

**These are your SHORTS,**

Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

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

Sat 10 Surrey League Xc - men & women
Tue 13 Track - Crystal Palace Arena - details below

In your SHORTS this week !

- 1 General information
- 3 Club kit - new kit additions !
- 4 Fixture list, **2018 Club Champs** and all other races
- 6 Marathon schedule and training advice
- 8 Race reports - Full Club champs report
- 11 Parkrun results
- 12 Wednesday map

And much more !

MEMBERSHIP FEES FOR 2018/19

Members will recall that at the AGM it was agreed that the Committee would review Membership Fees prior to the renewal date of 1st April.

The Club last increased fees in January 2015 although since then the England Athletics affiliation fee collected through the membership for first claim members has increased by £1 each year as it will again for 18/19.

Since 2015 we have faced increased costs particularly in Club Hire, race entry fees and transport costs etc. The Committee has therefore decided to increase membership fees for 2018/19 to £45 (currently £37) for first claim members and £30 (currently £23) for second claim and non affiliated members.

The Committee are sure you will agree that membership fees give excellent value for money.

The benefits of membership include:

- Free entry to 5 Assembly League road races during the summer.
- Free entry to 4 Surrey League XC fixtures, XC relays, County, Area and National XC races and National and Area Road Relays.
- The opportunity to qualify for one of the club's places in the London and Brighton marathons
- Advice from our qualified coaches
- Subsidised entry to Green Belt Relay
- Kit and race entry discounts with EA Affiliation

It was also agreed that our membership year would change to April 1 - March 31
In accordance with this, your membership renewals will be emailed March time

TRACK SESSIONS

Crystal Palace Track

£2.50 per session - Suitable for all abilities.

At reception say you are with Dulwich Runners but do not pay there, pay Ros trackside. Can take up to 10mins to get from reception down to track.

Arrive at 7pm for a full warm-up, of various drills. Strides etc will start around 7.20pm, main session taken by Steve Smythe will start shortly after and be in the region of 45 mins.

Crystal Palace Arena

Cards re survey at www.tinyurl.com/CP-NSC about the use of the facilities were handed out on Tuesday evening. Please can all of you taking part in track sessions complete the survey.

Thursdays 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

LUCKY VEST

Tonight in the clubhouse -

Wear your Dulwich Runners vest or t-shirt for the club run on the first Wednesday of any month and you will go into a free draw and could win the £5 cash spot prize !

Vests £18 each from Ros ros.tabor49@gmail.comClick to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)www.dulwichrunners.org.uk/index.html

Connect with us:

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

Feb 10 Surrey League - men & women

Feb 24 National Cross country - Parliament Hill Fields

NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.

Thanks to **Gideon Franklin, Natalie Davies and Sharon Erdman who took out 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

Paul Keating**7/2**

Matt Ladds

14/2

Charlie Lound

21/2

Wednesday Night Map

This map for this Wednesday's runs can be found 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

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



We have now set up an Instagram account for Dulwich Runners - so if you

would like your photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z uploaded, please send through to one of Barry Graham, Yvette Dore or Jonathan Whittaker who will take care of it!

The Instagram feed will be linked to our new and upgraded website - more on that soon.

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)

Photographs needed !...

If anyone has any good recent photos of Dulwich Runners in action either on the race course or at the pub (or dance floor for Ajay) for inclusion in the brand new website, please could you send them to:

jonathanwhittaker79@yahoo.co.uk

SOCIAL SPOT

P
O
T

Upcoming events.

Saturday February 10th:-

End of Surrey Cross county league social at the East Dulwich tavern from 7.30pm, pub details are as:-

<https://whatpub.com/pubs/SEL/10798/east-dulwich-tavern-east-dulwich>

Saturday 24th February:-

Post National Cross Country Champ drinks from 4.15pm. Come and celebrate the end of the Club cross champs with a drink at the Pineapple, a pub with good food and beer. We have the conservatory reserved for Dulwich runners, and its close to Kentish Town Station for the journey home:-

<https://whatpub.com/pubs/NLD/6101/pineapple-london>

Wednesday 14th March:-

Beer and Cheese Matching evening at the clubhouse, after Wednesday night run from 9pm.
More details to follow.

Drinks at 50

As I hit the big 50 on 27th January, please do have a drink from the bar on me after Wednesday night's run as I celebrate (or commiserate) passing to a new age category.

The club champs Dulwich parkrun was my second as a 50 year old! I managed to run one on the day itself in Seaton which goes along the seafront promenade. Omitted from last week's parkrun review was the fact I topped my new parkrun age category! The time wasn't anything to shout about but then it was run in gale force winds and driving rain. The race director did ask me why I was doing the run on my big day, and both myself and Barrie (who was thoroughly drenched watching) thought the same. Still a group of the volunteers sang Happy Birthday to me as I ran past. Something to smile about at least I was buffeted along the course.

