DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
March 23rd 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 23 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 29 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
9... Club champs standings so far
11... Parkrun results..
13... 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

Changed to 30th June (due to referendum 23rd)
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 30 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: **Ebe and Karina**
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**

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)

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
Keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood. - all sizes available - £25

SOCIAL SPOT

Watch this space for upcoming 2016 events !

only £5

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.

HOODIES…

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

Buffs/snoods - only £6

José Barretta Fundraising

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 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

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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

MARATHONS 2016

If you are planning to run a marathon in 2016 please can you tell Shorts so that we can list those with forthcoming races.
After the race make sure you send a report and your time.
We will try to maintain an up to date list so that we can keep a proper record for the club championships.

Thanks - Ros

so far....

Tom Wilson	Seville	Feb	3:00:09
Miles Griffies	Seville	Feb	3:58:21
Michelle Lennon	Thames Meander	Mar	3:31:50
Andy Murray	London	April	

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.

Foulées de Clichy 10K Paris

Sun 13th March 2016

Southwark's Community Sports Team has been working closely with our twin borough Clichy in France, who annually host a 10km road race Foulées Clichoises, around the French suburb – which is located just 2.5 miles north west of Paris.

This year, Clichy had invited representatives from Southwark to take part in the event. As part of this partnership, Southwark Councils community sports team offered Dulwich Runners AC one free place package to represent Southwark at the event.
I was the lucky one, to win our club raffle!....I was also aware that this could be fantastic PR opportunity for our club, with some meeting & greeting, as a Southwark ambassador, being part of the deal.The was also 2 runners from London City AC (a new club based near Southwark Park) plus 4 runners from Germany, on a similar arrangement -their town being also twinned with Clichy.

It was an early start for the weekend. Meeting up with the other travellers in Herne Hill at Sat 6am, to drive to Folkestone for an 8.20am departure via Eurotunnel to Calais. It did feel surreal driving onto the massive "star wars" style Eurotunnel train and then sitting in your still car, with the handbrake on, while the train sped along under the sea. Not for a long time though – just 30 mins underwater, until we arrived at the other side, in France. The drive to Paris is estimated at 4 hrs but with just a quick pit stop for coffee, we then arrived in good time around 1.30pm at our hotel in Clichy.

Joseph Brady second left

Enough time , to offload our luggage at our comfortable, bright little hotel and take the Metro into town for some nice touristy things - a wander under the Arc de Triomphe, a stroll under the Tour Eiffel , a sunset promenade along the banks of the Seine, followed by supper (without wine, pre-race) in a local bistro.

Next day, the course was two laps around quiet residential streets. There were full road closures on all the route, with Police assistance - no problems with traffic. The surface is pavements or road, its fast and almost 100% flat albeit with lots of twists and turns – it's still a quick possible PB course. Both of the London City Runners I was travelling with got PBS, Dave coming in 6th overall at 33 minutes, pretty impressive. I was happy with my own run too. 42 mins being the fastest 10K I've done in a long time. The weather was cool and sunny. The race was well barricaded and marshalled with water at the half way point. It finished in the George Racine race track so nice to finish on a running track. There were lots of kids event and a party atmosphere in the park afterwards and the prize giving lasted about 3 hrs.

On the PR side, I did wear my club vest and made sure to distribute some Dulwich leaflets at the lunch afterwards with the race organising committee which included the Mayor of Clichy. In a previous lifetime, I have trained to work as a French translator, so I was able to chat a bit, in albeit rusty French. My efforts did seem to go down well though, with lots of chuckles about Brexit and comments about how rare it is to find an 'Englishman ' who knows a bit of French- Neither the time nor place for me to explain my own Celtic origins. One organiser even expressed a possible interest in sending a Clichy group of runners to our Dulwich 5k this June. Why not, I said - Vive la Union de Dulwich /Clichy et pas de Brexit.!

Joseph Brady 42 mins , 16 secs

Brentwood 1/2M

This was the 5th year that my work had sponsored it, and as a result it was the fifth time I found myself shivering on the start line for the Brentwood half marathon.

