

**These are your SHORTS,**

Please send your reports, running news &amp; anecdotes to:

[shorts@dulwichrunners.org.uk](mailto:shorts@dulwichrunners.org.uk)

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

**Wed 21 Club Night, Edward Alleyn Club**  
83-85 Burbage Road. London, SE24 9HD  
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

**Sat 24 National Cross Country** - Parliament Hill Fields

**Tue 27 Track** - Crystal Palace Arena - details below

**In your SHORTS this week !**

- 1 General information
- 3 Club kit - new kit additions !
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**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.

Click to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)[www.dulwichrunners.org.uk/index.html](http://www.dulwichrunners.org.uk/index.html)

Connect with us:

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

Feb 24 National Cross country - Parliament Hill Fields

**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](mailto:steve.smythe@athleticsweekly.com) to go on the mailing list

## LUCKY VEST

**February winner - Charlie Lound**

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.com](mailto:ros.tabor49@gmail.com)

## 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 **Lucy Clapp** for taking 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

**Charlie Lound**

Chris Loizou

Patrick Mcmorrow

**21/2**

28/2

7/3

## 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

## 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

## 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)



Instagram

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.

## 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](mailto:jonathanwhittaker79@yahoo.co.uk)

## SOCIAL SPOT

P  
O  
T

*Upcoming events.*

### 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.

## 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](mailto:ola.balme@btinternet.com)  
[www.hernehillsportsmassage.co.uk](http://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](mailto:ros.tabor49@gmail.com)



### Showerproof Team Jacket

Full Zip Multi

**NEW**

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

## 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](mailto: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



Bufs/snoods - only £6

## HOODIES...

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



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 be 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	24	National Champs - women 8k start 2.20pm - men 12k start 3pm	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.

**The easiest and and most difficult park runs in the country. Dulwich gets a mention. Broadcast last weekend.**

<http://www.bbc.co.uk/programmes/p05xb0rx>

## Brockwell Parkrun - April 7

We are taking over the organization of Brockwell parkrun on 7 April. This will provide a good opportunity to raise the profile of the club locally. We have deliberately chosen the day before the Paddock Wood Half Marathon, so hopefully plenty of you will be available to help out. Brockwell parkrun regulars have already been contacted but we will need sufficient volunteers to cover a range of roles, including time-keeping, scanning, tokens, set-up and marshalling. We are also looking for pacers, where there will be opportunities to run well inside your comfort zones. Please contact me if you are able to help out and let me know if you have any preferences for role. [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## 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](http://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](mailto:ros.tabor49@gmail.com)

Thanks - Ros

## Ken Crooke Cross Country Champs

With the National cross country champs being held at Parliament Hill in 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.

## 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.

***The women's race (8km) starts at 2.20pm and the men's (12km) at 3pm***

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.

## National cross-country Championships

On paper, if everyone entered runs, we will have the club's strongest ever men's team to line up in the English national on what many believe to be the best cross-country course in Britain and the world. We also have a good women's team so it would be good if the men can support the women and vice versa.

We also have junior athletes running for us or for their first claim clubs, so why not get there early to check the course and give support. In my view judging by the Surrey Leagues, too many arrive far too close to the race start and don't allow enough time to warm up and look at the course and prepare properly.

**Steve Smythe**

## 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](mailto:ebeprill@yahoo.co.uk)

women - Ange and Clare [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)



Saturday and Sunday 19th & 20th May 2018

See the website - [www.greenbeltrelay.org.uk](http://www.greenbeltrelay.org.uk) for full details

We have one team for 2018, 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 and the event is now full with 50 teams entered***

***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](mailto:dulwichladiescaptain@gmail.com)

# Marathon training

I am happy to give anyone (of any ability or target) a detailed schedule - [steve.smythe@athleticsweekly.com](mailto:steve.smythe@athleticsweekly.com)  
*#This is my suggestion for those doing marathon training.*

March		
Thu	1	10km at slightly slower than Mar pace with 10 400m busts of 1/2M pace every km
Fri	2	5M easy or rest
Sat	3	steady 5M with strides
Sun	4	Race (ideally 1/2M) or near flat out effort over 10-13M

## Other future races of note

Mar 24 Club 10km - Apr 5 Assembly League - Apr 8 Paddock Wood 1/2M

## Marathon Training

If you are training for a April marathon then now is a crucial time in the preparation.

