SHORTS

Dulwich Runners AC
Weekly Newsletter
March 29th 2017

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

- THE COMING WEEK –

Wed 29 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sun 2 **Paddock Wood 1/2M** - club champs race

Tue 4 **Crystal Palace Arena Track** - £2.50 per session
Full warm up from 7pm & main session starts around 7:20
See notice below for more details

In your SHORTS this week !

1 General information
2 Club kit, social events etc
5 Fixture list, club champs, road, XC, etc
6 Race reports and results
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And much more !

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

TRACK SESSIONS

At **Crystal Palace National Arena**
£2.50 per session - Suitable for all abilities.
At reception say you are with Dulwich Runners but do not pay there, pay Ros trackside.
Leave time to get from there down to track - it can take up to 10 minutes.

Arrive at 7pm if you want a full warm-up of various drills etc, taken by Elkie Mace.
Main session taken by Steve Smythe starts around 7.20 - 7.25pm and will last 40-45 minutes.

Thurdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
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.

Thank you. - Ros

------- EVENT HORIZON -------
A brief look ahead

Apr 2 Paddock Wood 1/2M - club champs
Apr 6 Assembly league - Beckenham

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
No new runners last week.
If you're on the list, please 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

Hugh Balfour	**29/3**
Joseph Brady	5/04
Lindsey Annable	12/4

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

P
O
T

Watch this space for future events.

Wednesday Apres-Run Carbo Loading !

For all you hungry runners, fish and chips can be ordered to indulge your calorie cravings after the Wednesday run. Arrives close to 9pm and the cost is **£6.00**
Just give me your name and money when you sign in - Ros
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 from Ros
ros.tabor49@gmail.com

SHORTS!

DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or slightly longer– Both styles are a bargain £15.

Keep dry in a Dulwich Runners waterproof jacket.
Incorporated hood. - all sizes available - £25

Socks only £5

HOODIES...

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

Buffs/snoods - only £6

Dulwich Runners Race Clock Help Required

As many of you know the club is the owner of a large race clock which we use for our own events and hire out to others, typically generating £400-600 of income each year for the club.
I currently look after the clock, storing it, taking bookings and arranging for customers to pick it up and return it (we do not offer a delivery service.

I am likely to be away for the whole of July and am looking for someone to take on this role for that period. You will need to store the clock in a garage/shed/spare room and be available for any bookers to collect the clock from and return to you. Based on previous years I would not expect more than 1 or 2 bookings during this period, although the club may require it for the Mark Hayes Mile. - Please let me know if you are able to help - Graham Laylee: grahamlaylee@btinternet.com

Assembly League Races

These races will take place on the first Thursday of each summer month starting from April, with the exception of the August race which has been brought forward to the final Thursday in July.
Some venues are yet to be confirmed but most, if not all, are likely to be the same as in 2016. The race at Battersea Park on 1 June will be used as our 5k club champs. The confirmed dates and provisional; venues will be as follows:

Apr 6	Beckenham
May 4	Victoria Park, Hackney
June 1	Battersea Park
July 6	O2, North Greenwich
July 27	Victoria Park, Hackney
Sept 7	Beckenham

Assembly league races are free to enter, just turn up on the day.
Open to all members whatever your ability.

For further information about rany races please contact your captains: Ladies: dulwichladiescaptain@gmail.com
Men: mcmann90@yahoo.co.uk

Sat 20th & Sun 21st May

This is a great weekend of running around the green belt of London.
Teams of eleven runners who each run a leg on Saturday and a leg on Sunday.
Starts at Hampton Court on Saturday morning and ends at Kingston at approx. 6 p.m. on Sunday, roughly following the Green Belt, taking in river and canal tow paths, old disused railway tracks, foot paths, woods, fields and quiet roads.
Although it is a relay, each leg has a specific start time.
Have a look at the website – www.greenbeltrelay.org.uk
We have entered teams for this for many years and there are lots of you who regularly sign up for it. We have entered one team and will potentially enter another if there is the demand.

If you're a Green Belt Enthusiast or a Potential Rookie, email me if you are available and keen.
Legs vary in length from 6 miles to 13.5 miles and in degree of difficulty. We try our best to give runners legs that are appropriate to their ability.
Note – This is the same weekend as the BMAF relays at Sutton Park, Birmingham.
Ange – dulwichladiescaptain@gmail.com

HERNE HILL HARRIERS

TOOTING BEC ATHLETICS TRACK
Tooting Bec Road, London SW17 3NP
Under UK ATHLETICS Rules

OPEN TRACK & FIELD MEETING
SATURDAY 1 APRIL 2017

ONLINE ENTRIES UNTIL 5 PM 31 MARCH
ONLINE PER EVENT: £3.00 U20 and below **£4.00** Senior and Masters

ON THE DAY PER EVENT: £4.00 U20 and below **£5.00** Senior and Masters
NB:TRACK EVENTS: ENTRY NO LATER THAN 60 MINUTES PRIOR TO SCHEDULED START

Further HHH 2017 Open Meetings: 1 May, 22 July, 26 August

For further info contact Steve Bosley on 0208 687 0386 / 07721 555 688
stevebosley1@aol.com www.hernehillharriers.org

ONLINE ENTRIES: https://entries.opentrack.run/org/hhh/

If planning to enter please enter on line which makes admin a lot easier. It will be possible to enter on the day but please note you must enter an hour before your first track event.