Lindsey Annable

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004

ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk



NEW KIT – BUY ONLINE DIRECT FROM THE MANUFACTURER

We have set up an arrangement with pbteamwear to provide showerproof jackets and mid-layer training tops. You just click on the link to the Dulwich Runners shop: <https://www.pbteamwear.co.uk/athletics-clubs/dulwich-runners.html> and purchase directly. I am getting a couple of samples to check sizing. any questions contact Ros at: ros.tabor49@gmail.com



Showerproof Team Jacket

Full Zip Multi Purpose Club Jacket. Unisex Fit, Chin guard, Concealed hood. Drawcord system, Durable water repellent textured fabric, Inside pocket.

Mesh lining.
Scooped hem,
Generously sized



Pro Mid Layer 1/4 Zip Top

Technical Mid layer Pro 1/4 Zip Training Top, 220gsm 4 Way stretch matt finish / full dull polyester outer Scooped hem dropped back, Soft touch anti - pill fleece reverse

NEW

LIMITED NUMBER OF HATS

will be available at the club on Wednesday - only £10



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
Bufs/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.



Socks only £5



HOODIES...

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



Bufs/snoods - only £6



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

DULWICH RUNNERS 2017/18 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.

2018 Club Championship

2018 club championships races (subject to a few dates and venues tbc) are now in the fixture list below.
 The marathon, 1/2M and two 10k races are classified as long races, with the remaining 5 short.
 Details for TBC's will b shown as soon as known. Ensure to enter the Hyde Park 10k and Paddock Wood 1/2M in good time.

Road & other Cross country Club Champs Assembly League Track

2018		Race		Venue
Feb	10	Surrey League 4	men	Lloyd Park
	10	Surrey League 4	women (note : 1pm start)	Richmond Park
	24	National Champs		Parliament Hill
Mar	17	BMAF Champs		Forres, Scotland
	18	SEAA Relays		Milton Keynes
	24	Run Through 10k	(L)	Hyde Park, London
Apr	5	Assembly League		Beckenham Place Park
	8	Paddock Wood 1/2M or earlier alt. 1/2 if doing Brighton mar.	(L)	Paddock Wood or alt.
	14	National Road Relays (depending on club qualifying)		Sutton Park, Birmingham
	22	Virgin Money London Marathon (or alt. prior to final event)	(L)	London or alt.
May	3	Assembly League		Victoria Park, Hackney
Jun	7	Assembly League (incorporating 5k club champs)		Battersea Park
Jul	5	Assembly League		Tottenham Marshes
	20	(date tbc) SOAR Mile	(S)	Battersea Track
Aug	2	Assembly League		Victoria Park, Hackney
	30	Assembly League	(note new date)	Beckenham Place Park
Sep	15	(or alt. early autumn date) Beckenham parkrun	(S)	Beckenham Place Park
	30	Middlesex 10k	(L)	Victoria Park, Hackney
Nov	24	(date tbc) South of Thames 5 mile	(S)	(tbc)

Assembly League 2018

The dates and venues of this summer's series of Assembly League series are now in the main fixture list, all taking place on the first Thursday of the month.

Note: final fixture at Beckenham has been brought forward to 30 August. New course at Beckenham used for this and the April race will take in parts of the route used in the January Men's Surrey League cross country race. Cutting out the woods should remedy running in semi darkness.

February Cross Country

We are now approaching the end of the cross country season but two high profile fixtures take place in February. We have the final men's and women's Surrey League matches on 10 February and there is a large entry for the National Championships at Parliament Hill Fields on 24 February.

Both these races form part of the Ken Crookes Champs. Details of the forthcoming Surrey League match are shown separately and those for the National will be included nearer the time.

CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like to have more coaches. The club has a policy of contributing to coaching costs. There are various levels of qualification and different pathways which can be followed.

Details are on the website: www.englandathletics.org

Our current coaches (Steve Smythe and Elkie Mace) have agreed to help or advise interested members.

If you are interested please contact me or another committee member. ros.tabor49@gmail.com

Thanks - Ros

Ken Crooke Cross Country Champs

With the National cross country champs being held at Parliament Hill next February, it has been decided to include this event in the races comprising the cross country champs. The championships will consist of the best 4 of the following 6 races; the 4 Surrey League matches, the South of Thames 5 miles and the National Championships.

Men's Surrey League Cross Country

10 February 3pm start

Final fixture at Lloyd Park starts at 3pm. Easiest way to get to the start is tram from East Croydon, alighting at Lloyd Park tram stop on the New Addington branch. Tram stop is adjacent to the start. There is parking on the side streets off Coombe Road.

Cafe with toilets and changing close to start. 2 lap course over around 5 miles, mostly on what can generously be described as grass and trails, likely to be muddy, if not waterlogged in places, particularly since Div 3 and 4 are using the same course an hour earlier. The course is suitable for long spikes or robust fell shoes.

With a good turnout and performances, we achieved a creditable 4th place at Beckenham in January. We are looking to match, or hopefully better, this performance on Saturday, so please make sure you are there and let Ebe know in advance to enable him to declare our runners in advance

National Cross Country Champs

24 February

We have an encouragingly large entry of around 45 men and women in total for the forthcoming National cross country champs being held at Parliament Hill on 24 February. Since there has been some confusion about who has been entered for recent races, a list is included below.

Entries closed several weeks ago and all those who emailed their captains should have been entered.

Those entered for the senior men's race are Bob Bell, Tim Bowen, Edward Chuck, Matt Cooke, Steve Davies, Mark Foster, Grzegorz Galezia, Greg Hills, Duncan Hussey, Grant Kennedy, Chris Loizou, Charlie Lound, Mike Mann, Andy Murray, Barrie Nichols, Ebe Prill, Steve Rolfe, Ross Rook, Buzz Shephard, Ed Simmons, Steve Smythe, Tom South, Tony Tuohy, Jonathan Whittaker, Duncan Wilson, Nick Wood. Lewis Laylee is entered for the U20 race.

...and for the ladies Lindsey Annabel, Claire Baglin, Lucy Clapp, Sue Cooper, Christina Dimitrov, Yvette Dore, Clare Elms, Emma Ibell, Roz Johnson, Michelle Lennon, Helen Lister, Elkie Mace, Ange Norris, Lucy Pickering, Becca Schulleri, Jo Shelton, Eleanor Simmons, Katie Styles, Ros Tabor, Anna Thomas.

If you require any further information about any races in Shorts then contact your respective captains:

Men: mcmann90@yahoo.co.uk

Ladies: dulwichladiescaptain@gmail.com

Brockwell Parkrun - April 7

We will be taking over the organisation of Brockwell parkrun on 7 April, as part of our campaign to raise the profile of the club locally. This is the day before our club champs half marathon at Paddock Wood, so hopefully there will be plenty of you available to volunteer. As well as Brockwell Park regulars, others who regularly participate in other local parkruns are invited to put themselves forward. We will need volunteers for the finish (time-keeping, scanning and tokens) as well as marshalling on the course. Please contact me if you are available at mcmann90@yahoo.co.uk



Saturday and Sunday 19th & 20th May 2018

See the website - www.greenbeltrelay.org.uk for full details

This is a regular for plenty of us - why - because it's a fun weekend of running in some of the most picturesque parts of London.

It's a relay with teams of 11 who, over the 2 days, circumnavigate London, starting at Hampton Court and 220 miles later and, finishing at Kingston. There are 22 stages varying in length (from 6.5 m - 13.5 m) and difficulty of terrain with each member of the team running on both Saturday and Sunday.

This all may sound daunting but runners of all abilities compete. The number of us who come back each year is proof of what an excellent event it is but don't just take my word for it, come and have a chat to any Greenbelter on a club night or email me with any questions.

We have one team for 2018 and the event is now full with 50 teams entered, so we won't be able to get any more. If you're keen let me know by email or on a Wednesday evening. I'll put people into the team on a first-come-first-served basis then have a list of reserves.

NB Reserves needed. We now have a complete team. But - injuries, work, family commitments and stuff just happens and every year we call on reserves. So that's what we need now, a few people who could put their name down just in case, so I don't have a to panic

Ange - dulwichladiescaptain@gmail.com

Men's Surrey League Cross Country course map



Southern Men's 12 stage and Women's 6 stage road relays Milton Keynes

Sunday 18. March, 12 noon start.

We can enter more than one team for men and women and the club will pay for entry and travel.

Last year the men did very well and made it through to the National Road relays.

I hope we can achieve the same this time and also enter a women's team!

If you'd like to be considered for this, please email

Men - Ebe : ebeprill@yahoo.co.uk

women - Ange and Clare dulwichladiescaptain@gmail.com

Marathon training

I am happy to give anyone (of any ability or target) a detailed schedule - steve.smythe@athleticsweekly.com

#This is my suggestion for those doing marathon training.

Feb		
Wed	7	9 miles steady
Thur	8	2M easy then continuous 10km of 3 paces each km of HM pace, marathon pace, then slower pace (ie sub-3 runner 4:00, 4:15, 4:30)
Fri	9	5M easy or rest:
Sat	10	Surrey League
Sun	11	22 miles steady – relaxed and slow first 5 and then slightly quicker for next 15 and easy last 2
Mon	12	5M easy or rest
Tue	13	Track/speed: ie 800 reps
Wed	14	10M steady
Thu	15	2M easy then 10km alternating minutes at 1/2M pace and slightly slower than Mar pace – ie 4:00 and 4:30 pace for sub-3.