Hopefully you will now have a fair amount of miles in the bank with some good long runs, some marathon-paced and tempo efforts, a few encouraging races and speed sessions.

Most at this stage are feeling quite tired as it gets to the hardest weeks but the race itself seems a long way away.

While it is important to build up fitness with consistent training, there are occasions it is best to ease off a little if you are feeling really fatigued and having some disappointing sessions or feeling you are on the edge of illness or injury.

A few days off or easy out of 3 or 4 months training will not affect your overall fitness for the marathon and it would be better to go into some races or key sessions rested and refreshed rather than shattered and go over the edge.

The worst thing that could happen in March is to get an injury that means missed training over a extended period.

I'm now in my 43rd consecutive year of

marathon training and while I went 35 years plus of injury-free running, the last few years (due to a mixture of age and bad luck?) I have had various injuries which have spoiled the preparation and meant missing weeks or months at a crucial stage. It was not enough to stop me running the marathon but enough to cost me 15 minutes or so. Last year luckily I had no real problems in the build up for my February Marathon but did have a major setback in the build up to April.

This year there is no February Marathon for me to fall back on and so, as with everyone focusing on a marathon, the need is to train hard but to also train smartly and not be afraid to have very easy or rest days or even miss a hard session or race if it doesn't feel appropriate. Getting to the race close on target fitness is more important than some great sessions in February and early March and then worries in April whether you will be able to race at all. In my view the order of importance to all marathoners is

**1 The long slow run to build endurance** - time on feet is more important than speed.

**2 Good quality speed training** - nb you

can't run a marathon in under 3 hours if you are struggling to run 19 minutes for 5km.

**3 Good racing (inc XC)** to build speed endurance and improve confidence. A good half-marathon lets you know you are on target for the marathon.

**4 Some running at marathon pace** to build confidence and speed endurance. Important but I do feel too much can have an adverse effect on training if done when too tired.

**5 A reasonable midweek longish run** - not too fast or long to build tiredness but enough to build some extra endurance to the midweek long run.

**6 Parkrun** - not flat out too often and suggest not too many on the road but good to have a few at quicker than marathon pace

**7 Hill sessions** - not too crucial if you are training for a flat marathon but worth doing for extra leg strength at some point in the build up

**8 Easy runs** - many of the runs are either tough because they are long or you are running fast. On some it is good to have some running in the week where pace and distance are not too important and it's

*Steve Smythe*

## 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

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

**Men:** [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

**Ladies:** [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

# Race Reports & Results

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

## Wokingham Half Marathon 2018

*Steve Davies writes...*

As part of this block of marathon training, I thought it would be a good idea to test the legs at Wokingham on Sunday. The weather forecast was favourable – cool conditions, no rain and little breeze. No excuses then, although I had slipped earlier in the week on a run and had caught my knee (which was sore), and I was running in new shoes.

The course is broadly a lollipop with an out and back stretch along a main road (closed off) with a loop around country lanes added on. I would describe it as mildly undulating (not really hilly) but there are a couple of climbs, most noticeably over the M4. The first few miles are mainly downhill; the return miles slightly uphill. With the course profile in mind I thought the best strategy was to start off at a reasonable lick (without it feeling uncomfortable), get some miles in the bank and then when it gets difficult, hang on! So with this scientific assessment made, I had decided on 5:40 min/mile pace for the first few miles and then see how I fair from there.

I had noticed a quick runner in the same age category at the start (from Thames Hare & Hounds) whilst chatting with a couple of Kent AC runners. I did think about sticking with him but after a couple of miles I decided the keep to the plan, run my own race and let him go. He in fact finished a minute ahead of me to take the M45 medal. In terms of the race

itself, the first few miles were uneventful – I had settled in to a small group, was ticking off the miles and broadly sticking to the pacing plan. There was not much support on the route and I don't really know what the countryside was like (I was just focusing on my running); the only slightly eye-brow raising incident in the first 7-8 miles was that a runner behind me had caught my heels a couple of times - I refrained from commenting... (why does that happen in a half?)