Paddock Wood 1/2M

For those intending to travel by train to there are very limited options.
The following are available :-
Herne Hill (First train running) 7.34, West Dulwich 7.36, Sydenham Hill 7.38, Penge East 7.41, Orpington (platform 6) 8.05; Orpington (platform3) 8.37 (first train of the day) Paddock Wood 9.03. Make sure you are in about the 5th carriage. Out of gate at Paddock Wood and follow the lane round to the road. Cross road to start area. You should have 20 minutes before race start.
Alternative 7.55 to Sevenoaks (Beckenham Junction 8.04 (does not stop at W.Dulwich nor Sydenham Hill) arrives Sevenoaks 8.43.(Platform 4) Change. Sevenoaks (Platform 3) 8.47 to Paddock Wood, again arriving Paddock Wood 9.03.
Return trains from a Paddock Wood are 29 and 59 past the hour. Good luck.
Ron Searle

Paddock Wood 1/2M

58 (36 men and 22 women) Dulwich Runners have entered the Paddock Wood race in what looks our strongest ever senior men's club and M40 championships line-up.
Steve Smythe

SM: (13)
Tim Bowen
James Burrows
Kevin Chadwick
Paul Devine
Alex Haylett
Greg Hills
Mark Lacey
Matt Ladds
Alastair Locke
Daniel Mann
Shane O'Neill
Paul Vivash
Jonathan Whittaker

M40 (11)
Andy Bond
Rob Cope
William Cotter
Steve Davies
Martin Double
Jim Dowsett
Grzegorz Gałęzia
Michael Hutchinson
Justin Siderfin
Tom South
Cameron Timmis

M50 (8)
Joseph Brady
Mark Foster
Mike Fullilove
Ebe Prill
Steve Smythe
Gary Sullivan
Tony Tuohy
Duncan Wilson

M60 (4)
Pat McMorrow
Andy Murray
Barrie Nicholls
Stephen Williams

SW (9)
Fiona Askew
Claire Barnard
Selma Benattia
Karina Burrowes
Mel Edwards
Hannah Harvest
Helen Lister
Rebecca Schulleri
Laura Vincent

W40 (7)
Lindsey Annable
Yvette Dore
Sharon Erdman
Emma Ibell
Tess Le
Louisa Pritchard
Joanne Shelton-Pereda

W50 (4)
Lucy Clapp
Clare Elms
Michelle Lennon
Lucy Pickering

W60 (2)
Claire Steward
Ros Tabor

BMAF 10km Championships, Gravesend

April 9

A Vets event nearer home that you have to enter individually. Using the Cyclopark course being used for the Southern relays, National medals are available in all age groups in five year bands and their are team medals (in 10 year bands) which we could earn with good turn outs. Entries close April 2
http://bmaf.info/library/fixtures/BMAF%2010%20km%20Open%202017%20Prospectus.pdf

British Masters Relay: Sutton Park

Saturday 20th May 2017

Please if you are over 35 put this date in your diary, or if you have something already down on this date, try and rearrange!
This event is the premier Masters event of the year held over a tough three mile lap of Sutton Park in the Midlands. The club has traditionally paid the entry fee and travelling costs.

Looking at all the names of people that are potentially availale – apologises if you have been missed off, I don't see any reason why we can't get more than one team in most age groups and if we get everyone out be competitive in every age group. We have a very good record in the event and have previously medalled at M55, W35, W45 and W55 and potentially could go very close in M35 and M45 if everyone is available.

Steve Smythe will make contact with most runners in coming weeks to check availability though contact steve smythe at steve.smythe@athleticsweekly.com if you definitely can do.

To me this event is one of the key reasons to be a member of a club.
If need be runners can drop down an age group to complete teams.

M35 (6): Andy Bond, James Burrows, Mark Callaghan, Kevin Chadwick, Lloyd Collier, Toby de Belder, Rob Cope, Paul Devine, Jim Dowsett, Michael Hutchinson, Mark Lacey, Simon lang, Wayne Lashley, Tom Marshall, Ross Rook, Buzz Shephard, Ed Smyth, David Stone, Tim Taylor

M45 (4): Holger Betz, Stephen Davies, John English, Mark Foster, Gideon Franklyn, Grzegorz, Galezia, Duncan Hussey, Ajay Khanderwhal, Derek Lee, Ian Lilley, Charles Lound, Tony Tuohy, Duncan Wilson

M55 (3): Colin Bailey-Wood, Hugh Balfour, Nick Brown, Gary Budinger, Mike Fullilove, Adrian Greer, Graham Laylee, Chris Loizou, Mike Mann (M65), Andy Murray, Ebe Prill, Steve Smythe, Gary Sullivan, Neville Webb, Steve Williams

W35 (4):Selma Benattia, Sue Cooper, Katie Crowe, Mel Edwards, Emily Gelder, Kim Hainsworth, Roz Johnson, Cara Oliver, Alexie Shaw, Jo Shelton-Pereda, Eleanor Simmons, Katie Styles, Charlie Wood

W45 (3): Ola Balme, Yvette Dore, Clare Elms, Marjorie Epson, Emma Ibell, Michelle Lennon, Andrea Pickup, Louisa Pritchard, Victoria Read, Lucy Pickering, Lucy Clapp, Nicola Richmond

W55/W65 (3): Stephanie Burchill, Angie Norris, Claire Steward (W65), Ros Tabor (W65), Clare Wyngard, Susan Vernon (W65)

Dulwich Runners 2017 Fixtures

Further information about 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.