Unfortunately my foot had not fully recovered since running the Seville marathon 4 weeks earlier, and with only 10 miles' worth of running since then to rely on, it was never going to be a PB performance. The forecast had suggested 4 degrees, so unlike previous years, despite it being cold, there was a chance of being handed water at the water stations rather than cups of ice.

The start involves congregating outside Beckett school, before being marched behind a brass band about 250 meters down the road to the start line. Then after a brief pause, the brass band disappeared to one side, local dignitaries welcomed everyone with a pre-run amble and we were off, turning left at the high street (allegedly near some TOWIE locations) and down a 2 mile gentle descent until we turned left to cross the A12. Each year I tell myself not to go too fast for the downhill bit and 'most' years I go too fast for the first two miles, this time round clocking in a 5:39 and 5:55 respectively. So not this year either.

> "enjoying a pint and a hog roast"

It was at this point that the clouds un-expectantly evaporated and the sun came out, and it remained out for the next 8 or nine miles as we navigated a rhombus shaped course around the Essex countryside. My foot injury started to play up around about the half-way point and a combination of a silly pacing strategy and a lack of training started to slow me down. The last 4 miles of the course is predominantly pavement based, before getting to the only significant uphill of the course before turning left again twice (I don't think there was a single right hand turn on the course, compared to at least 11 left hand turns) and into the finish straight. A final push and I was over the line in 87:05 in 98th place.

A hobble over to a pub later, I had my foot wrapped in ice and was enjoying a pint and a hog roast with the rest of my running colleagues. Overall well organised race, high chance of being there next year.

98 Tom Wilson 87:05
2824 ran

Hyde Park 10K

20th March

I recently had a decent 5K time and a decent Dartford Half time, so I decided to give a 10K a go, especially as I hadn't run one for almost six months.

Saw this advertised last week and what with Hyde Park being conveniently situated, entered. Turnout was about 300 with the usual mix of people, and with about five minutes' to the start, a rather lean African looking chap rocked-up who went on to win it.

It's a good course of two laps, with hardly a bump, and I went off quickly but decided to try and keep it up and I was reasonably successful in doing so.

After a short while the field spread out and I found myself jostling with a bloke in a green vest. Soon into the second lap I put my foot down slightly and drifted away from him and ended up running most of lap on my own.

I am pleased with my time; it's the fastest I have done for over two years as I had drifted towards 42 minutes.

Another pleasing thing is I finished first in my age group, so have a shiny plastic trophy to hand down to my grandchildren

Oh yes: during the first lap I heard a cry 'Come on Dulwich'. I looked to my left and there was Jim, and I think Gideon, on a training run. What are the chances?

26 Gary Sullivan 40:30

North London 1/2M

Claire Barnard writes...On Sunday 20th March I ran the Vitality North London Half Marathon at Wembley. The race followed a mostly residential route, with lots of cheers as we ran around the Allianz Park Stadium track at the half way point.

There were many ups and downs (with a killer hill around mile 10!) and I just about managed to keep the 2 hour pacers in sight for most of the route.We caught glimpses of Wembley Stadium as mile 12 approached and the final hill was conquered. The final mile saw runners loop around the stadium and through the tunnels, before a spectacular finish inside the stadium.

I finished the race in 1:57:43 - very happy with the time as it was my first sub-2 hour half marathon! :)

Fleet 1/2M

381 Roz Johnson 1:32:49
2574 ran

East Hull 20

Despite running my best parkrun since August the day before I was not confident of beating 2hrs 20 minutes and obviously I am delighted with my time, I am still genuinely surprised I did so well.

Conditions were perfect, the weather was nice and the course is completely flat with part road closures on a route that takes you out of East Hull and into the countryside before heading back into Hull.

This time suggests that a sub 3 hour marathon may at last be close.

39 Kevin Chadwick 2:13:59
497 ran

Serpentine Last Friday 5k Hyde Park

18th March 2016

Ian Lilley writes...A brief respite in marathon training allowed Tim Bowen and Clare Elms to have a go at a fast 5km and both duly delivered, with Tim winning the men's race and Clare first lady and overall age graded winner. Both were typically modest afterwards, Tim a little bit disappointed he hadn't run faster ('just' a 1 sec PB) and Clare remarking that she was 'only first lady', fair enough I suppose given that she has won this race ten times in thirteen appearances since 2010 and never finished worse than second. Tim lead the race from the start, closely followed by Simon Molden of TH&H, who closed the gap on the uphill sections, but as in the last race Tim managed to outsprint him to the line.

