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

TRACK SESSIONS

Crystal Palace Track

- Excellent for building speed,stamina and endurance
- Go to reception, tell them you are with Dulwich Runners. Allow 10 mins to get from there down to the track
- Pay Ros £2.50 on the track, do not pay at reception
- Elkie will commence a warm-up around 7pm and the main session will start approximately at 7.20pm.

Suitable for all standards

Thurdays morning sessions

And there's also speed/hill work mostly on grass taken by Steve Smythe.
Usually starts between 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
Interested ? then email steve.smythe@athleticsweekly.com to go on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- **Sign the attendance register and pay £1.**
- **We need the money to help pay for clubhouse hire, map printing etc.**
- **We use the register to compile the new runners' rota, so please write legibly.**
- **We also like to keep an accurate record of weekly attendance.**

Thank you. - Ros

DULWICH RUNNERS MIDSUMMER RACE

The Midsummer 5k is going to change into a RELAY this year. There will be teams of 3, each runner doing one lap of Dulwich park.
The proposed date is **Thursday 23 JUNE**.
If you would like to help, plan and organise the race, or have any ideas, please can you contact Ros.

ros.tabor49@gmail.com

EVENT HORIZON

A brief look ahead

full fixture list page 6

Apr 7 Assembly League Beckenham
24 London Marathon

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Last week thanks go to: **Claire Steward and Ian Sesnan**
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**

Ebe Prill	**16/03**
Barrie John Nicholls	23/03
Ian Sesnan	30/03
Jo Shelton Pereda	06/04

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

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)

SOCIAL SPOT

Watch this space for upcoming 2016 events !

SHORTS!

I have a limited number of royal blue shorts with the Dulwich Runners' logo. They are traditionally cut either 'racing' style, or slightly longer – size medium.
Both styles are a bargain £15.

Vitality British 10k London Run

Sue Vernon writes: Link-Age Southwark (formerly Dulwich Helpline and Southwark Churches Care) have 6 places available for the British 10k London run on 10th July.
The race takes place in Central London and each runner would need to raise a minimum of £200, £200 helps resource the groups with IT equipment (speakers, display resources etc), £500 books a minibus and passenger assistant for an outing of up to 15 people – they regularly use minibuses in the summer for outings and for their Spring Tea party and Christmas Party. but £500 would be the target.
This small charity provides services and befrienders for isolated, older people across the Southwark Borough. Last year two of our runners ran in the London Marathon and raised £3,000 for them. If anyone would like a place (free entry) in this race, please let me know as soon as possible at vernonrun@aol.com Many thanks.

WEIGHTS

John Fraser has 15lb of weights free to the first person that can collect them from 24 Turney Road

Tel: 020 8761 2097

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
Socks	£5 pair
Buffs/snoods	£6 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

only £5

Buffs/snoods - only £6

HOODIES...

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros

Disappearing for a while !

Anyone who's listened to me moaning on & on about my flat my tenant the damp etc etc will be delighted to hear that your forbearance is almost at an end... only to be replaced by me moaning about my damn builders !

Anyway so I am moving out for a few weeks staying with a kind lady down in Tunbridge Wells (who some of you have had the pleasure of meeting) while they do their stuff.

I've told them they absolutely must be done by the end of April so hopefully I'll be back then and see everyone back at training and races in May.

Don't worry I'll be keeping up my training :)
Lloyd - 07831 757835

José Barretta Fundraising

Regain

Guess the number of Eggs in the Jar!

Please join our Easter fundraising for José and guess how many eggs are in the jar!

Bring your Easter pounds to track or Wednesday night and have a guess to win the jar of eggs!

PRIIZE ALSO INCLUDES A RUN AND BECOME VOUCHER!!

You can purchase your guesses:

Before track: 8th, 15th, 22nd March

Before or after the Club run: 9th, 16th and 23rd March

Cost: 1 guess = £2, 3 guesses = £5, 7 guesses = £10

Winner (closest guess) to be drawn after the club run on March 23rd

Steve Smythe suggested weekend runs for marathoners January to April

Mar 20: slow 22-23 miler
Mar 27: brisk 18-20 - quick second half
Apr 3: slow 20-22 miler
Apr 10: 15 miles
Apr 24: (London M Apr 24)

BMAF AND VAC 10K OLYMPIC PARK 2 APRIL

The BMAF and Vets AC 10k champs on 2 April will be a prestigious national event and an opportunity to race on a course entirely within the Olympic Park.