Road & other **Cross country** **Club Champs** **Assembly League** **Track**

		Race	Venue
Apr	1	HHH Open Meeting	Tooting Track
	2	Paddock wood 1/2M	Paddock Wood
	6	Assembly League	Beckenham
	9	BMAF 10km road champs	Gravesend Cyclopark
	23	London or alternative marathon	various
May	1	HHH Open Meeting	Tooting Track
	4	Assembly League	Victoria Pk, Hackney tbc
	20	British Masters Relay	Sutton Pk, Midlands
	22	Blackheath& Bromley Open Meeting	Norman Park
	24	BMC/ Cambridge Harriers Open Meeting	Eltham
Jun	1	Assembly League incorporating Club champs 5k	Battersea Park
	4	Surrey Masters Track and Field Championships	Ewell
	12	Blackheath & Bromley Open Meeting,	Norman Park
	21	BMC/Cambridge Harriers Open Meeting	Eltham
Jul	6	Assembly League	O2, Nth Greenwich tbc
	27	Assembly League	Victoria Pk, Hackney tbc
Sep	7	Assembly League	Beckenham tbc
	11	MT 5 mile race, organised by TH&H	Wimbledon Common

2017 CLUB CHAMPIONSHIPS

2	April	Paddock Wood 1/2M	L
23	April	London Marathon (or alternative	L
1	June	Assembly League 5k, Battersea Park	S
(14	July	Mark Hayes Mile, Dulwich track or alternative race **tbc**)	S
10	Sept	Thames Hare & Hounds MT 5m, Wimbledon Common	L
1	Oct	Sittingbourne 10	L

With the exception of the mile race we now have a full programme of events for 2017.

The remaining fixtures are listed together with distance categories.

2017 club champs rules can be found on the club website.

We are still investigating possibilities for a track mile race in the summer.
If this proves unsuccessful, the Mark Hayes Mile will be used for the club champs.

Note that the 5 mile MT race will be classified as a long race.

Marathon Schedule

Note if anyone wants more specific training for marathon on another date or another event, then please let me know
Steve Smythe

March		
Wed	29	8M steady
Thu	30	5M tempo accelerating after slow start - with 4M at mar. pace, fifth at HM pace
Fri	31	3M easy or rest
April		
Sat	1	rest
Mon	3	3M easy or rest
Sun	2	Paddock Wood 1/2M
Tue	4	1000 reps
Wed	5	5M easy
Thu	6	Assembly League
Fri	7	3M easy or rest
Sat	8	5M steady
Sun	9	18-20M slow
Mon	10	3M easy or rest
Tue	11	800m reps
Wed	12	8M steady
Thu	13	2M steady, 2M at Mar pace, 1M at HM pace, 1M at Mar pace
Fri	14	3M easy or rest
Sat	15	Parkrun
Sun	16	10-12M slow
Tue	18	200/400m reps
Sun	***23***	***London Marathon***

Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, fell, xc, tri and track results etc, are welcome.

World Masters Championships Indoors Daegu, S Korea

Ros and Andy were amongst the sizeable team of British athletes taking part in this latest masters championships. Daegu had a modern indoor stadium and we had travel passes and shuttle coaches to get us to the venue. Lots of local volunteers were on hand. The city was sprawling but quite dense and overlooked by untouched forested hills. The major routes were very wide and overlooked by many tower blocks, sometimes decorated with murals, e.g. of historical figures, ducks or otters. The back streets were very busy and each had a theme, e.g. cafés, restaurants, hardware shops, medicinal herb shops. There were a few preserved old houses in Japanese style and a few parks with churches, temples or memorials.

As reported last week, in the Monday's cross country Ros was 2nd w65 and was in a winning GB team. Andy's m60 team was initially 3rd but later put down to 4th.

W65 3,000m 22.03.17

US's Kathryn Martin set off ahead and, running a world record, wasn't going to be caught. After a couple of fast laps with an unknown Japanese woman in 2nd, Ros took over with another US athlete, Steinbach, on her shoulder. Halfway was reached with Ros lapping at about 51 seconds but she then picked up to 50's, which was too fast for Steinbach, who dropped back.
1 K Martin US 11.35.98 world record
2 Ros Tabor 12.27.24
3 C Steinbach US 12.40.06.

W65 800m 23.03.17

At the shorter distances there were strong Australian athletes to contend with. Jeanette Flynn was able to front run ahead of Martin, with Ros in 3rd, easing away from Steinbach on the last lap.
1 J Flynn AUS 2.44.45
2 K Martin US 2.47.02
3 Ros Tabor 2.56.14

W65 400m 24/25.03.17

There were some no-shows at the semis, leaving 7 to be reduced to 6 for the final. Ros came 3rd in her semi, 5th fastest qualifier.
2nd semi-final
3 Ros Tabor 1.21.09

Final

1 J Flynn AUS 1.10.34 world record
2 C Marler GB 1.11.72 european record
3 L Peake AUS 1.14.16
4 Ros Tabor 1.17.05

W65 1500m

This came only 90 mins after the 400m final. Martin set off on her own at the front and Ros followed her own pace, with Steinbach on her shoulder at the bell. Again Ros was able to run a fast last lap to secure silver.
1 K Martin US 5.25.29 world record
2 Ros Tabor 5.57.97
3 C Steinbach US 5.59.00
Ros's final tally was 3 silvers, a bronze, a fourth and a team gold.