Fri	16	5M easy or rest
Sat	17	Hill session
Sun	18	16M with middle 10M at marathon pace
Mon	19	5M easy or rest
Tue	20	Track/speed: ie 400 reps
Wed	21	11M steady
Thu	22	2M easy then 10km of marathon pace with 6 faster HM 1 minute surges every mile
Fri	23	5M easy or rest
Sat	24	National XC
Sun	25	20M very slow
Mon	26	5M easy or rest
Tue	27	Track/speed: ie 2000/200 reps
Wed	28	7M steady
March		
Thu	1	10km at slightly slower than Mar pace with 10 400m busts of HM pace every km
Fri	2	5M easy or rest
Sat	3	steady 5M with strides
Sun	4	Race (ideally HM) or near flat out effort over 10-13M

A note about marathon training

Everyone is different and even runners who race at the same speed don't always train comfortably at the same speed. My views are based on 40 plus years of marathoning and what worked for me to break 2:30 but I do feel some runners in the club run too quickly in training.

Remember when you race 26 miles flat out in a marathon, it can take months to fully recover and that is after tapering and having the adrenaline of the race stimulus. If you train too long at near to race pace in the middle of hard training without a taper, how do you know it is building your fitness and not taking something from it?

You do need some faster running in your training but you should be attempting to build your fitness up gradually in the three to four months leading to the marathon.

Too fast at a continual quick pace on a long Sunday run could mean instead of getting fitter, you are tiring the body, opening the way for fatigue, injury and illness and possibly struggling for a week or two after the run.

The important thing is to be consistent, building endurance through a diet of long slow runs, some faster training and races and then being strong on the day. It is more important to stay injury free and healthy than to have a few blinding long runs, even if they seem easy at the time.

Steve Smythe

Other future races of note

Mar 24 Club 10km

Apr 5 Assembly League

Apr 8 Paddock Wood HM

SUNDAY RUN GROUPS

There are 2 regular Sunday groups particularly for those planning spring marathons and half marathons

9 am Dulwich Park (College Rd entrance) - Suitable for those running at 8min/mile and faster. Details usually posted on the Facebook page.

8am Brockwell Park (Herne Hill gate)- for those running 8min/mile and slower

Should you run if you have a cold or a virus?

I have always tried to carry on running but occasionally adjusted the intensity. It probably means that I have never really been that ill in the last 50 years.

I now take care not to run too hard or too long if I have a virus.

And I have adjusted my views slightly as I have got older.

However, I did try and ease back when I had a cold/virus before Christmas and I don't feel it helped me get better – I just felt I lost fitness then compounded by a bike fall and a turned ankle the week after.

I do feel if you take time off every time you have a niggle or cold, you will never really get fit but you do need to be sensible. A niggle can become an injury and a virus can wipe you out completely. The only major negative instance I can recall was in 2005.

I had trained my hardest for 20 years and was training in Portugal on a Runner's World Training Holiday.

One of the other RW people in our villa had a very bad cold and I thought I might get away with it. I did a 20 mile run there

and for the first 15 miles was running at a pace I had not managed for half-marathon for over a decade. I admittedly suffered the last 2 miles.

A few days later I left Portugal with the onset of a very bad sore throat.

I ran the Fleet half Marathon at the weekend and ran a very good first half but struggled the second and put it down to the throat/cold.

The next week I raced a flat 5 mile and my time was a minute slower than I went through that time during the half.

I still had the endurance because of all the hard winter training – and ran a 2:46 at London that year – but it felt I was sprinting throughout and all my races from March and through the summer, my speed endurance had dropped– an estimated minute at 5km – and even though I trained hard and sensibly- I couldn't get back my winter form.

I recall one top runner telling me it just happens and you suddenly slow late 40s but I was convinced it was the virus not age, and eventually come the next winter season, I started to get back some of the form.

Should you have rest days?

I remember one outspoken runner in the 70s effectively telling me rest days are for babies and the dead.

You can have rest days when you can't run anymore, he said. Though hardly anyone ran then over the age of 40!

Age is a factor though and it does take longer to recover as you get older so you need to factor that in.

I personally now prefer to have easy days (at least in terms of running) on Monday and Friday just so I can run hard on Tuesday and the weekends, which are my priorities and even when I was doing 100 miles a week back in the 70s and 80s, I still took it easier on Monday and Friday. I do think if you are used to running no more than three or 4 days a week and have a busy life, socially or with family or with work, then it makes sense to recharge the boundaries a few days a week but remember if you are marathon training, you are trying to get the body used to operating well while fatigued and need to get a certain amount of mileage and endurance in so you can hold a good pace over the second half of a marathon.

However while hard work usually pays off in running it doesn't if you do too much and get ill or injured or too fatigued.

Steve Smythe

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.

Dulwich parkrun 5k Club Championship

Sat 3rd Feb

Tony Tuohy writes... Another parkrun club championship, another record. The opening salvo of Dulwich Runners starting this year's championships totalled 72 first claim members, surpassing the 66 last year at Southwark and the record 68 from Brockwell in 2014. This fixture, being both local and short, is probably always going to be our most popular but, even so, getting on for 20% of 380+ runners in our red and blue was quite a spectacle. The Dulwich 3-lap course is known as one of the fastest despite being half a lap down-a-bit and half a lap up-a-bit, but with no corners to negotiate, just gentle bends, quick times could be expected for some. Conditions were cold and damp but with no breeze, so also conducive to nippy clockings.

At the sharp end, Tim 'Dublin Dynamo' Bowen got down to business and led a phalanx of half a dozen of the current usual suspects through most of the first



a little behind and both scored great PBs with Steve improving again with an excellent M45 course record of 16:35. A bit of a gap then to next man home Daniel Mann who's not afraid to get stuck in and was still with the leading chaps towards halfway but over-cooked it and had to give in and slip back to a still creditable 17:15. After that another group were putting in cracking runs in the 17:40s with Lloyd, Olly and Tom S coming home in that order having passed me with a mile to go, already running on fumes with nothing left to give.

Steve Rolfe ran his best parkrun and Ian Lilley's performance was an astounding improvement on recent times after his long-term injury woes and puts him within half a minute or so of his best form from two years ago. Charlie had to ease a bit to guard against continuing niggles as he tries to get his marathon training done, and was followed by Ed, Tom W, Rob and James, all running decently while short of their best fitness.

Justin ran well to hold off a great parkrun PB from Joe, ahead of solid running from Ebe, heavy-legged after a big training week, and a close-to-PB Grzegorz. Just behind, Chloe picked up her first Dulwich title as she PB'ed here for the third time this year, ahead of a rare appearance here from Gary, who managed to squeeze a

PB after four years. Grant is getting faster all the time and had a great run in front of solid runs from Mark Foster and Mike Fullilove.

Helen had a good run to be our second woman, not far in front of Ross and Hugh Balfour who were split by a great PB run from Matt Ladds, so close to his first sub-20, with Chris not far behind. Kristen is new to shorter-distance racing and is already close to sub-20 as she secured third Dulwich woman ahead of Simon improving his recent form nicely. Excellent runs followed from Tess, Michelle, Christina and Becca, all running to top form, with serial PB-chaser Michelle again knocking a lump off. Jim did well to fend off one of Emma's best ever runs and Gideon was faster than he's been for some time, just holding off Cameron, foiled by not many seconds from beating his nearly five year old PB here. For Yvette it's onwards and upwards as she easily achieved her best 5k of any sort. One second back Ajay obviously hasn't yet collected his 'Guide to Running Salvation' from Hugh (see Shorts 17th January for Ajay's 'Project 19' missive; methinks a solid injection of guts will save Hugh having to beseech higher powers on Ajay's behalf...).

Mike Mann will be hoping (like me) to improve for the upcoming Masters indoor championships but Anna, Bob, Joseph and Graham are all showing good form, as is Katie, closing in on her best form of the last couple of years. I don't know how he's done it but Colin is on the up, his sub-22 being his best for some considerable time; Lucy, Laura



lap. He pushed it all the way to take the honours although second-claimer Dylan ran well in his Dulwich vest to beat him. Barely two seconds down was Andy Bond and these all came within seconds of their parkrun PBs. Shane and Steve D were having their own ding-dong only



and Alex are all currently on good improvement curves too. Ros is on customary good form and her top-class 91.8% age grading easily won the overall championship for this race. Andy Murray ran his best in recent months but Claire Barnard's huge 50-second PB was her best run to date, really superb.

Mark Muffett and Mike Dodds are running better than of late, closely followed by a welcome return from John English. Paul Vivash ran while well short of his best fitness, as is Hugh French; Hannah is showing good form while Jo eased round a fair bit slower than a month ago (due to recent nice hot holiday by any chance? Or having to push a malfunctioning bike to the event just in time..?). It was nice to see Kim having a go already as she eased round just seven weeks after giving birth (fair play to her, I've heard it stings a bit...). Lindsay tried to give me some excuse involving drink/jetlag/party or whatever in our post-race interview but didn't actually need it as she ran very well, her best for some months. Decent runs followed from Stephanie, Paul K, Peter J and Mick closely followed by recent member Gemma S while experienced parkrunner Emily found Dulwich to her liking on her first run here, as we also hope did Peter



Girardi, doing his first parkrun anywhere. Backing up this huge Dulwich contingent in last but not least was club championship stalwart Barrie John Nicholls in a time about ten minutes slower than we might expect; he gave me some baloney about injured ribs from an accident on set, falling off a horse or something. Come on Baz, I happen to know they employ professional stuntmen for this sort of thing. Mind you, I reckon the Barrie John Nicholls I know would insist on doing all his own stunts....

2018 champs categories Dulwich parkrun 3 Feb 2018

Overall winner (Age Grading)	Ros Tabor
1st Man (any age category)	Tim Bowen
1st Woman (any age category)	Chloe Green
2nd Man (any age category)	Andy Bond
2nd Woman (any age category)	Helen Lister
3rd Man (any age category)	Shane O'Neill
3rd Woman (any age category)	Kristen Stephenson
First M40 (excl. above)	Steve Davies
First W40 (excl. above)	Emma Ibell
First M50 (excl. above)	Tony Tuohy
First W50 (excl. above)	Michelle Lennon
First M60 (excl. above)	Hugh Balfour
Age Graded MAN (excl. above)	Gary Sullivan
Age Graded WOMAN (excl. above)	Lucy Clapp
13 Captains' award	Claire Barnard



Thanks to Jonathan Whittaker for the photos...there are too many to put them all here but you can see them on our FB page

Dulwich Parkrun 5k Club Championship Scores

Below is a table showing club championship scores for our 72 first claim runners at Dulwich park on Saturday. This was the first club championship event of 9 listed for 2018 over distances from one mile up to marathon.

The club championship for the year counts those who have completed 5 events of the 9, including at least one short and one long event, best five scores:

Overall championship

This uses 2015 WMA age grade tables to work out a percentage of world best time for the runner's age and sex against their actual race time, then multiplied by 1000. Top 3 get an award at year end.

Scoring calculator:

<http://www.howardgrubb.co.uk/athletics/wmaroad15.html>

Age Group Championships

There are separate championships within the following age groups

Male up to 39, 40-49, 50-59, 60+

Female up to 39, 40-49, 50-59, 60+

Scoring is 50 for 1st in age group in each race, 49 for 2nd etc. Top 3 in each age group get an award at year end.

Runners changing age groups in the year count in the age group of first completed event unless they complete five or more in an older age group.

Each Race

Medals (one max per runner) are also given out for each race: Overall age graded, 1st, 2nd, 3rd male, then 1st senior m, 1st m40, 1st m50, 1st m60, best other male age graded, 1st, 2nd, 3rd female, then 1st senior f, 1st f40, 1st f50, 1st f60, best other female age graded,

Captains' award for other than the above for performance, improvement, support for the championship.

Age at each race date determines the category of a runner.

All who complete five events including at least one short and one long get a medal at year end.

Andy Murray

Dulwich Runners' times in Dulwich Parkrun 3 Feb 2018

	time	points in age category m/f								age grade pts.	club champs awards
		ms	m40	m50	m60	f s	f40	f50	f60+		
Dylan Wymer	[16.23]									2 nd claim	
Timothy Bowen	16.26	50								803	1st man
Andy Bond	16.28		50							857	2nd man
Shane O'Neill	16.34	49								784	3rd man
Stephen Davies	16.35		49							876	1st m40
Daniel Mann	17.15	48								789	1st senior man
Lloyd Collier	17.41		48							804	
Oliver Cooper	17.45	47								735	
Thomas South	17.46		47							783	
Tony Tuohy	17.49			50						861	1st m50
Steve Rolfe	18.00	46								727	
Ian Lilley	18.05		46							792	
Charles Lound	18.16			49						808	
Edward Harper	18.20	45								708	
Tom Wilson	18.27		45							754	
Rob Hollands	18.39	44								711	
James Burrows	18.48	43								714	
Justin Siderfin	19.00		44							748	
Joe Farrington-Douglas	19.06	42								708	
Ebe Prill	19.16			48						796	
Grzegorz Galezia	19.18		43							753	
Chloe Green	19.20					50				765	1st woman
Gary Sullivan	19.22			47						818	Man age graded
Grant Kennedy	19.32	41								679	
Mark Foster	19.52			46						748	
Michael Fullilove	19.53			45						771	
Helen Lister	19.54					49				745	2nd woman
Ross Rook	20.07	40								667	
Matthew Ladds	20.08	39								648	
Hugh Balfour	20.10				50					812	1st m60
Chris Loizou	20.16			44						781	
Kristen Stephenson	20.18					48				727	3rd woman
Simon Burnett	20.24	38								647	
Tess Bright	20.27					47				722	1st senior woman
Michelle Lennon	20.29							50		807	1st w50
Christina Dimitrov	20.34					46				720	
Becca Schulleri	20.40					45				715	
Jim Dowsett	20.44		42							680	
Emma Ibell	20.48						50			762	1st w40
Gideon Franklin	21.10			43						725	
Cameron Timmis	21.13		41							680	
Yvette Dore	21.26						49			733	
Ajay Khandelwal	21.27		40							677	
Michael Mann	21.29				49					804	
Anna Thomas	21.30					44				693	
Bob Bell	21.33				48					766	
Joseph Brady	21.41			42						686	
Graham Laylee	21.42				47					736	
Katie Styles	21.50					43				683	
Colin Frith	21.57				46					728	
Lucy Clapp	21.58							49		778	Woman age graded
Laura Vincent	22.01					42				675	
Alex Haylett	22.06	37								612	
Ros Tabor	22.23								50	918	Overall age graded
Andy Murray	22.36				45					731	
Claire Barnard	22.47					41				648	Captains' award
Mark Muffett	23.00			41						689	
Michael Dodds	23.11			40						683	
John English	23.12			39						661	
Paul Vivash	24.10	36								556	
Hugh French	24.28		39							568	
Hannah Harvest	24.31					40				602	
Joanne Shelton-Pereda	24.35						48			629	
Kim Hainsworth	24.42					39				604	
Lindsey Annable	24.49							48		666	
Stephanie Williams	25.17						47			627	
Paul Keating	25.37			38						580	
Peter Jackson	26.20				44					632	
Sharon Erdman	27.07						46			585	
Mick Mead	27.41				43					582	
Gemma Sampson	27.52									2 nd claim	
Emily Warburton-Brown	27.53					38				530	
Peter Girardi	30.31				42					572	
Barrie John Nicholls	32.12				41					509	
76		15	12	13	10	13	5	3	1	76	