It was at mile 10 that things started to get a little tricky – I'd passed a water station – fumbled with a paper cup of water, only to see the group I was in gradually break away; that always messes with the mind but I persevered and carried on. We were now approaching the gradual incline and the watch had buzzed a 5:55 mile lap at mile 11 which did raise the alarm bells a little. Also, my calves were screaming with burn; however, I knew I had time in the bank and was on for sub 75 and a PB. Now on to mile 12 and a couple of runners behind had caught up so I stuck on to their tails and was able to hold my pace, with the terrain now flattening, I managed a sub 5:50 mile. On to mile 13 – eyeballs out, I had clocked a sub 5:40 and with 200 metres to go, the display clock at the finish now in sight turning over to 74 minutes, I managed a 4:30 min/mile pace over the line. Usual medal, water, chit-chat with a couple of runners and then relief it was all over.

Sub 75; PB; 32nd overall; 3rd M45; 5th age grading and also a club M45 record, surpassing Coach Steve's 15 year record of 74:35 by a massive 4 seconds!

Back to the car and the trip back to

South East London along the M3, South Wimbledon, Tooting, Streatham, Upper Norwood, Penge and Beckenham. Not surprisingly, London traffic at midday Sunday, it took longer to get back than it did to run the race.

As a post-script, there was one observation at the start. In the sub 75 pen I had noticed that a good proportion of runners appeared to be wearing the same make and model of shoes – no surprises for guessing, it was the much hyped Nike Vaporfly 4%. As they all looked new I think a good reason why these shoes sold out in minutes from being released for sale last Friday on the Nike Website was that the group I was running with had all spent a good few minutes checking and clicking in the hope that there were shoes available, like me.

In terms of my view of the shoes: They were great for the first few miles – ultra-light, comfy, bouncy feel, almost like floating along on a flying carpet. But at mile 11 my legs and calves were completely shot to pieces, so at present I'm not so sure that they are the ideal marathon shoes for me. I understand the reason why they have been given the name '4%' by Nike is that it has been tested by the manufacturers (some how) that these shoes lead to a 4 per cent improvement in race performance compared with the next best competition. So, based on my previous half PB of 75:42 at last year's Paddock Wood, run in Adidas Takumi Ren, that's approximately a 2% improvement with the Vaporfly's....

32 Steve Davies

1:14:31

## Tunbridge Wells 1/2M

18/02/18

Despite the early start (9 am) and its reputation for hills I decided to enter this race. It was extremely well organised, with very encouraging marshals, scenic but challenging. I think I had probably completed this in the dim and distant past. I was warned about the climb at about 7 miles that was to last for about a mile. For sometime I have not really been able to hill or track train because of calf and hamstring problems so I knew that this was going to be a challenge for me because even before we hit the big hill at 7 miles I was struggling up several inclines.

However, when it came to the notorious 300 foot ascent at

Spring Hill, I really felt I was going backwards as about 100 runners passed me! Right at the top I had a hamstring pull but I managed despite a few further inclines and declines to finish in a chip time of just under 1.48. Which considering I had targeted 1.45 was not far away and considering the hills and hamstring was a reasonable effort and was my best half marathon time for about 3 years as I do not compete in many halves these days..

It was also good to see Lloyd Collier at the start. He was acting as a pacer for those wishing to break 2 hours.

513 Colin Frith clock 1:48:19 chip 1:47:45  
11VM 60 out of 56  
1417 finishers

## Southern Counties Vac Indoor Champs

18 February

This was the first of a series of weekend indoor masters meetings at Lee Valley and the three of us taking part used it largely for training purposes. Our times were down on last year's event, as expected with the passing of time.

At the end of the winter on the back of the cross country season and endurance training, the leg speed required for the 800m poses a challenge and both Tony and myself were short of our best. After a reasonable first 400m, I dropped off in the third lap and found it difficult to pick up the pace at the end, while Tony ran a more even paced race.

Although my time was well down on my 2017 time, I felt much more within my comfort zone throughout my 1500m race, with something to build on. Tony ran at a very similar pace to his mile a few days earlier.

In the 3000m, Ros ran a solid race only a few seconds down on her 2017 time. Tony registered a 10 second improvement on his recent time, but felt rather flat in the final 200m.

**Mike Mann**

### 800m

Tony Tuohy 2:22.73 (2:18.32, 2017)  
Mike Mann 2:54.75 (2:45.95, 2017)

### 1500m

Tony Tuohy 4:56.46 (4:40.60, 2017)  
Mike Mann 5:50.51 (5:38.41, 2017)

### 3000m

Tony Tuohy 9:57.69 (9:40.47, 2017)  
Ros Tabor 12:54.34 (12:51.63, 2017)

## Serpentine Last Friday 5k Hyde Park

Friday 16th February

A little band of Dulwich Runners can always be found running the long-standing 'Last Friday' event each month (not the last Friday this month though...) and a team of eleven turned out for this one on what turned out to be an almost spring-like day, even if a bit on the cool side. Dublin Dynamo Tim Bowen has been a fair bit faster here but can be forgiven for running the first couple of miles steadily as his legs were 'a bit heavy' from a 13-mile multi-pace group session the night before at such a speed that it rivalled his half marathon PB. Mental.

Anyway, it meant that I found myself in the unaccustomed position (it's been a couple of years anyway) of running with Tim well past halfway in a 5k and wondering what the hell was going on.

Dan Mann was there too and it felt like I was in a proper race for a change. Tim obviously eventually got his finger out but I pushed on well enough to gain a gap on a slightly below form Dan and record a very respectable half-minute improvement on my recent Dulwich parkrun debacles.

Not far behind, Ian was burning up the road on the way to his best run for a year, just 20-odd seconds short of his best. Another careful comeback was continuing behind him, with Clare accompanying Lucy for half the race but then abandoning the poor child as she scampered through the second half a minute quicker to easily top the UK W50 rankings. She's only mucking about with running at the moment, all that fitness is down to pedalling a Wattbike, definitely a good advert for cross-training while staying off that sore heel.

Meanwhile, Coach Steve, another recent advocate of cross-training to spare niggling limbs, was on his own mission to record his best open 5k for five years. Only a couple of parkruns in 2016 match

this for quality; very impressive while on the cusp of the M60 age group. Steve outsprinted Ebe, who is not currently able to match his best 5k form due a continuing restrictive hamstring; nevertheless he continues to get the miles in for marathon training and is improving. Lucy is made of stern stuff; shrugging off parental desertion she pushed on for her best run here and surprised herself (though not Mum) by getting within four seconds of her PB. Graham ran well but short of recent Dulwich parkruns, while Mark was his usual consistent self, running spot-on to recent form.

**Tony Tuohy**

17	Tim Bowen	16:59	
24	Tony Tuohy	17:16	1M55
25	Daniel Mann	17:26	
35	Ian Lilley	17:49	2M45
47	Clare Elms	18:33	
			1W50/45/40, 2SW
50	Paul Devine	18:41	
57	Steve Smythe	18:59	2M55
60	Ebe Prill	19:03	3M55
79	Lucy Elms	19:36	1W U20
145	Graham Layley	22:16	
157	Mark Muffett	22:57	

## A Week in the Life...

Last week, I outlined the inauspicious start to my indoor campaign, including personal worsts at 3000m (10:08) and 1 mile (5:15), book-ended by two Dulwich parkruns, also in slowest-ever times. This week's riveting episode includes three days involving six races as I attempt to race myself into some sort of form ahead of the European Masters Indoors Champs in Madrid in March (can you feel the tension? Come on, I'm getting desperate here you know...):

### Wednesday 14th February, Lee Valley Indoor Middle Distance Open

800m 3rd 2:23.09  
1500m 10th 4:50.24

Times remain hugely embarrassing, on

a par with the efforts of the previous week.

### Friday 16th February, Serpentine Last Friday 5k

24th 17:16 1st M50

A pleasant surprise. Huge improvement on recent form, half a minute faster than the two Dulwich parkruns. a sudden jump a lot closer to last year's times.

### Sunday 18th February, Southern Counties Vets Indoor Championships, Lee Valley

800m 4th M55 2:22.73  
3000m 2nd M55 9:57.69  
1500m 2nd M55 4:56.46

Couldn't expect too much from the 800m, but as an opener for a hard race/training day it'll do. The 3000m is my main target event and this was another good improvement, 11 seconds faster

than the first attempt a week-and-a-half previously, and this time with a race already in the legs. The 1500m really was a race too far on tired legs, but even so, the pace was very disappointing despite picking up a bit for the final 400m.

This week at least gave me a little hope that some 'form' may well be forthcoming. Last year's times can't be expected to just suddenly happen (if at all) but the improvements over the course of only a week or two (despite the final race) are better than a poke in the eye with a sharp stick. I'll be hoping some hard work at the track will bring form on from here. Stay tuned for next week's instalment, a repeat 'training' weekend including the National XC on Saturday and another 800/1500/3000 indoor triple on Sunday. It'll either get me fit or kill me.

**Tony Tuohy**

## "Run Marquis Run" 13.4 km nocturnal trail run Chateau Marquis deTerme Margaux, France

17th February

This was my first cross country race in the pitch black vineyards and woods around Margaux at 6.45pm as the sun was setting. 130 people ran it and I came around 10th but as no results have been published who knows?. I managed to twist my ankle at 7km and the same ankle again at 10km so finishing in 1hr 10mins was slow but as the Garmin said 9 miles (15.6km not the 13.4km advertised) I was pleased with the time if Garmin is right.

Very strange running in total darkness with only a tiny head torch for help (350 lumens minimum) and lots of volunteers with high vis jackets at each turning point.

My ankle is so bruised and swollen I was cursing this race at the end as I hobbled to the car and went into shock shaking a lot and had to call friends to drive me home and shove me in a hot shower. This will be my last nocturnal race until the midnight half marathon around Bordeaux town centre later this year. I don't think doing a trail run in such rough ground is advisable for the weak ankled amongst us.

**Duncan Wilson**



Here are the corrected cross country tables, with the best 4 scores counting  
One more race to go – National Championship at Parliament Hill

CROSS COUNTRY CHAMPIONSHIP MEN 2017 - 2018 BEST 4 EVENTS TO COUNT								
	Surrey League 1	Surrey League 2	South of Thames	Surrey League 3	Surrey League 4	Nationals	Best 4	Running Total
	Wimbledon	Richmond	Beckenham	Beckenham	Lloyd Park	Parl Hill		
	14/10/2017	11/11/2017	25/11/2017	13/01/2018	10/02/2018	24/02/2018		
Tim Bowen	49	49		47	50			195
Steve Davies	48	48	49	[48]	49			194
Tom South		43	48	42	46			179
Steve Smythe	37	37	42	[34]	40			156
Ebe Prill	36	36	43	[30]	39			154
Justin Siderfin	41	39		33	41			154
Greg Hills			50	50	47			147
Buzz Shepherd		50		49	48			147
Grant Kennedy	33	35		31	42			141
Andy Bond	47	47		46				140
Hugh Balfour	34	30	40	[26]	35			139
Daniel Mann	46	45		44				135
Steve Rolfe		44	47	39				130
Ed Harper	44	41			44			129
Charlie Lound	43	42		43				128
Jonathan Whittaker		38	46	41				125
Matt Cooke	38		44	36				118
Mike Mann	29	28		25	33			115
Holger Betz	39	40		32				111
Graham Laylee	28	25		24	31			108
Ross Rook	35	33			37			105
Martin Double		27	37		34			98
Mark Foster	31	31			36			98
Chris Loizou	32		38	27				97
Shane O'Neill	50				45			95
Jack Ramm		46		45				91
Lloyd Collier	42		45					87
Tony Tuohy	45			40				85
Olly Cooper	40			38				78
Ian Lilley				35	43			78
Ed Simmons		34			38			72
Grzegorz Galezia			41	28				69
Jim Dowsett		29	39					68
Gary Sullivan		32		29				61
Joseph Brady	30	26						56
Nick Wood				37				37
Cameron Timmis			36					36
Matt Ladds			35					35
Ed Smyth			34					34
Andy Murray			33					33
Bob Bell					32			32

CROSS COUNTRY CHAMPIONSHIPS WOMEN 2017 - 2018 BEST 4 EVENTS TO COUNT								
	Surrey League 1	Surrey League 2	South of Thames	Surrey League 3	Surrey League 4	Nationals	Best 4	Running Total
	Reigate	Nonsuch	Beckenham	Wimbledon	Richmond	Parl Hill		
	14/10/2017	11/11/2017	25/11/2017	13/01/2018	10/02/2018	24/02/2018		
Ola Balme	49	45	49	[44]	46			189
Emma Ibell	[42]	46	48	46	44			184
Michelle Lennon	44	[43]	46	45	45			180
Lucy Clapp	39	[36]	44	38	39			160
Helen Lister	50	48		48	49			195
Rebecca Schuleri		44	43	47	48			182
Anna Thomas	45	41		42	43			171
Yvette Dore		37	42	40	40			159
Ros Tabor	37	35		37	38			147
Christina Dimitrov	43	42	47					132
Katie Styles	46			43	42			131
Lucy Pickering		40	45		41			126
Eleanor Simmons	40	39		41				120
Laura Vincent	41	38		39				118
J. Shelton-Pereda	38	34			37			109
Lindsey Annable		32		36	36			104
Clare Elms				50	50			100
Ange Norris		49	50					99
Claire Baglin		50		49				99
Andrea Pickup	48	47						95
Ellie Balfe	47							47
Tess Bright					47			47
Hannah Harvest	36							36
Clare Wyngard		33						33



February 17

## Beckenham

128 Ran

Pos Gen

3	3	William Cotter	19:50
61	12	Claire Steward	27:04

## Brockwell

424 Ran

Pos Gen

35	34	Mark Foster	20:18
66	4	Anna Thomas	21:37
112	102	Graham Laylee	23:19
189	152	Hugh French	25:42

## Bromley

596 Ran

Pos Gen

93	83	Chris Goodman	22:46
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## Burgess

339 Ran

Pos Gen

153	32	Kaylee Coxall	24:57
205	152	Freddie Vernon	27:00
339	124	Susan Vernon	46:07

## Bushy

1249 Ran

Pos Gen

200	182	Gideon Franklin	22:11
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## Crystal Palace

396 Ran

Pos Gen

12	12	Tom Wilson	18:53
57	11	Ola Balme	22:00
70	15	Belinda Cottrill	22:16
95	74	Bob Bell	23:11
140	110	Michael Dodds	24:58
162	34	Clare Wyngard	25:43
260	190	Paul Hilton	29:27

## Dulwich

293 Ran

Pos Gen

21	21	Gary Sullivan	19:21
35	34	Matthew Ladds	20:20
92	82	Mark Muffett	23:22
104	93	Ajay Khandelwal	23:37
201	158	Mick Mead	27:55
214	48	Elizabeth Begley	28:48

## Fulham Palace

555 Ran

Pos Gen

193	30	Lindsey Annable	24:08
252	217	Barrie John Nicholls	25:29
291	248	Andrew Hollister	26:35

## Gladstone

196 Ran

Pos Gen

30	3	Becca Schulleri	21:37
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## Greenwich

291 Ran

Pos Gen

23	22	Michael Fullilove	20:26
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## Horsham

287 Ran

Pos Gen

75	68	Gary Budinger	25:23
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## Hove Promenade

359 Ran

Pos Gen

42	39	Nicholas Brown	20:19
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## Ipswich

383 Ran

Pos Gen

2	2	Andy Bond	17:30
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## Leicester Victoria

345 Ran

Pos Gen

196	43	Marjorie Epton	28:28
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## Moors Valley

477 Ran

Pos Gen

25	3	Helen Lister	20:27
30	27	Alastair Locke	20:58

## Peckham Rye

316 Ran

Pos Gen

62	5	Caroline Maynes	22:33
87	10	Stephanie Williams	23:50
113	98	Grant Kennedy	24:55

## Riddlesdown

135 Ran

Pos Gen

68	14	Ange Norris	28:53
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## South Norwood

151 Ran

Pos Gen

31	29	Michael Mann	22:53
45	5	Ros Tabor	23:54
47	42	Andy Murray	23:58

## Southwark

359 Ran

Pos Gen

187	144	Paul Keating	26:05
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## Tooting Common

641 Ran

Pos Gen

250	221	Ian Sesnan	25:04
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## Wakefield Thornes

283 Ran

Pos Gen

194	61	Claire Barnard	30:56
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## Western Springs