Clare had a few breathing issues from the halfway point, but was able to maintain a solid sub 6 min mile pace to win the race by well over a minute. I received a very nice email yesterday from race director Malcom French:

'Good to see you all at Friday's race and congratulations on Dulwich's success. I certainly can't recall a club having both female and male winners before; it's certainly a great achievement'.

Steve Davies has been struggling with injuries in recent months, but is steadily returning to his best form and duly ran an 'A' course record and his quickest 5km since July 2015, with an even paced effort and strong finish. James Burrows is in superb form and it was no surprise to see him run his best 5km and record a 14 second PB with another even paced effort. I ran my most comfortable 5km in a few months, although I must admit to being a bit distracted by Tim's exploits at the front, and once he disappeared into the distance around the half way point, Clare's race just behind me, I'm grateful for anything that takes my mind off the pain though. Ebe struggled a little on the corners but ran his best 5km since last summer to finish first M50, he was encouraged that his speed endurance is improving with the marathon looming.

Race regular Steve Williams was delighted to break twenty minutes for the first time since 2014 in his 63rd Serpentine Last Friday, his average finish time spanning 18 years of races is an impressive 18:59. Andy Murray, fresh from an early morning icy dip at Brockwell Lido recovered from a shoe lace failure to finish just under 22 minutes, closely followed by race regulars Katie Styles, with another strong run, and Mark Muffett.

1	Tim Bowen	16:16 PB
7	Steve Davies	17:12 SB, 1st MV45
14	James Burrows	17:40 PB
16	Ian Lilley	17:48 SB
21	Clare Elms	18:08 1W, SB, 1st AG 93.1%
25	Ebe Prill	18:33 SB, 1st MV50
77	Steve Williams	19:56 SB, 2nd MV60
125	Andy Murray	21:59
130	Katie Styles	22:10 16W
150	Mark Muffett	23:37

British Masters Indoor Champs Lee Valley

Sat 12 & Sun 13 March

Tony Tuohy writes...Apologies for this belated report of the climax to the short indoor domestic season, the annual BMAF Championships. Apart from looking for national titles some were honing their form here before going on to the European Champs in Ancona, Italy in a couple of weeks time. All four Dulwich Runners fared well enough to secure championship medals, with Ros taking home a gold.

Saturday

W65 400m
Ros continues to 'flirt' with the 400m (current Euro Indoors champ, silver at World's in Lyon last year) and showed great form here to improve again on her two indoor runs in preceding weeks. Up against short distance specialist Moira West (W65 UK record holder) Ros took the race by the scruff of the neck and was in front at the lane break. Controlling the pace, she had enough left to hold West off comfortably to the line to add another gold medal to her collection. She skipped Sunday's events in favour of the BMAF XC Championship (silver medal) but is looking good for the Euro Indoors in Ancona at the end of the month.
1 Ros Tabor 76.21 gold medal

M65 1500m
Mike's third 1500m of the year was short of last year's equivalent fixture but was his best so far this season and shows his form gradually improving towards the Euros.
2 Mike Mann 5:28.97 silver medal

M40 1500m
Lloyd's aim at his first BMAF Championship was to land a medal, which he duly managed despite being distanced by the first two 4:20 runners. He chased well but was able to ease down towards the end knowing the bronze was safe.
3 Lloyd Collier 4:37.52 bronze medal

M50 1500m
With current European champions at 3000m and 1500m Guy Bracken and Simon Anderson once again in my race (I've stared at their backs far too often) my aim was to take the bronze, which was a mission accomplished with a so-so time that was at least a season's best indicating some hope of returning form.
3 Tony Tuohy 4:35.62 bronze medal

Sunday

M50 3000m
With Guy Bracken deciding not to start with a dodgy hamstring I knew I was at least being gifted the silver medal behind Simon Anderson. My 1500m the day before indicated that a sub-9:40 should be possible and I was comfortable following Anderson closely through the first two slow kilometres in 3.14 and 3.16 and was even thinking that for once I was going to give him a race. However as soon as he pushed the pace for the last 800m I felt the now familiar draining of strength and could only slide seven seconds behind with a 3.18 final kilo.
2 Tony Tuohy 9:48.52 silver medal