The race is open to all runners and BMAF members should enter through the BMAF website, where there is a separate entry for non-masters on the BMAF page. There is a limit of 700 runners which is likely to be reached quickly, so those interested are advised to enter soon. ***- Steve Smythe***

British Masters Road Relays - Sutton Coldfield - Sat May 14

if you are over the age of 35 - male or female - please put this in your diary now. Dulwich have traditionally done well in a number of the age group races but while we have a few who turn up every year, we rarely get everyone we should have.
It would be good to get as many of our leading runners as possible to turn up and represent the club at what is one of the best events to take part and this year we have people available in the event or who have moved up.
A list of possible runners has been published in previous issues of SHORTS which can be found on the clubs website.
- if you have been missed and are interested contact steve.smythe@athleticsweekly.com

DULWICH RUNNERS MIDSUMMER RACE

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ros.tabor49@gmail.com

20TH GREEN BELT RELAY

Sat 21 & Sun 22 May 2016

If you aren't familiar with it the best thing would be to have a look at the website
http://www.greenbeltrelay.org.uk/

That will give you all the details but in short it is a relay of 11 runners who run 220 miles around London over a weekend. There are 22 stages so each runner runs once on Saturday and once on Sunday. The course is rural and mostly off road with the stages varying in length from 7 - 13 miles and are graded in difficulty on a scale 1 - 10 depending on distance and terrain.

That makes it sound quite a physical undertaking, which it can be, but it is also a unique event consisting of running some beautiful green routes just on the outskirts of London. It is a team event with great camaraderie within our team and also between clubs.

A team is 11 runners but between now and then things will turn up or injuries occur which cause people to drop out, so ideally we need about 16 names to start with.

We now have 27 names so will have 2 teams plus some as reserves. If anyone still wishes to put their name down I will add them to the reserve list.
I will be emailing everyone who has put their name down so far in the next couple of days.
Email Ange Norris:
dulwichladiescaptain@gmail.com

Dulwich Runners 2016 Fixtures

Further information regarding races will usually be here in SHORTS and or announced on a Wednesday club night.
Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

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

Date		Race	Venue
Apr	7	Assembly League - Beckenham - 7:15pm (3 miles)	Beckenham
	24	Virgin London Marathon (or alternative) (L)	London
May	5	Assembly League - Victoria Park - 7:30pm (3.5 miles)	Hackney
Jun	2	Assembly League - Battersea Park - 7:30pm (5km measured)	Battersea Park
	Mon 13	5k Battersea Park	Battersea Park
Jul	7	Assembly League - o2 Dome - 7:30pm (3 miles approx)	North Greenwich
	tbc 15	Mark Hayes Mile (S)	Ladywell Track, Catford
Aug	4	Assembly League - Victoria Park - 7:30pm start (3.5 miles)	Hackney
Sep	1	Assembly League - Beckenham - 7:15pm start (3 miles)	Beckenham
Sep	4	Middlesex 10k (S)	TBC
	17	5k Parkrun (S)	TBC
Oct	2	Titsey Multi-Terrain 10k (L)	Oxted
	16	Cabbage Patch 10	Twickenham

2016 ASSEMBLY LEAGUE

These races range from 3 to 3.5 miles on road or on paths within parks and run on the first Thursday of the summer months against 12 other clubs.
This series of races is extremely popular and all members are encouraged to participate whatever your standard or ability.
They are free to enter, all you need to do is have a club vest, turn up and run.
Any further information regarding these races will appear here in Shorts as and when it becomes available.

Thu April 7	Beckenham - 7:15pm (3 miles)
Thu May 5	Victoria Park - 7:30pm (3.5 miles)
Thu June 2	Battersea Park - 7:30pm (5km measured)
Thu July 7	o2 Dome - Nth Greenwich - 7:30pm (3 miles approx)
Thu Aug 4	Victoria Park - 7:30pm (3.5 miles)
Thu Sep 1	Beckenham - 7:15pm (3 miles)

From this year, women's team scores will be based upon 4-to-score, the same as the men

DULWICH RUNNERS
2016 CLUB CHAMPIONSHIPS

The races for next year's club championships have now been selected. Once again there will be 9 races in total, but this time they will split into 2 distance categories, short (S) and long (L). To qualify it will be necessary to complete 5 races in total, including at least one from each of the two distance categories. Note that the dates of some of the races have not yet been finalized, but updates will be issued as soon as we know.