Half Marathon

25.03.17

Andy had entered the half marathon hoping his foot injury would improve but it was still causing discomfort on the day, so the objective was to get round at a comfortable pace and hopefully get a team medal. The half marathon course started and finished at the indoor stadium, the two laps visiting the outdoor stadium used for the 2011 world champs and a baseball ground. All the roads used were dual carriageways, using both sides via U-turns. The weather during the race was quite good for running at about ten degrees with early rain clearing. There were lots of Korean entries, possibly corporate, including one group who jogged a mile and gave up. Andy kept going steadily, catching one GB teammate on the first lap and catching an m60 Pole in the difficult uphill second part of the last lap. Ahead Paul Thompson had won the M60's and Andy was second scorer for the GB m60 team, which came 3rd, 30 seconds ahead of 4th. ***- Andy Murray***

19 m60 Andy Murray 1.44.27
M60 teams of 3
1 Korea 4.27.24
2 Poland 4.37.41
3 GB (Thompson, Murray, Sargent) 4.54.10
4 Spain 4.54.40

South of England 12-stage Relay Championships, Gravesend Cyclopark

Saturday 25th March 2017

"Dulwich men surprise with National qualification!"

Tony Tuohy reports....

Putting together a team of 12 Dulwich men for the SEAA relays has proven difficult for at least the last ten years but this year we managed it. Even more difficult would be getting in the top 25 clubs and therefore securing qualification for the National 12-stage relays at Sutton Coldfield, but in the event we did so in style. The Cyclopark is an unusual venue but at least provides a testing traffic-free course with good facilities, although the small lap (1.37 miles) meant keeping track of who was where in a four hour race required a better man than me.

The format was traditional, alternate long (3 laps, 4.11 miles) and short (2 laps, 2.74 miles) legs, just don't forget what lap you're on. For the sake of comparison The results are still provisional and a few of ours appear to have the wrong times – so with a little help from Strava and coach Steve's near-as-dammit splits...

Leg 1

23 Tim Bowen 21:13

The Dublin Dynamo led off with the pack and made good use of it, storming round each lap in not much more than seven minutes for his best run this year, virtually back to his best. Averaging 5:10 per mile on such an undulating course in very strong winds is quite impressive, methinks.

Leg 2

25 Paul Devine 15:04 (but 14:48 shown in results)

Also finding a relay can pull you to your best, Paul made a nonsense of his prior 18 minute 5k form this year with a blinder that's worth at least 45 seconds better than that. A few long runs under his belt, so back on form...

Leg 3

25 Daniel Mann 22:15 (but 22:39 shown in results)

Another quality run from Dan, right up with his best form, keeping us in touch with the top 25 teams.

Leg 4

25 Mark Lacey 15:10

As above – Mark's running well now on marathon training, and also maintained the team's position.

Leg 5

19 Steve Davies 21:53

Treadmill Steve put in a stunning run just 30 seconds slower than Tim, making up six places; surely his best ever, surpassing even his 34:08 10k at Telford? Extra winter sessions at home on that treadmill? Miles maketh the man...

Leg 6

21 Tom South 15:39

Tom's starting to race more often now and ran strongly here, doing well to only give up a couple of places.

Leg 7

20 Wayne Lashley 22:37

A typically strong run from Wayne but he really went deep into the well on the second lap – so deep that an hour so later he had a bit of a nasty turn, enough to require the medic's attention. All's well now but I hope he sticks to the normal comedy in future...

Leg 8

22 Ian Lilley 15:46

Ian's still struggling to get meaningful training done but can still be relied upon to blast out a good effort up to 5k and did the job here, well up with his form of late.

Leg 9

20 Greg Hills 22:36

Still improving, Greg also lived up to his recent form and ran strongly to move us back into the top 20 with three legs to run.

Leg 10

20 Buzz Shephard 14:58 (but 14:03 shown in results)

Great to see Buzz back racing, even if he is yet again risking those long-standing injuries, but he still managed to post our best of the short legs, and much faster than the 17:30+ 5k shape he thought he was in.

Leg 11

21 Shane O'Neill 23:06 (but 24:01 shown in results)

Shane is another still on an improvement curve and put in another reliably strong run here, perhaps just a tad down on his Southwark parkrun form.

Leg 12

19 Tony Tuohy 15:00

An over-zealous 7:20 first lap due to catching two teams scuppered my hoped-for sub-15 clocking, but close enough, and there were no worries about finishing in the top 25. With Paul, Mark, Buzz and myself all with times in a twelve second window honours were not quite even, but certainly very similar...

1st	Tonbridge AC	3:23:05
2nd	Serpentine	3:24:22
3rd	Highgate Harriers	3:26:18
19th	Dulwich Runners	3:45:17

Fastest short leg Lewis Lloyd (Herne Hill) 12:57 (10th fastest 13:34). Fastest long leg Andy Maud (Highgate) 19:07 (10th fastest 19:47).

I'd hardly crossed the finish line when an invite to the National 12-stage at Sutton Coldfield was thrust straight into my sweaty palm. As this was an unexpected new fixture for us in only two weeks time, not surprisingly there were doubts that we'd be able to field a team. However, after some frantic canvassing (the entry deadline is Wednesday) we appear to just about have a team, including seven of the heroes listed above. A top 20 finish there might be pushing it a bit though.

Mob Match With Beckenham RC

25 MARCH

This 2 way mob match using Beckenham Place parkrun took place on a perfect spring morning with the grass in excellent condition and providing a welcome relief to many from the usual pounding over tarmac. This made for fast times with many achieving similar, or in quite a few cases better, times compared with February's club champs event at Southwark parkrun.