MABAC Cranleigh 15/21M

20 March 2016

Claire Steward writes: This race is great preparation for a Spring marathon, with the option of running 15 miles, or repeating the 6 mile leap at the end to complete the full 21. I last did this in 2011 in the company of Mel (who I beat by three minutes – those were the days!), Joanne who just one minute behind her, and Barrie. In the absence of Mel we were joined on the start-line by Lindsey who anticipated dropping out after the first 9 mile lap but in the event ended up pacing Barrie around 15 miles, earning herself a well-deserved finisher's medal.

Having run no further than 16 miles in training thus far, I knew it was going to take some will-power to stay the full course. I set off sensibly, keeping Joanne in view for the first few miles before she gradually pulled away. I kept a steady pace and there was no temptation to stop at 15 miles.

Although there were very few spectators on the course, there was good cameraderie and encouragement between the runners, and great support from the numerous marshalls. I was delighted to finish with no aches or pains, no sore muscles the following day, and a massive boost to my confidence with regard to getting round London. Joanne was at the finish line and after we had pulled on our warn clothes, and partaken of a hot drink and cake, we were joined by Lindsey and Barrie who after a recent chest infection was pleased to have got the distance covered.

21 Mile results:

227	Joanne Shelton	3:02:31
248	Claire Steward	3:04:55
379	Barrie Nicholls	3:25:47

(Winner 2:04:27, final finisher 4:25:22)

15 Mile results:

110	Lindsey Annable	2:24:44

(Winner 1:24:14, final finisher 4:43:47)

Sorry not sure how but looks like I deleted a paragraph from last week's Dartford report ***-Steve Smythe***

"Lucy Clapp and Clare Wyngard both had very good runs - Lucy ran 4 minutes quicker than Paddock Wood last year to show her improvement while Clare was on a par with the much flatter Brussels race last year. Lucy, though now in the older age group, won the club vets award while Clare won the club over 50 title."

2016 CLUB CHAMPIONSHIPS

Below are the points tables after 2 events, including marathons to date.
The points can change according to marathons later in the year.

The half marathon age grades have been boosted by a provisional 1% due to the difficulty of the course (based on average loss of speed of runners contesting both Dartford Paddock Wood in 2015).
This may need to be updated for 2016 results if the Dartford course has changed.

Marathon points are temporary and will change according to later results.