CLUB CHAMPS UPDATE

It had been intended to schedule the 2 mile race for the first half of June, once the timetable for the Monday night series of summer races in Battersea Park had been scheduled. However this race has now been scheduled for 1 August, which is not ideal as it falls within the summer holiday season, and there are no alternative 2 mile races available. We have therefore decided to scrub this race and replace it with the 5km in Battersea Park on Monday 13 June. All other club champs races remain unchanged, including the 5km parkrun on 17 September

13	Mar	Dartford Half Marathon (L)
24	Apr	Virgin London Marathon (or alternative) (L)
13	Jun	5k Battersea Park (S)
15	Jul tbc	Mark Hayes Mile, Ladywell Track (S)
4	Sep	Middlesex 10k (S)
17	Sep	5k parkrun, venue tbc (S)
2	Oct	Titsey multi-terrain 10k (L)
16	Oct tbc	Cabbage Patch 10

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.

Sidcup 10
13/03/16

Whist the focus for many at the club was the Dartford 1/2m, I felt that the extra 3.1 miles on the challenging Dartford course was asking to much for me given my current training and fitness. The right decision as it turned out because I really struggled on the second part of the Sidcup course. On and off I have run in this event since the early 1980s. It was always a build up race for me in those now very distant days when I used to run the London Marathon. This was also previously a Dulwich club championship race.

The course was slightly changed a few years ago, but the 3 lap course with a sharp hill each time ,is not in my view a particularly fast one. So along with the wind and surprisingly hot weather I have all my excuses. I was hoping to complete the course in sub 80 mins which look to be on at 5 miles but in the second part of the race I struggled with 8.10 -8.50 minute per mile pace rather than required sub 8 min miles.

47 Colin Frith 81.03 (chip time 80.59)
winner 55.15

BMAF CROSS COUNTRY CHAMPS
13 MARCH

An unfortunate clash between the British Masters indoors and cross country champs meant it was necessary to make a choice and two of us decided to travel down to Bath for the cross country on Sunday instead of running for a second day on the boards at Lee Valley. The ground conditions were a pleasant change on anything we had run on in the last couple of months, with firm grass throughout and no mud. The course at the University of Bath starts off with a long fairly gradual descent following by a similar climb over a 3 lap course of 6km for the women and men 65+.

Ros Tabor put in a strong performance to finish 2nd W65 to her regular rival, Angela Copson. Meanwhile I had a bad day at the office on a course that normally would have suited me, finishing just over a minute behind the leading M65.

-Mike Mann

Ros Tabor	25:43	2nd W65
Mike Mann	24:44	5th M65

Steve Smythe ...ElkieMace had a good run in her first run for Kent finishing as second scorer for the county in 94th place.

Intercounties Cross Country Cofton Park (Birmingham)
12th March

Elkie Mace (running for Kent) writes
- Leaving home at 7am I was hopeful that the fog would burn off by the time I reached Longbridge (better known for car manufacturing than cross country running). It had and was a warm spring day. I arrived an hour before the race and was met by a friendly Kent volunteer with my number.

There were 10 races going on throughout the day with the Senior women's third on the agenda. I familiarised myself with the 5.2 mile undulating course and met the other Kent women, of which there were nine (most at least 15 years younger than me!). As I was warming up I saw the Under 13 boys start their race. 200 boys off to a blistering start was quite a sight. We were penned according to county and ranked as per our qualifying times, which meant I was second behind Bryony Proctor of Aldershot.

As I had been advised by Steve and Clare the start was fast and quickly we were into the mud and up a first steep hill. I tried to refrain from going out too fast but with splits at 6.15min per mile for miles 1 and 2, I was a little quick to start. A Kent volunteer shouted that I was 86th after mile 2. The course was mostly dry but muddy in parts, finding the right line was tricky. Over miles 3 and 4 my splits showed I was tiring and 8 runners passed me as I tried to hang onto positive thoughts and focused on improving my technique.

Elkie Mace fifth from left

I fought for the last mile and brought my split time back down to 6.20. I came in 34.09, and 94th position of 249 finishers. The winner was Kate Avery from the North East who came in at 29.02. Bryony Proctor was first for Kent in 13th place at 31.19.