With our fastest men competing in the 12 stage relay, we were comfortably outnumbered by Beckenham, giving them a significant advantage. Although Beckenham competed with us effectively at the front of the field, we were much stronger in midfield, notably amongst those finishing between 19 and 21 minutes, making it the most closely fought mob match I can recall. With a few runners either missing or unattributed in the official results, there was uncertainty over the final result for a while, but eventually it was confirmed that Beckenham were winners by 55 points.

The scoring system agreed was based on the standard rules used for cross country mob matches, dating back to the 19th century. The numbers from each side are added up and then two are taken off the team with the smallest number (or mob). So with 32 competitors from Dulwich and 42 from Beckenham, 30 were scored from each side. First place gets 1 point, second place 2 etc. So you end up with a big number and the team with the lowest aggregate score is the winner, in this case Beckenham with 902 points, compared with 957 for Dulwich.

The date of the mob match was arranged before it had been decided to enter a men's team for the 12-stage SEAA relays in Gravesend. It proved difficult to rearrange the date but the upside was that missing our faster men made for an exciting contest.

In any uncanny repeat of his Southwark parkrun, Alastair Locke was again first finisher in an identical time. Other notable performances towards the front of the field included an improving Oscar Hussey, a return to form by Ebe Prill and strong runs by William Cotter and Fiona Askew. Helen Lister did well to finish in sub 20 minutes, while Hugh Balfour posted one of his fastest parkrun times, having been sucked into a fast start by Mike Mann.

Mike Fullilove's time was a big improvement on his Southwark performance. Ola Balme demonstrated a return to form and there was another good run from Laura Vincent. Ian Sesnan and Graham Laylee paced each other effectively, followed closely by Clare Cummings, who achieved a pb. Mike Dodds emerged first on this occasion in the husband and wife battle with a convincing run. It was good to see two small Colliers competing, shepherded initially by Dad who came through the field strongly to finish 7th overall.

Mike Mann

Alastair Locke	16:33
Oscar Hussey	17:38
Lloyd Collier	18:04
Clare Elms	18:26
Ebe Prill	18:55
William Cotter	19:08
Steve Smythe	19:29
Fiona Askew	19:35
Selma Benattia	19:43
Justin Siderfin	19:45
Duncan Hussey	19:50
Helen Lister	19:55
Gary Sullivan	20:07
Hugh Balfour	20:10
Mike Fullilove	20:15
Ola Balme	20:38
Mike Mann	20:40
Laura Vincent	21:00
Matt Ladds	21:02
Becca Schulleri	21:07
Ian Sesnan	21:37
Graham Laylee	21:42
Clare Cummings	21:56
Eleanor Simmons	22:19
Mike Dodds	22:42
Clare Wyngard	23:25
Lindsay Annable	24:27
Peter Jackson	25:25
Rafe Collier	25:32
Sharon Erdman	26:16
Rhoda Collier	34:17
Sue Vernon	37:16

Steve Smythe adds...

Parkrun

On the same day, we came very close to winning the parkrun mob match, despite missing a dozen of our best men, though admittedly only a half would have probably have done it. It wasn't particularly good planning to have this mob match on the day of the 12-stage. Despite advertising it as a club event, a further dozen went to the Dulwich parkrun instead and we had quite a few members at other parkruns too.

It was obvious we would have easily won the women's part of the mob match. We had the first four women in the whole race and seven of the top 10 overall. It was a shame though we didn't have a women's team at Gravesend.

Clare had two different injuries and felt she ran poorly but she still won her 122nd parkrun (out of 122) it was still the second best age-graded parkrun of all the approx. 111,000 UK parkrunners who took part in the different races on Saturday.

Fiona, Helen and Laura had especially good runs with all-time parkrun PBs (Helen's earlier 19:38 was short) as did Alastair who won the parkrun with an excellent run.

Good runs too from course first timers Oscar, Lloyd, Justin, Duncan, Gary, Hugh, Mike F, Ola, Matt, Becca, Ian, Mike D, Clare W, Lindsey, Rafe, Sharon, Rhoda and Susan There were course PBs for Ebe, Will, Mike M, Graham, Pete J And close to Pbs for Selma and Eleanor and Jo Q .

We now hold a fair number of the course records.

15-17 Oscar H	18:10
18-19 Lewis L	17:45*
30-34 Alastair L	16:33
W25-29 Fiona A	19:35
W30-34 Helen L	19:55
W35-39 Selma B	19:32*
M40-44 Andy B	16:46*
M45-49 Steve D	17:04*
W50-54 Clare W	18:02*
M55-59 Steve S	18:56*
W60-64 Jo Q	22:47
W70-74 Susan V	37:16

runs marked * were at parkruns at Beckenham before Saturday Clare holds the overall women's record at 18:02 and the age-grading record at 95.29%

A few thoughts....

Relays

Congratulations to the men in making the top 20 in the Southern Road Relays for the first time in our history. It wasn't our very best team but it was a good dozen runners and they all ran well and we easily qualified for the Nationals - by three minutes. Even if we had the very best 12, we wouldn't have come higher than 16th, so it was a splendid effort in terms of the performance on the day and the performance of getting our best runs together at the same event. However, while we got a good 12 out, so teams such as Kent AC had three teams - 36 runners.
The organisation wasn't very good and a lap that took about 7 minutes was far too short, It was a pity that runners didn't stay a little longer to support and we only had three supporters (Steve S, John Mc and Clare) but the atmosphere was non existent and the loudspeakers didn't work and it wasn't that clear what was going on. The Nationals will be a entirely different event.
The results were only half produced on the day and when they did come out, there were loads of inaccuracies.
I made the lap times as below
Tim 21:13 (7:01, 7:07, 7:05)
Paul 15:04 (7:26, 7:38)
Daniel 22:15 (7:10, 7:36, 7:29)
Mark 15:10 (7:33, 7:37)
Steve 21:54 (7:11, 7:21, 7:22)
Tom 15:39 (7:41, 7:58)
Wayne 22:37 (7:30, 7:41, 7:26)
Ian 15:46 (7:41, 8:05)
Greg 22:36 (7:25, 7:42, 7:29)
Buzz 14:58 (7:20, 7:38)
Shane 23:05 (7:40, 7:45, 7:40)
Tony 15:00 (7:20, 7:40)

Unfortunately as it wasn't really pre planned, not everyone who ran (5 in fact) can't run the Nationals but it looks as if we have a fairly strong five replacing them but it would be good if we could have a stronger squad and a few backing up the 12.