		Short					Long					
2016 Club Champs within age group.		**10k Chichester 7-Feb**	**5k Battersea 13 - Jun**	**1M Ladywell 13-Jul**	**10k Victoria Park 4-Sep**	**5k Parkrun 17-Sep**	**1/2M Dartford 13-Mar**	**Marathon London or other 24-Apr**	**10k Multi Titsey 2-Oct**	**10M Cabbage Patch 16-Oct**	**Bonus for no. of events**	**TOTAL 5 events max inc. 1.S,M,L**
WOMEN SENIOR												
Melanie	Edwards	50	-	-	-	-	50	-	-	-	2	102
Selma	Benattia	49	-	-	-	-	48	-	-	-	2	99
Helen	Lister	-	-	-	-	-	49	-	-	-	1	50
Katie	Styles	48	-	-	-	-	-	-	-	-	1	49
Sue	Cooper	47	-	-	-	-	-	-	-	-	1	48
Fiona	Askew	-	-	-	-	-	47	-	-	-	1	48
WOMEN V40												
Michelle	Lennon	48	-	-	-	-	-	50	-	-	2	100
Joanne	Shelton	45	-	-	-	-	47	-	-	-	2	94
Lindsey	Annable	43	-	-	-	-	45	-	-	-	2	90
Emma	Ibell	49	-	-	-	-	-	-	-	-	1	50
WOMEN V50												
Clare	Elms	50	-	-	-	-	50	-	-	-	2	102
Clare	Wyngard	46	-	-	-	-	48	-	-	-	2	96
Claire	Steward	44	-	-	-	-	46	-	-	-	2	92
Lucy	Clapp	-	-	-	-	-	49	-	-	-	1	50
Ros	Tabor	47	-	-	-	-	-	-	-	-	1	48
MEN SENIOR												
Timothy	Bowen	50	-	-	-	-	50	-	-	-	2	102
Mark	Lacey	48	-	-	-	-	48	-	-	-	2	98
James	Burrows	46	-	-	-	-	47	-	-	-	2	95
Lewis	Laylee	49	-	-	-	-	-	-	-	-	1	50
Alastair	Locke	-	-	-	-	-	49	-	-	-	1	50
Holger	Betz	-	-	-	-	-	48	-	-	-	1	49
Paul	Devine	47	-	-	-	-	-	-	-	-	1	48
Cameron	Timmis	46	-	-	-	-	-	-	-	-	1	47
Ross	Rook	45	-	-	-	-	-	-	-	-	1	46
Matthew	Ladds	44	-	-	-	-	-	-	-	-	1	45
MEN V40												
Ian	Lilley	49	-	-	-	-	49	-	-	-	2	100
Hugh	French	45	-	-	-	-	46	-	-	-	2	93
Stephen	Davies	-	-	-	-	-	50	-	-	-	1	51
Lloyd	Collier	50	-	-	-	-	-	-	-	-	1	51
Tom	Wilson	-	-	-	-	-	-	50	-	-	1	51
Miles	Griffies	-	-	-	-	-	-	49	-	-	1	50
Charles	Lound	48	-	-	-	-	-	-	-	-	1	49
Mark	Foster	47	-	-	-	-	-	-	-	-	1	48
Jim	Dowsett	-	-	-	-	-	47	-	-	-	1	48
MEN V50												
Eberhard	Prill	49	-	-	-	-	50	-	-	-	2	101
Gideon	Franklin	46		-	-	-	47	-	-	-	2	95
Graham	Laylee	44	-	-	-	-	44	-	-	-	2	90
Ameet	Patel	40	-	-	-	-	42	-	-	-	2	84
Tony	Tuohy	50	-	-	-	-	-	-	-	-	1	51
Gary	Sullivan	-	-	-	-	-	49	-	-	-	1	50
Stephen	Smythe	48	-	-	-	-	-	-	-	-	1	49
Michael	Fullilove	-	-	-	-	-	48	-	-	-	1	49
Chris	Loizou	46	-	-	-	-	-	-	-	-	1	47
Graham	Stanton	-	-	-	-	-	46	-	-	-	1	47
Adrian	Ward	42	-	-	-	-	-	-	-	-	1	43
Michael	Dodds	39	-	-	-	-	-	-	-	-	1	40
MEN V60												
Andrew	Murray	43	-	-	-	-	45	-	-	-	2	90
Barrie John	Nicholls	41	-	-	-	-	41	-	-	-	2	84
Mike	Mann	47	-	-	-	-	-	-	-	-	1	48
Robert	Bell	-	-	-	-	-	43	-	-	-	1	44
50		37	-	-	-	-	29	3	-	-	69	

Best 5 count for year inc. 1 each short, long. W50's and M60's have separate contests using scores within 40+, 50+. Marathon points temp.