Kent women came 15th out of 25 teams and for all the events throughout the day Kent was awarded the Best Overall County for the first time.

My learning from the race is to have arrived earlier and spend more time studying the course so that I knew what was coming. I have taken for granted the fact that most of the races this season have been in familiar settings and courses I've run before. The more detailed course knowledge may have helped me to rein my starting miles in and complete a more consistent race.
Thank you to the club for helping me with travel expenses to the event.

Inverness 1/2M - March 13

Shona McIntosh had a controlled run running exactly the same time as Mel at Dartford. ***- Steve Smythe***
5W/93 Shona McIntosh 88:17 (88:13)

Bath 1/2M - March 13

64W/523 Emily Gelder 89:41 (89:26)
- Steve Smythe

Bmaf indoor championships.Lee Valley, March 12/13

Tony will give more details next week but there were some successful runs - Tony medalled at both m50 1500 and 3000 while Mike was a close second in the m65 1500 - Ros won gold in a good race in the w65 400m while Lloyd took a bronze in the m40 1500 ***- Steve Smythe***

Dartford Half-Marathon, inc club championships

March 13

Not every club championship has to be on flat pancake-flat courses but this went the other extreme. The organisers seem to take delight in making the course tougher each year. Runners should go two to three minutes faster on a flatter course though conditions were quite good - cool though a little breezy.

The turn out was fair but well down on our usual numbers at Paddock Wood. The turn out was good enough that we won the first mixed team.
The event was well organised though one supposed closed road wasn't and some drivers got on to a narrow country road and drove very fast. Considering this used to be one of the most generous races for prizes, it is unusual for an event of this size - 1000 entries - just to give a few inexpensive trophies.

Tim Bowen was never going to match his Wokingham time from February and didn't run as well but still made the top 10 in finishing seventh and led the club home again.
Alastair Locke had a superb run - pacing himself very well and moving up to 11th and amazingly setting a PB.
Mark Lacey continued his good form and also set a PB but like Alastair will go much faster in the future.
Steve Davies had a strong run to be the leading club vet.
James Burrows is in the form of his life and also set a PB.
Clare Elms was wary of doing the event with her current breathing problem but held back. Over the second half she ran away from course record-holder Andrea Green, who has a 73:28 PB and won by a minute and easily won the overall club championships.

Ian Lilley couldn't quite go with Clare over the second half after his missed training but still run a big PB as he hasn't run many halfs of late.
Ebe Prill was easily first club M50 and with a controlled run was the equivalent of his best.
Holger Betz made a good club champs debut and was close behind Ebe.
Mel Edwards was holding back a little as she had run a marathon in training the previous week in preparation for a 50km in a fortnight but finished strongly to finish as third woman.

Gary Sullivan had his best half for almost five years and that gave him the third age-graded award.
Jim Dowsett also ran well going quicker than he ran at Watford and Kingston.
Mike Fullilove had a better if slightly slower than his Paddock Wood run last year which gave him the captain's award.
Gideon Franklin had a strong run for his fastest time though not at full fitness yet.

Helen Lister was close to her best from Paddock Wood but it was again a better run and Selma did a big PB.
Graham Stanton had his good run - up on Paddock Wood last year and close to his run at Chester.
Andy Murray was on a par with his halfs from last year and Graham Laylee ran his best for four years.
Jo Shelton and Bob Bell had their best halfs since Lydd in 2013.
Hugh French had his best half yet though Ameet Patel said he found it a struggle and may not run another half.
Club champs regulars Barry John Nicholls and Lindsey Annable completed the club with Lindsey on a par with past years and Barry John just below his best. Steve Smythe who had run the first race back in 1977 only managed just over a mile this time before having to drop out with injury