Many, many years many London clubs moved further out to improve the quality of their runs.
Blackheath moved to Hayes while Cambridge Harriers moved from Southwark originally to Blackheath and then to Bexley. Out towards the country away from the city.
However, while seemingly sensible club runners run away from the centre of London to get further off road and get away from the pollution and run off-road, some Dulwich Runners head towards the centre for mostly road runs to maybe do a lap around a central park, which in springtime is full of cyclists, dogs and leads, children and people walking slowly.
To me this makes no sense at all. I know if I had chosen such routes in my youth, I would have been injured far often and certainly not carried on running for nearly 50 years.

I also think there is too much emphasis on running certain speeds in training. Yes, it is good to get some running in at marathon pace if you need it and people are different and have different needs but I don't recall doing much at marathon pace when I was running my best times. The training was not a lot different to what most people do now, built on a weekly long run, speed work and regular races and maybe a hard raced 20 but not too much tempo training.

If you think a hard marathon can takes months to recover from then too much fast running at a long distance can also take too much out of you and affect a lot of other sessions and potentially make you less fitter. And, many find it difficult to simulate hitting marathon pace when on their own in the middle of hard training without a taper and probably not in full racing kit and shoes and the adrenaline of competitors and spectators. So just for example you find seven minute-miling hard in training, doesn't mean you won't run much quicker when in race mood.
Back in the eighties, I recall a very hard training regime that was based on blasting out fast 23 milers at close to marathon pace. It did give very good short-term results but those that did it may have got a PB but were invariably injured after that and mentally and physically never reached those heights again.

I used to go races with someone who insisted on getting there in my view far too early and seemed to be almost ready to go to the next race as soon as the last one was over.
However, while getting to a race a hour too early is annoying, it is not as annoying as getting there five minutes too late and missing the race or having to rush preparation.
Before you run fast, it is good to get the body ready by warming up with first slow running and then some faster strides and then when you fast run in the race, your body is prepared. If you get there late you can't warm up properly.
Steve Smythe

12-hour underground race

Can any race match a 24-hour Mount Everest Run? How about going to the other extreme and running a 12-hour race underground in a salt mine?

A few weeks after the crazy 24-hour stair-climbing challenge, time had come to go underground – to a UNESCO-listed Royal Salt Mine in Bochnia in southern Poland.
The race is quite a unique experience. You go down the mine shaft on Friday evening, 250 m underground, not to emerge to the surface until Sunday morning.

You might think you'd get claustrophobic spending so long underground, but not at all. The mine actually feels very spacious – it has a few huge caverns (250 m long 15 m wide), used as a basketball pitch or banquet hall. There is a restaurant, an underground church carved out in a rock, and quite spacious common rooms. Also the sleeping cavern was pretty impressive – a huge cave with salty veins trickling down the walls, filled with solid log bunk-beds. And apparently a microclimate that is really good for you. Once you had got accustomed to the unusual ambiance, drunk your share of quality Czech lager and spent the night on super-healthy

buckwheat mattresses, you could start the race the next morning.

The relay race lasted 12 hours. Each team made up of 4 runners. The teams used different tactics, depending on their ambitions and abilities. The tough guys changed batons after each lap of 2.5 km. Others ran on end for 3 hours each. We took the moderate approach – i.e. running 2 laps each – 5 km, which didn't wear you out and gave the other team members enough time to rest. In the meantime you could replenish your energy with delicious sweet rolls and nice coffee provided all day long, have a nap or just chat with fellow runners – some of them quite familiar from other 'weird' races.

You ran along disused mine workings, which were quite well illuminated, with loud music to keep you going – it started off with some Polish folk, happy Ska rhythms and, as the day went by and your stamina was depleting, it sped up to classic rock to end with proper miner stimulants like Rammstein and Metallica.
As a reward for running your "shift", you could have a ride on a 150 m long helter-skelter between the changing zone and the rest area. With the right technique you could really develop quite a speed!

Our team was not very ambitious: we took part in the race for the experience rather than to compete, but still, when there was a chance of overtaking a team or two, we naturally did everything to do it. All in all, we managed to cover 142 km. I happened to have the "longest legs" in our team

so I ran 44 km at an average pace of 7:00 minute a mile. So quite a nice training session, although a bit astray from the Coach Steve's marathon training plan.
Now it's time to hit the (tarmac) road again until the London Marathon, before new ideas crop up.

Grzegorz Gałęzia

Cranleigh 15 and 21 miles

26th March 2017

Round 3 of Barrie's long training races with a 21 miler to tackle this week. This one was literally on the doorstep by comparison to previous races just being south of Guildford and familiar to many club runners. The course is run on undulating country roads with brief stretches on an A road hence an early 9a.m. start which was made even earlier by the clocks going forward.

Barrie was delivered a masterclass in how not to prepare for a race as he was filming on the Saturday. He wasn't keeping particularly salubrious company as he was at a party for national heads of the Mafia! He'd been cast as head of the English mafia alongside a Russian beefcake who had been jetted in especially for the gig to play his Russian counterpart.

His call time was at 7 and he was literally on his feet for 12 hours with only a 20 minute break for lunch at midday. They were on set all afternoon with no further breaks or snacks and everyone was complaining about aching legs. Barrie commented that people half his age were saying how shattered they were and how they were going to spend all of Sunday in bed! All right for some!

This week I had the delights of a 15 mile option and had offered to pace Barrie for that distance before he set off on his final 6 mile loop of the course. We started off steadily whilst everyone did the opposite and flooded past us so we spent most of the race passing people as they slowed down.

Barrie's pacing instructions were 'slow please' but he was running quite strongly and we settled on a 9 min 30 pace per mile which was a touch quicker than our other long races. We managed to keep a relatively steady pace coming through the half marathon point in 2:05. After I left him the inevitable tiredness from Saturday kicked in and he struggled from mile 18 onwards. It was then his turn to be overtaken although he didn't fall too far behind people we had been running with at mile 15.
My time was surprisingly consistent with last year being just half a minute quicker and Barrie was around a minute faster than last year which is encouraging given his poor preparation. The race was very well marshalled and endowed with frequent water stations which were welcome as temperatures rose.

We spotted Cara on the start line but didn't have chance to say hello. The results show she ran in the 15 miles too although we are all down as Dulwich Park Runners.

Our now famous lunch stop was far less scenic this week – no ponies, bubbling brooks or eery sea scape but just the local Cranleigh playing fields - but the weather more than made up for it.

15 miles and 262 yards

26	Cara Oliver	1:58:21
99	Lindsey Annable	2:24:10

161 ran

21 miles and 42 yards

248	Barrie Nicholls	3:24:46

349 ran

Marathon inspiration from Club heroes: Zen man, Hunter man, Excel man and Fridge man.

Every time I open my front door I see Alastair Locke - eyes deep inside his head - floating like a Zen warrior on a thousand mile odyssey. I also spotted Tim Bowen running around Dulwich park looking like some ancient hunter-gatherer, bounding along. Who is going to come out victorious at Paddock wood in the clash of the Dulwich legends, I wondered. Could we just put them in a no holds barred cage-fight and be done with it?

Smart money is on a mad early surge from Hunter-man, but with a late crazy flying attack from Zen-man. Thrilling stuff. Me? I've been indulging in a new Dromance. Steve Smythe on Marathon Talk. Cut him and he will bleed club colours, blue and red, with a bit of excel green. In this day of faddish hot yoga-boy-men, he is the real deal, a south circular hard man. He's run a sub 3h marathon forty years after his first, and he doesn't even like them. Job well done. Excel-man could take out Zen and Hunter in a cage fight, no question. Trying to introject some of these heroic qualities I turned up Sat at Dulwich park run and beat Kim H, and marathon master turned festival going hippy Chris L.

A good night at the track tonight, 1 mile followed with 10 x 400m, and then finished with a mile: I beat Rob C and Ebe P to run my last mile in 5.48. That's my fastest ever! I didn't get a chance to speak to Ebe, but my mind mused on what he would make of my running. "You idiot. Track is not a race. Rob C. let you go past because he feels sorry for you. He has more talent in his little finger than you have in your whole body. As for the park run. You fool. Any self-respecting club member was at the mob match whilst you were deluding yourself and feeding your ego racing has-beens. You are not worthy to be in the club. As for your mile record. The track is 10 metres short."

Ok, another week, another low. (to be honest I didn't think I could beat sucking out stale saliva from a stranger's used gel packet). Still feeling quite good, maybe I imbibed some rare performance enhancing gut bacteria. Haven't seen my nemesis, aka runaway-Fridge-on-wheels man, or the J-UNIT, but see he had a blistering half marathon. Alas I can't be at Paddock wood to go head to head with Fridge Unit, as it's my daughter's birthday, so the show down will be at London Marathon. I'm off to Greece next week and hope to make a pilgrimage to Marathon itself for some last-minute inspiration.

Ajay Khandelwal

parkrun

March 25th

Bromley
695 ran

Pos	Gen		
107	98	Colin Frith	22:18

Crystal Palace
196 ran

Pos	Gen		
5	4	Tom Wilson	19:27
32	26	Andy Cottrill	22:01
33	7	Belinda Cottrill	22:03
76	17	Penelope d'Arcy Graham	24:58
89	71	Ameet Patel	25:58

Cornwall, Auckland, N.Z.
263 ran

Pos	Gen		
65	58	Nick Bell	24:00
99	83	Bob Bell	25:43
241	80	Chris Bell	36:56

Dulwich
285 ran

Pos	Gen		
8	8	Andrew Shreeve	18:00
23	22	Mark A Foster	19:31
30	29	Ajay Khandelwal	19:58
35	33	Chris Loizou	20:27
38	36	Simon Burnett	20:34
42	3	Kim Hainsworth	20:41
59	5	Ellie Balfe	21:20
73	8	Sandra Marie	22:00
104	89	Mark Muffett	23:19
94	142	Mick Mead	27:07

Hastings
243 ran

Pos	Gen		
2	2	Andy Bond	16:37

Hull
509 ran

Pos	Gen		
94	87	Paul Hodge	23:26

Peckham Rye
182 ran

Pos	Gen		
170	104	Gideon Franklin	32:39

Roundshaw Downs
149 ran

Pos	Gen		
8	1	Ange Norris	20:45

Southwark
242 ran

Pos	Gen		
95	83	Paul Keating	23:52
150	37	Kaylee Coxall	26:32

Tilgate
549 ran

Pos	Gen		
130	113	Gary Budinger	25:29

Tooting Common
480 ran

Pos	Gen		
214	29	Claire Barnard	25:36

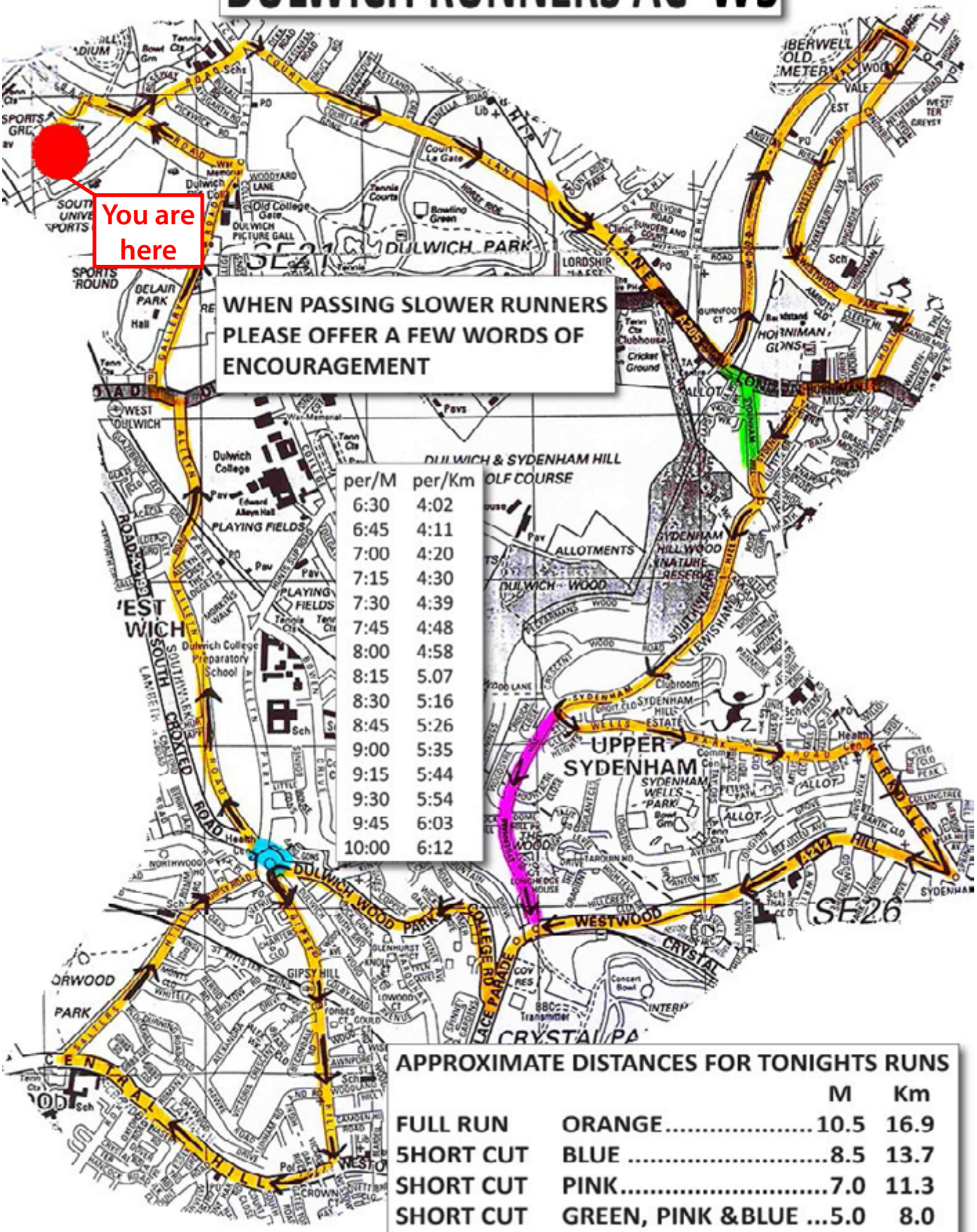
Warszawa-Ursynow
84 ran

Pos	Gen		
6	6	Grzegorz Galezia	20:06

New members especially, and others....

For your results to appear here you need to update your parkrun profiles to show you are a current member of Dulwich Runners AC. or send them in.

DULWICH RUNNERS AC W5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DULWICH & SYDENHAM HILL GOLF COURSE
PLAYING FIELDS
ALLOTMENTS
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WESTWOOD
DULWICH WOOD PARK
GIPSY HILL
Dulwich College
Dulwich College Preparatory School
Old College Gate
Tennis Courts
Bowling Green
Cricket Ground
Clubhouse
Concert Bowl
BBC Transmitter
Sydenham Hill Wood Nature Reserve
Sydenham Hill Estate
Sydenham Wells Park
Horniman Gdns
Lordship Lane
Dulwich Picture Gall
Belair Park
Sports Ground
Cov Res
Health Ctr
Sch
Pavs
Allot
Mus
Clinic
Hall
Edward Alleyn Hall
Court La Gate
Woodyard Lane
Westwood Park
Crystal Palace Parade
Sydenham Hill
Lewisham Hill
Dulwich Wood Park
Croxted Road
Allen Park
Central Hill
Gallery Road
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