		Short					Long						
		10k Chichester 7-Feb	5k Battersea 13 - Jun	1M Ladywell 13-Jul	10k Victoria Park 4-Sep	5k Parkrun 17-Sep	1/2M Dartford 13-Mar	Marathon London or other 24-Apr	10k Multi Titsey 2-Oct	10M Cabbage Patch 16-Oct	Events counting	TOTAL 5 events max inc 1.S,M,L	Average
Clare	Elms	932	-	-	-	-	914	-	-	-	2	1,845	923
Claire	Steward	809	-	-	-	-	806	-	-	-	2	1,615	808
Eberhard	Prill	797	-	-	-	-	779	-	-	-	2	1,576	788
Timothy	Bowen	775	-	-	-	-	771	-	-	-	2	1,546	773
Melanie	Edwards	784	-	-	-	-	752	-	-	-	2	1,536	768
Clare	Wyngard	776	-	-	-	-	752	-	-	-	2	1,528	764
Ian	Lilley	778	-	-	-	-	735	-	-	-	2	1,514	757
Mark	Lacey	748	-	-	-	-	746	-	-	-	2	1,494	747
Michelle	Lennon	769	-	-	-	-	-	709	-	-	2	1,478	739
Andrew	Murray	729	-	-	-	-	739	-	-	-	2	1,468	734
James	Burrows	725	-	-	-	-	720	-	-	-	2	1,445	723
Gideon	Franklin	711	-	-	-	-	731	-	-	-	2	1,442	721
Graham	Laylee	727	-	-	-	-	704	-	-	-	2	1,431	715
Selma	Benattia	723	-	-	-	-	697	-	-	-	2	1,420	710
Barrie John	Nicholls	675	-	-	-	-	650	-	-	-	2	1,326	663
Lindsey	Annable	662	-	-	-	-	643	-	-	-	2	1,305	652
Joanne	Shelton	660	-	-	-	-	644	-	-	-	2	1,303	652
Ameet	Patel	616	-	-	-	-	598	-	-	-	2	1,214	607
Hugh	French	587	-	-	-	-	552	-	-	-	2	1,139	569
Ros	Tabor	922	-	-	-	-	-	-	-	-	1	922	922
Tony	Tuohy	855	-	-	-	-	-	-	-	-	1	855	855
Mike	Mann	823	-	-	-	-	-	-	-	-	1	823	823
Charles	Lound	791	-	-	-	-	-	-	-	-	1	791	791
Stephen	Davies	-	-	-	-	-	786	-	-	-	1	786	786
Lloyd	Collier	779	-	-	-	-	-	-	-	-	1	779	779
Gary	Sullivan	-	-	-	-	-	779	-	-	-	1	779	779
Stephen	Smythe	777	-	-	-	-	-	-	-	-	1	777	777
Alastair	Locke	-	-	-	-	-	762	-	-	-	1	762	762
Lewis	Laylee	760	-	-	-	-	-	-	-	-	1	760	760
Emma	Ibell	753	-	-	-	-	-	-	-	-	1	753	753
Paul	Devine	742	-	-	-	-	-	-	-	-	1	742	742
Chris	Loizou	736	-	-	-	-	-	-	-	-	1	736	736
Michael	Fullilove	-	-	-	-	-	733	-	-	-	1	733	733
Holger	Betz	-	-	-	-	-	731	-	-	-	1	731	731
Lucy	Clapp	-	-	-	-	-	724	-	-	-	1	724	724
Ross	Rook	716	-	-	-	-	-	-	-	-	1	716	716
Helen	Lister	-	-	-	-	-	708	-	-	-	1	708	708
Katie	Styles	703	-	-	-	-	-	-	-	-	1	703	703
Tom	Wilson	-	-	-	-	-	-	702	-	-	1	702	702
Sue	Cooper	699	-	-	-	-	-	-	-	-	1	699	699
Mark	Foster	694	-	-	-	-	-	-	-	-	1	694	694
Robert	Bell	-	-	-	-	-	689	-	-	-	1	689	689
Graham	Stanton	-	-	-	-	-	684	-	-	-	1	684	684
Jim	Dowsett	-	-	-	-	-	674	-	-	-	1	674	674
Fiona	Askew	-	-	-	-	-	651	-	-	-	1	651	651
Cameron	Timmis	650	-	-	-	-	-	-	-	-	1	650	650
Michael	Dodds	647	-	-	-	-	-	-	-	-	1	647	647
Adrian	Ward	636	-	-	-	-	-	-	-	-	1	636	636
Matthew	Ladds	616	-	-	-	-	-	-	-	-	1	616	616
Miles	Griffies	-	-	-	-	-	-	552	-	-	1	552	552
50		37	-	-	-	-	29	3	-	-			

March 19th

Beckton

43 Ran

Pos	Gen		
5	1	Ros Tabor	22:07
8	7	Andy Murray	22:56
13	11	Ian Sesnan	24:03

Bedgebury Pinetum

141 Ran

Pos	Gen		
1	1	Lloyd Collier	18:33

Brockwell

265 Ran

Pos	Gen		
67	6	Lucy Clapp	23:19

Bromley

549 Ran

Pos	Gen		
27	2	Selma Benattia	19:44

Crystal Palace

186 Ran

Pos	Gen		
43	41	Bob Bell	23:13
67	5	Clare Wyngard	24:17
68	6	Belinda Cottrill	24:23
71	65	Andy Cottrill	24:41
123	99	Michael Dodds	28:19
178	118	Chris Vernon	35:41