- Steve Smythe

Pos	Pts	Time	Chip					
7	771	1:16:29	1:16:28	Timothy Bowen	1M	SM	1
11	762	1:17:28	1:17:26	Alastair Locke	1SM	SM	2
14	746	1:19:15	1:19:14	Mark Lacey	-	SM	3
21	786	1:20:56	1:20:54	Stephen Davies	1VM	M40	4
26	720	1:22:22	1:22:19	James Burrows	-	SM	5
1w/31	914	1:24:03	1:23:59	Clare Elms	Ov 1	W45	6
36	735	1:25:04	1:25:03	Ian Lilley		M40	7
45	779	1:26:48	1:26:44	Eberhard Prill	1M50	M50	8
49	731	1:27:06	1:27:03	Holger Betz		M40	9
3w/60	752	1:28:18	1:28:13	Melanie Edwards	FW	SW	10
72	779	1:30:54	1:30:46	Gary Sullivan	3AG	M50	11
76	674	1:31:28	1:31:20	Jim Dowsett	-	M40	12
88	733	1:32:19	1:32:14	Michael Fullilove	Cap	M50	13
93	731	1:32:35	1:32:26	Gideon Franklin	M	M50	14
7w/103	708	1:33:24	1:33:16	Helen Lister	1SW	SW	15
12w/130	697	1:35:56	1:35:48	Selma Benattia		W35	16
165	684	1:39:15	1:38:43	Graham Stanton		M50	17
171	739	1:39:39	1:39:23	Andrew Murray	1M60	M60	18
185	704	1:40:34	1:40:25	Graham Laylee		M50	19
24w/192	651	1:41:25	1:41:07	Fiona Askew		SW	20
39w/247	724	1:45:03	1:44:46	Lucy Clapp	1VW	W45	21
42w/263	752	1:46:13	1:45:56	Clare Wyngard	1W50	W55	22
43w/274	644	1:46:47	1:46:31	Joanne Shelton Pereda		W35	23
275	689	1:46:51	1:46:35	Bob Bell		M60	24
325	552	1:50:21	1:49:48	Hugh French		M40	25
64w/358	806	1:51:51	1:51:34	Claire Steward	2AG	W55	26
365	598	1:52:25	1:51:54	Ameet Patel		M50	27
390	650	1:53:38	1:52:57	Barrie John Nicholls		M60	28
83w/416	630	1:54:27	1:53:46	Lindsey Annable		W45	29

2016 champs categories
DARTFORD HALF MARATHON

1 Overall winner	CLARE ELMS
2 **Fastest man (excl. overall winner)**	TIM BOWEN
3 Fastest woman (excl. overall winner)	MEL EDWARDS
4 First Senior Man (excl. above)	ALASTAIR LOCKE
5 First Senior woman (excl. above)	HELEN LISTER
6 First M40 (excl. above)	STEVE DAVIES
7 First W40 (excl. above)	LUCY CLAPP
8 First M50 (excl. above)	EBE PRILL
9 First W50 (excl. above)	CLARE WYNGARD
10 First M60 (excl. above)	ANDY MURRAY
11 2nd Age Graded (excl. above)	CLAIRE STEWARD
12 3rd Age Graded (excl. above)	GARY SULLIVAN
13 Captains' award	MIKE FULLILOVE

Dartford 1/2M	13/3/16		sm	m40	m50+	sw	w40+	age grade	
Timothy	Bowen	76.28	50					771	Fastest man
Alastair	Locke	77.26	49					762	1st senior man
Mark	Lacey	79.14	48					746	
Stephen	Davies	80.54		50				786	1st m40
James	Burrows	82.19	47					720	
Clare	Elms	83.59					50	914	1st overall
Ian	Lilley	85.03		49				735	
Eberhard	Prill	86.44			50			779	1st m50
Holger	Betz	87.03		48				731	
Melanie	Edwards	88.13				50		752	Fastest woman
Gary	Sullivan	90.46			49			779	3rd age graded
Jim	Dowsett	91.20		47				674	
Michael	Fullilove	92.14			48			733	
Gideon	Franklin	92.26			47			731	
Helen	Lister	93.16				49		708	1st senior woman
Selma	Benattia	95.48				48		697	
Graham	Stanton	98.43			46			684	
Andrew	Murray	99.23			45			739	1st m60
Graham	Laylee	100.25			44			704	
Fiona	Askew	101.07				47		651	
Lucy	Clapp	104.46					49	724	1st w40+
Clare	Wyngard	105.56					48	752	1st w50
Joanne	Shelton	106.31					47	644	
Robert	Bell	106.35			43			689	
Hugh	French	109.48		46				552	
Claire	Steward	111.34					46	806	2nd age graded
Ameet	Patel	111.54			42			598	
Barrie John	Nicholls	112.57			41			650	
Lindsey	Annable	113.46					45	643	
Steve	Wehrle	128.31						2nd claim	