Altogether 215 different Dulwich Runners have done the Dulwich parkrun

The Dulwich women's all-time list at Dulwich is:

Clare Elms	18:03
Charlie Wood	18:31
Alexie Shaw	18:34
Elkie Mace	18:35
Mel Edwards	18:45
Kim Hainsworth	18:53
Chloe Green	19:20
Ola Balme	19:41
Ellie Balfe	19:52
Helen Lister	19:54

The Dulwich men's all-time list at Dulwich is:

Ed Chuck	16:00
Buzz Shephard	16:16
Dylan Wymer (2cl)	16:23
Tim Bowen	16:26
Andy Bond	16:26
Lewis Laylee	16:34
Shane O'Neill	16:34
Edward Hill	16:35
Steve Davies	16:35
Tony Tuohy	16:43
Wayne Lashley	16:44
Daniel Mann	16:45
Alastair Locke	16:52
Greg Hills	16:56

Dulwich parkrun Top age-graded all-time:

1 Ros Tabor	96.28%
2 Clare Elms	94.00%
13 Tony Tuohy	89.35%
22 Steve Davies	87.54%
23 Claire Steward	87.54%
26 David Beaver	87.30%
63 Andy Bond	85.43%
66 Mike Mann	85.32%
87 Buzz Shephard	84.53%
94 Ebe Prill	84.14%
100 Charlie Lound	83.94%

Dulwich Runners with most parkruns who ran Dulwich Saturday:

Bob Bell	317
Mike Dodds	274
Tom Wilson	269
Graham Laylee	266
Colin Frith	220
Mike Fullilove	208
Michelle Lennon	188
Andy Murray	181
Jim Dowsett	181
Mick Mead	178
Mark Muffett	174
Sharon Erdman	174
Cameron Timmis	159
Dylan Wymer	159
Lucy Clapp	156
Andy Bond	154
Tony Tuohy	150

While so many did Dulwich there were other non Dulwich parkruns last weekend well spread from Germany to Australia to Isle of Wight to Edinburgh!

The best performances came from:

Ed Chuck was 1st at Hasenheide in Berlin in 16:30.
Clare Elms (unable to run on road due to heel problem) was 1st woman at Beckenham in 18:49 (earning 93.71% age-grading)
Claire Steward ran 25:36 at Edinburgh (1W65)
Neville Webb ran 20:53 at Melbourne for 2nd M60
Ola Balme was 3rd woman in 21:21 at Brockwell (1W50)
Nick Brown was 1st M60 at Hastings in 20:27
Duncan Wilson 1M55 at Medina in 21:15
Steve Smythe



February 3

Albert , Melbourne

397 Ran
Pos Gen
32 28 Neville Webb 20:53

Barking

126 Ran
Pos Gen
4 4 Mark Mccolgan 19:37

Brockwell

414 Ran
Pos Gen
53 3 Ola Balme 21:21

Bromley

636 Ran
Pos Gen
468 307 Chris Goodman 31:19

Crystal Palace

321 Ran
Pos Gen
75 12 Belinda Cottrill 23:17
155 29 Hannah Little 26:44

Edinburgh

566 Ran
Pos Gen
277 54 Claire Steward 25:36

Folkestone

203 Ran
Pos Gen
17 16 Gregory Hills 21:22

Fulham Palace

454 Ran
Pos Gen
123 17 Susan Cooper 22:32

Hasenheide

64 Ran
Pos Gen
1 1 Edward Chuck 16:30

Hastings

223 Ran
Pos Gen
11 10 Nicholas Brown 20:27

Horsham

266 Ran
Pos Gen
72 66 Gary Budinger 25:38

Leicester Victoria

283 Ran
Pos Gen
104 21 Marjorie Epton 26:21

Medina I.O.W.

286 Ran
Pos Gen
11 11 Duncan Wilson 21:15

Nonsuch

508 Ran
Pos Gen
27 26 Paul Devine 19:35

Southwark

362 Ran
Pos Gen
156 33 Kaylee Coxall 25:07

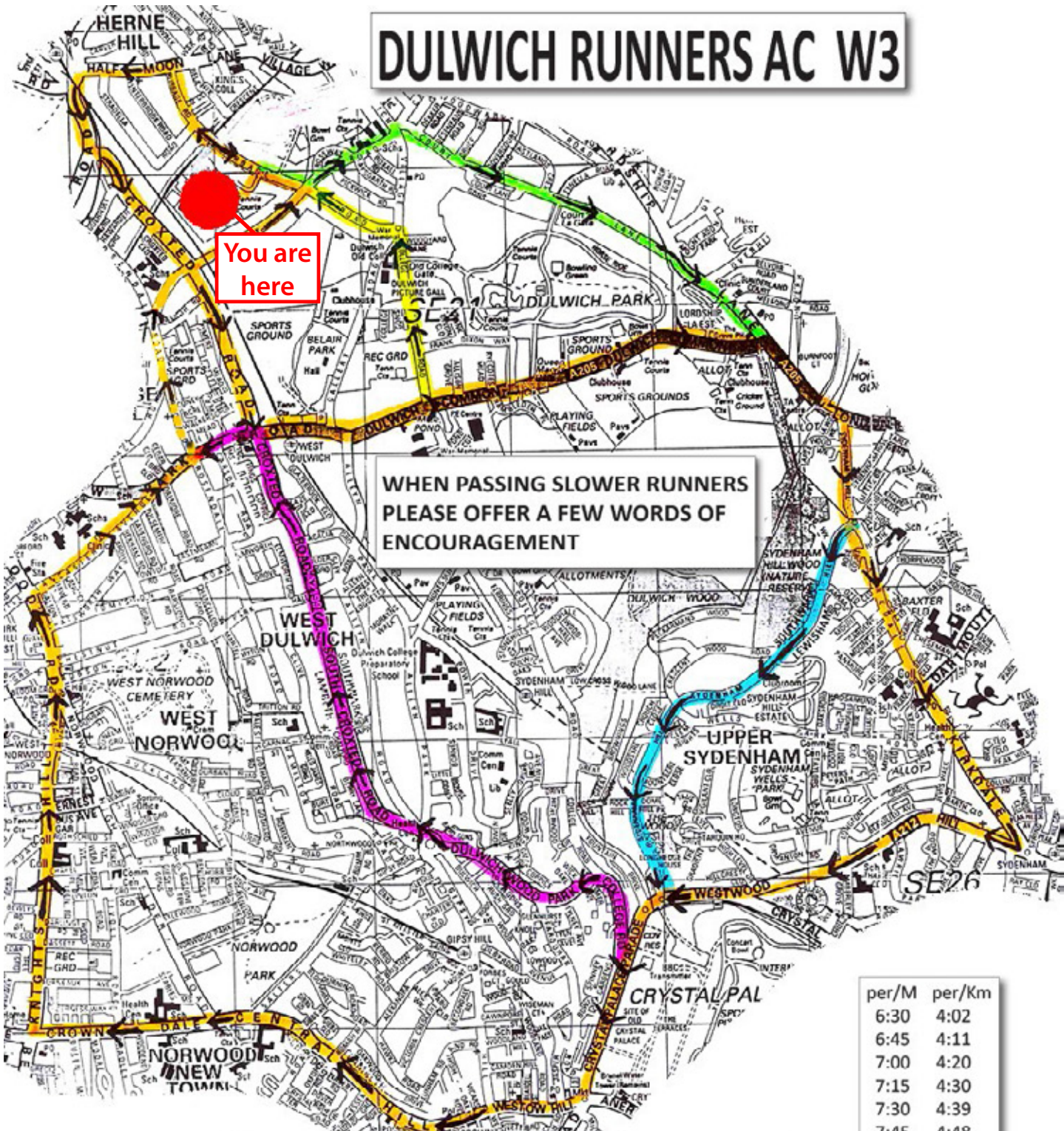
Western Springs

139 Ran
Pos Gen
35 29 Nick Bell 24:34

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 W3



You are here

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE.....	9.5	15.3
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	PINK or GREEN	8.0	12.9
SHORT CUT	GREEN & BLUE	7.0	11.3
SHORT CUT	GREEN & PINK.....	6.5	10.5
SHORT CUT	GREEN, BLUE & PINK ...	5.5	8.9
SHORT CUT	YELLOW.....	3.0	4.8

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