Delamere

287 Ran

Pos	Gen		
60	10	Laura Vincent	24:15

Dulwich

170 Ran

Pos	Gen		
3	3	Lewis Laylee	16:34
18	18	Kamal Lewis-Gopie	20:04
38	37	Graham Laylee	21:46
72	66	Mark Muffett	23:57
105	86	Mick Mead	26:16

Greenwich

200 Ran

Pos	Gen		
10	10	Michael Fullilove	20:50

Harrogate

302 Ran

Pos	Gen		
61	4	Niamh Falconer	23:09

Hastings

110 Ran

Pos	Gen		
60	38	Nicholas Brown	28:25

Hull

437 Ran

Pos	Gen		
9	9	Kevin Chadwick	18:05

Livingston

144 Ran

Pos	Gen		
11	1	Fiona Askew	21:29

Orpington

134 Ran

Pos	Gen		
27	26	Colin Frith	23:45

Peckham Rye

136 Ran

Pos	Gen		
1	1	Andy Bond	17:36
15	14	Gideon Franklin	20:53
70	50	Matthew Ladds	26:18

Princes, Liverpool

231 Ran

Pos	Gen		
8	8	Martin Holt	18:49

Riddlesdown

117 Ran

Pos	Gen		
81	23	Ange Norris	29:32

Southwark

171 Ran

Pos	Gen		
93	77	Paul Keating	25:02

Tilgate

466 Ran

Pos	Gen		
82	74	Gary Budinger	24:04

Tooting Common

294 Ran

Pos	Gen		
36	34	Michael Mann	21:07

New members especially ! and others....

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

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
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

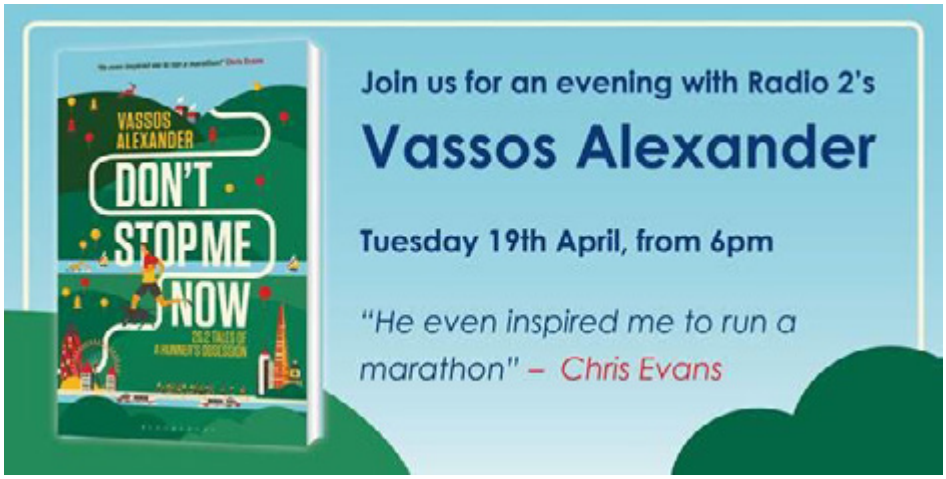
Alternative / additional race options:

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

Running event at Bloomsbury

Our talk on April 19th moves into London Marathon territory as we welcome the Chris Evans BBC Breakfast Show sports presenter Vassos Alexander. Vassos will be talking about his debut novel Don't Stop Me Now which, quite simply, is a celebration of running. So join us to talk about split times, tapering, playlists and everything involved with running 26.2 miles.