parkrun

March 12th

Ashton Court

334 ran

Pos	Gen		
146	124	Barnes Stringer	25:30

Brockwell

275 ran

Pos	Gen		
3	3	Lewis Laylee	16:54
229	77	Selina Wray	30:00

Bromley

452 ran

Pos	Gen		
118	106	Chris Goodman	23:13

Burgess

166 ran

Pos	Gen		
148	63	Susan Vernon	31:56

Cambridge

390 ran

Pos	Gen		
3	3	Buzz Shephard	18:22

Darley

228 ran

Pos	Gen		
5	5	Andy Bond	18:02

Dulwich

223 ran

Pos	Gen		
6	6	Tim Taylor	17:15
11	11	Martin Holt	18:12
21	20	Simon Burnett	19:00
37	34	Kamal Lewis-Gopie	20:32
38	35	Ajay Khandelwal	20:33
45	4	Lucy Elms	21:11
56	49	Duncan Wilson	21:56
112	20	Claire Steward	24:32

Greenwich

213 ran

Pos	Gen		
14	14	Michael Fullilove	20:31

Guildford

290 ran

Pos	Gen		
62	57	Bob Bell	23:28

Hilly Fields

202 ran

Pos	Gen		
107	86	Mark Callaghan	27:18

Peckham Rye

130 ran

Pos	Gen		
12	11	Gideon Franklin	20:36

Riddlesdown

104 ran

Pos	Gen		
22	3	Ange Norris	23:56

Roundshaw Downs

101 ran

Pos	Gen		
42	8	Clare Wyngard	25:38
50	41	Michael Dodds	26:39

Southwark

195 ran

Pos	Gen		
107	90	Paul Keating	24:31

Tooting Common

277 ran

Pos	Gen		
40	37	Cameron Timmis	21:16

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.

MARATHON TRAINING FOR LONDON (OR OTHER SPRING MARATHON)

This schedule is aimed at those hoping to run a Springtime marathon in a time between 3:45 and 4:45, so not really aimed at faster club members (who will be referring to Steve Smythe's schedules), although of course everyone is welcome and there are likely to be friends from other club(s) at some of the sessions.
The entry fee for the Bromley track in Norman Park track is £4 on a Sunday morning, but then you would spend that on a pint these days!
On the longer runs we will probably split into two groups, faster with Claire, slower with me. We will possibly change a few of these sessions according to how the training goes.
If you intend doing any of the races then enter asap as they all fill up fast!
Claire and I cannot guarantee to make it to all of these sessions but we will do our best to keep the training momentum going.
For me it will be my 50th marathon, if everything works out and possibly my last; it will be Claire's 44th.
If you intend being part of this group please email me to confirm then I will have an idea of numbers to expect

Cheers - Steve Wehrle steve.wehrle@immediate.co.uk

Weeks to go!	Date	Event / Distance	Information
5	20 Mar	NormanPark	09:00 10miles thru BadgersMount / Chislehurst
4	27 Mar	12 x 1 mile reps	09:00 Bromley Track, Norman Park
3	3 Apr	Westerham Run	09:00 Grasshopper Inn, Moorhouse – off road 3-4 hrs
	10 Apr	Orpington 20 miles	09:00 3 hours + on the road
1	17 Apr	Darenth 10km, Eynsford	08:00 Road Race
Zero	**24 Apr**	**LONDON MARATHON**	**This is it ! Club Champs**

SUNDAY RUNS, RACES AND REPS.....*dates and events subject to change*

Includes: middle and long distance multi-terrain / road races - Sunday runs at High Elms, Norman Park & Dulwich Park
Track sessions at Norman Park track, Bromley

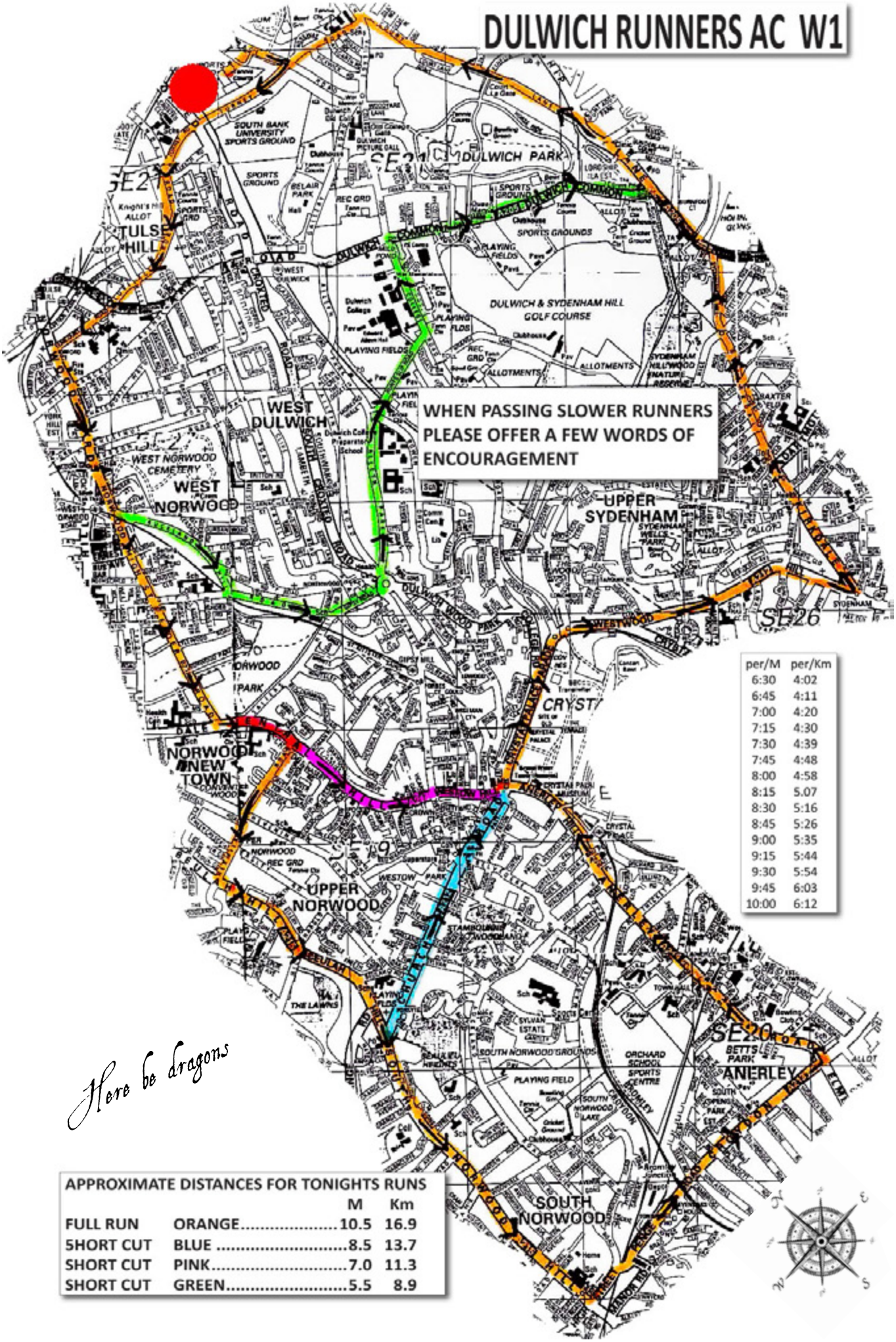
for more information contact:
Steve Wehrle or Claire Steward

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) http://www.parkrun.org.uk/
High Elms runs ('HERoS' High Elms Runners on Sunday) mostly off-road, start from Cuckoo Wood car park, High Elms Rd, between Green Street Green and Downe in Kent at 9:00 – usually two pace/distance groups, minimum ~10 miles

Alternative / additional race options:

Spitfire 20 (Dunsfold Aerodrome)	13 Mar, 09:30	www.eventstolive.co.uk
Finchley 20 miles (Ruislip)	13 Mar, 09:00	http://www.hillingdonac.co.uk/f20
Hastings Half Marathon	20 Mar, 10:30	http://www.hastings-half.co.uk
Cranleigh 15 or 21 miles	20 Mar	www.mabac.org.uk
Orion 15 (Epping Forest)	2 Apr (Sat) 10:00	www.orionharriers.com
Paddock Wood Half	3 Apr, 09:30	www.paddockwoodhalfmarathon.co.uk
Thames Towpath 10 (Chiswick)	17 Apr, 09:00	www.west4harriers.com

DULWICH RUNNERS AC W1



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	10.5	16.9
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	PINK	7.0	11.3
SHORT CUT	GREEN	5.5	8.9