166 Ran

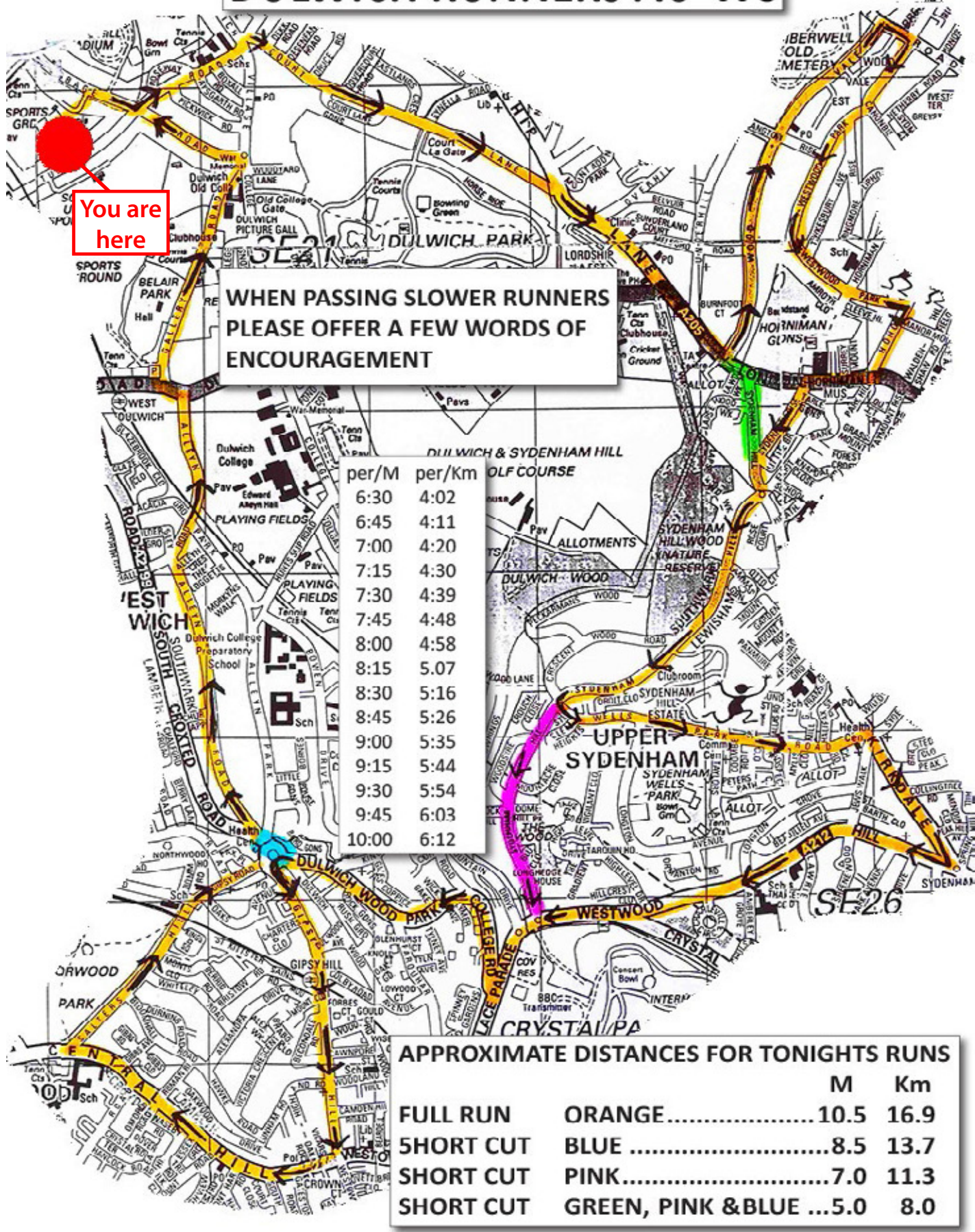
Pos Gen

30	24	Nick Bell	24:37
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### 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



You are here

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

	per/M	per/Km
	6:30	4:02
	6:45	4:11
	7:00	4:20
	7:15	4:30
	7:30	4:39
	7:45	4:48
	8:00	4:58
	8:15	5:07
	8:30	5:16
	8:45	5:26
	9:00	5:35
	9:15	5:44
	9:30	5:54
	9:45	6:03
	10:00	6:12

## APPROXIMATE DISTANCES FOR TONIGHTS RUNS

	M	Km
FULL RUN ORANGE.....	10.5	16.9
SHORT CUT BLUE.....	8.5	13.7
SHORT CUT PINK.....	7.0	11.3
SHORT CUT GREEN, PINK & BLUE ...	5.0	8.0