'The perfect evening for anyone in love with running'



Book Now: http://pages.bloomsbury.com/bloomsburyinstitute/vassosalexander
Please do share this with your club. And for a chance to win a signed copy of Vassos' new book, tweet a photo of your run with hashtag #RunWithVassos: https://twitter.com/BloomsburySport/status/710074122706014208

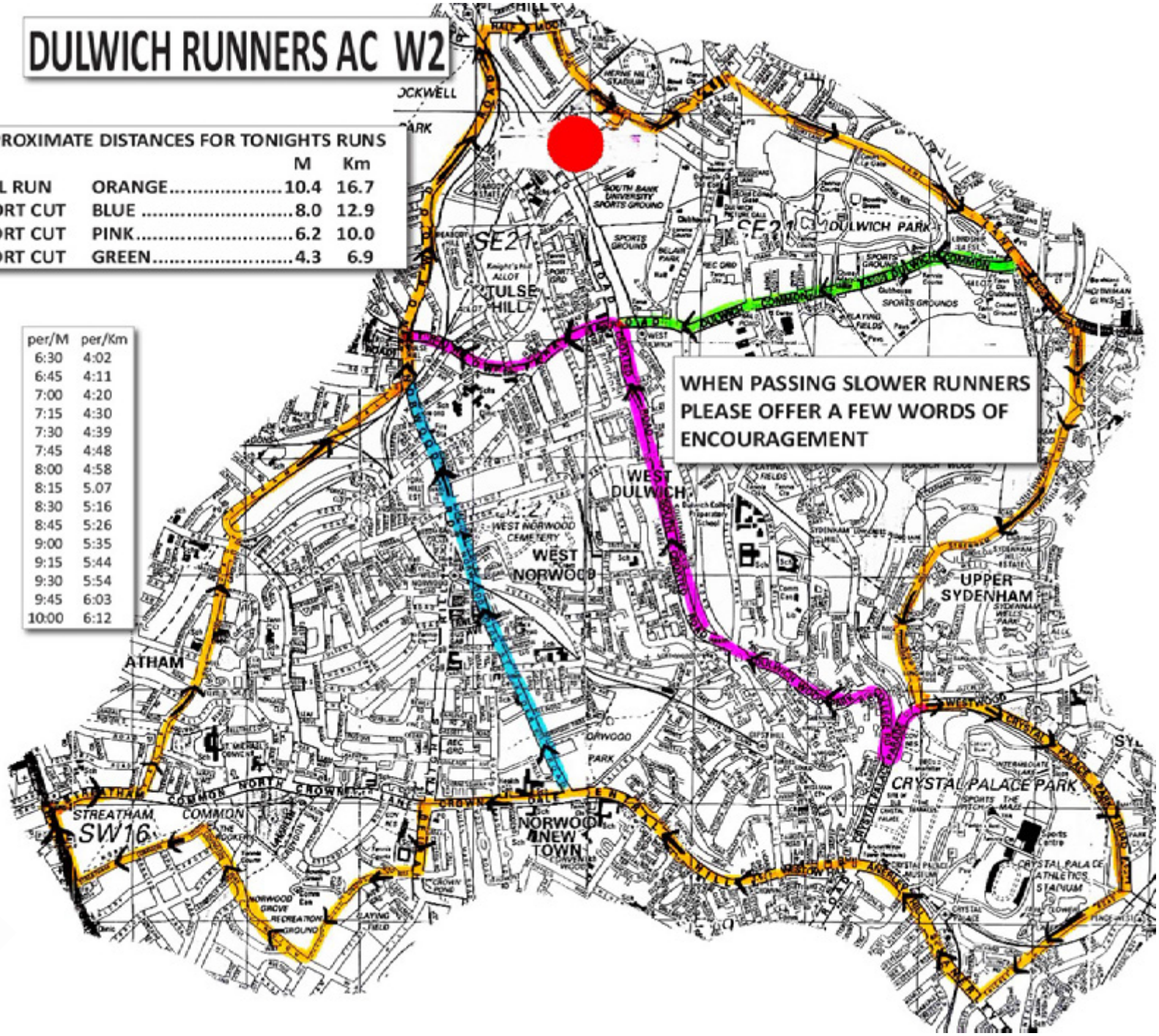
DULWICH RUNNERS AC W2

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.4	16.7
SHORT CUT	BLUE	8.0	12.9
SHORT CUT	PINK	6.2	10.0
SHORT CUT	GREEN	4.3	6.9

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

Here be dragons



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT