

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

**Tue 06 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
- 5 Marathon schedule and training advice
- 6 Race reports - National Xc
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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**

Mar 17 BMAF Champs - Forres, Scotland

Mar 18 SEAA Relays - Milton Keynes

Mar 24 RunThrough 10k - Club Champs - Hyde Pk, London

**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 **Mike Mann, Lucy Clapp and Charlie Lound 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

**Chris Loizou****28/2**

Patrick Mcmorrow

7/3

Mike Mann

14/3

Andy Murray

21/3

## 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.*

### Sunday 4th March:-

after Sundays Big Half Marathon, I have reserved spaces at the Richard the First pub for refreshments after the race from 11am,  
The pub details are as follows:-

<https://whatpub.com/pubs/SEL/10590/richard-i-greenwich>

### Wednesday 14th March:-

#### Beer and Cheese Matching evening

This will start at 9.15pm so that people who want to take part can get changed after their run. There is a limit to forty people. The bulk of the cost is going to be covered by the Dulwich Runners Social fund, but will cost £3 per person, with four different beer and cheese pairings.

Please email [tom@twickenham-fine-ales.co.uk](mailto:tom@twickenham-fine-ales.co.uk) to confirm you will be attending the tasting.

## 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

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
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)

## Brockwell Parkrun - April 7

Volunteering at Brockwell Parkrun, 7 April

A big thank you to those of you who have come forward already but we could do with some more volunteers for our Brockwell parkrun takeover on 7 April.

The roles of run director and results processing are already taken care of, but we need officials for the finish and to marshal.

In particular we need more marshals, a tail walker and some pacers (times of 20 minutes and downwards, so plenty of options within your comfort zone), most people only need to be there from roughly 08:45 to 09:45 so only an hour out of the day.

Even if you don't know Brockwell Park well or have not volunteered before, there is no need to worry. This will provide a good opportunity to advertise and raise the profile of the club. [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## 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.

## Free Cross country race !!

Croydon XC Championships, 3rd March - 3pm start

For anyone that would like a free XC race to finish the season, you'd be most welcome at Lloyd Park on the 3rd March for our club championships.

Venue - Coombe Rd, Croydon CR0 5RA

[http://gb.mapometer.com/running/route\\_3178583.html](http://gb.mapometer.com/running/route_3178583.html)

6 miles, 3 laps

All welcome! Results will go on Power of 10.

Matthew Kiernan - 07825163518

## 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

# 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)

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)

## This is my suggestion for the next month's training.

The key is to work hard but remain fit and healthy but it a good time to give more thought to pacing in the Marathon. Nb it is best to be a little slower in training and get the pace right on the day rather than blast training runs too fast.

It is possible though to feel you are really struggling to hold a pace in training and then go much faster than planned in the race.

Remember on race day, you will have months of training behind you, you will be rested and tapered, and you will have the adrenalin of race day and potentially big crowds and supporters.

However, many marathoners who feel great in the race on the first half go much quicker than planned and then struggle later.

The key to a good marathon is to conserve as much energy as possible for the last 10km. Think of it as a 20 mile warm-up for the 10km race and the better you feel at 20 miles, the better you will feel at 26 and run a quicker time than if you go too quick at the beginning.

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
Mon	5	5M easy or rest
Tue	6	Track/speed: ie 1600m reps
Wed	7	10M relaxed
Thu	8	Progression run: 6M accelerating then 1M back at Mar pace. i.e. 1e for sub-3 marathoners miles of 7:30, 7:15, 7:00, 6:45, 6:30, 6:15, 6:45
Fri	9	5M easy or rest
Sat	10	Parkrun not flat out
Sun	11	22M with at least last 5M within 15 secs of Mar pace. 1e for sub 3 runners, first 17 at 7:30 with last 5 at 7-7:10
Mon	12	5M easy or rest
Tue	13	Track/speed: ie 1000m reps
Wed	14	11 miles relaxed
Thu	15	alternating 12km at fast relaxed, 1/2M and Mar pace ie for sub 3 runner – 4:30, 4:00, 4:15

## 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 Parkun** - 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



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 schedules

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.

## 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

### Other future races of note

Mar 24 Club 10km -

Apr 5 Assembly League

Apr 8 Paddock Wood 1/2M

Fri	16	5M easy or rest
Sat	17	5M steady or fast parkrun (if not relaying)
Sun	18	20M slow or Area Relays
Mon	19	5M easy or rest
Tue	20	Track/speed: ie 800m reps
Wed	21	12 miles relaxed
Thu	22	10km at slightly slower than Mar pace but 4th and 9th km at 10km pace and 5th and 10th at Mar ie for sub-3 runner 4:30, 4:30, 4:30, 3:45, 4:15, 4:30, 4:30, 4:30, 3:45, 4:15
Fri	23	5M easy or rest
Sat	24	Club 10km champs
Sun	25	17-20M slow – ideally off-road
Mon	26	5M easy or rest
Tue	27	Track/speed: ie 400m reps
Wed	28	13 miles relaxed
Thu	29	12km at Mar pace with 15 second faster bursts at start of every km
Fri	30	5M easy or rest
Sat	31	5M easy
April		
Sun	1	23 miles steady – after easier first 5, approx 30 secs slower than marathon pace for sub-3 runner at 7:15 pace

# 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.

## National Cross country Ladies' race

24 Feb

What a fantastic team for the last cross country of the season. Three ladies unfortunately didn't make it to the start line due to injury, but 17 were there basking in rare apricity. 'What no rain/wind/snow?' Yes, it will be memorable for the fact that the weather was, for a February day, kind to us. It was still cold and naturally, there was still mud, so no disappointments there. In fact, parts of the course reminded me of cow sheds, both from the texture and the smell.



Layers were removed slowly before the race; some were far more hardy than others. However, running it was surprisingly warm and long sleeves weren't necessary. It's definitely worth being there just to witness the start – 1113 ladies surging up the steep hill. (It's probably even more impressive in the men's race with a field of 2328, but I was still wallowing my way round at that point so missed it.) The steep hill funnels at the top which did cause some congestion at the right-hand bend and I witnessed a couple of ladies falling, but the field soon stretched out. It's a tough undulating, hilly in places, course but has everything a xc race should have.

Much time is spent watching where you are putting your feet but, if you have time to glance up, it's one of London's beautiful green spaces with spectacular views over central London. With a twisty



course it's good for spectators too.

Opinions did vary at the end. I quote – 'I really loved that' and 'there was a good moment but then it was gone.' Yvette smiled her way round as usual and everyone else did afterwards.

The team result of 27th out of 112 teams shows how good Dulwich ladies are. Clare E, Helen and Claire B were away out front and put the team in a good stead but the fourth position was up for grabs, with 5 Dulwich ladies fighting for it. Anna, Becca, Emma, Katie and Christina all finished within 29 seconds, and 32 positions, of each other. I haven't done the maths but, once again, I'm sure that if there were more to score we would be even higher up the table. Eleanor, Michelle and Lucy P all had good runs to finish in the top half. Yvette and Ange swapped places several times with Yvette using her track speed on the downhill finishing sprint to cross the line ahead. Lucy C was hampered by a stitch but was not far behind. Ros and Jo could almost have finished holding hands with just one second between their times, although 2 others finished between them.

Chip timing must be rounded to at least the nearest 10th of a second. Lindsey brought the team home with still over 300 more runners behind her.

Well done ladies, for the run, the enthusiasm and the support. Thanks too for all the supporters there cheering us round, it definitely helps.

93	Clare Elms	33:11
225	Helen Lister	36:12
328	Claire Baglin	37:57
357	Anna Thomas	38:26
363	Becca Schulleri	38:33
369	Emma Ibell	38:38
379	Katie Styles	38:47
389	Christina Dimitrov	38:55
451	Eleanor Simmons	39:50
518	Michelle Lennon	40:43
521	Lucy Pickering	40:48
596	Yvette Dore	41:57
610	Ange Norris	42:13
631	Lucy Clapp	42:31
770	Ros Tabor	45:03
773	Jo Shelton-Pereda	45:04
807	Lindsey Annable	45:36

1113 ran

27th team out of 112 (4 to score)

## Junior ladies race

Earlier in the day, Lucy Elms, running for Blackheath and Bromley Harriers, ran in the junior ladies' race. She takes after her mother with her speed and had a great race. I wouldn't have put any money on it as the odds would have been far too low, but she too finished in 93rd position.

93	Lucy Elms	30:40
146 finishers		

<https://en.wiktionary.org/wiki/apricity> ....yes I also had to look it up..as you can see Shorts is interesting and informative at the same time !...**Ed.**

## Senior Women approx. 7.6k

Tony Tuohy adds....Clare Elms continued her advert for cross-training with another excellent addition to the sporadic runs she's doing. Top 100 in the National at 54 years old on less than ten miles running a week are exceptional numbers, not that she isn't working like a demon to stay fit on that Wattbike thingy. Her run set us up for a great team performance and she was ably backed by Helen, such an improved runner since being our

third counter three years ago; and Claire, not at her fittest but still turning out for us with a fine run.

Whoever was going to fill the fourth and final place as a team counter made for a tremendously exciting battle with five women vying for the spot and only half a minute separating the lot at the finish. Anna has lost out in recent races to a number of the Dulwich ladies behind her here but proved to be the strongest in the toughest of conditions, clinching the team 27th place out of 112, an excellent achievement. Just seven seconds back Becca was brilliantly holding off Emma

by only five seconds, and these two were chased valiantly by more great runs from Katie and Christina. A minute back, Eleanor was strong again, ahead of Michelle, who is better on surer ground. Lucy P, Yvette and Lucy C followed according to the form book, split by a tentative Ange, carefully nursing her injury - but just couldn't resist it. A couple of minutes back Ros (like Mike and me) was running 'steady' pending indoor track racing to follow and the seventeen Dulwich women were completed by hardened mud-larks Jo and Lindsey, neither afraid to dive into a mud-fest like this given half a chance

## National Cross Country Championships Parliament Hill

Sat 24th February

*Tony Tuohy writes....*On its three-year rotation, the National XC was back at its 'spiritual home' of Parliament Hill Fields and yet another record entry included 43 Dulwich Runners competing on the day. The start of the 'Greatest Cross Country Race in the World' is always a sight to behold and the senior men's race numbered over 2,300 with the women's an equally impressive 1,100. Weeks of wet weather meant the course was its usual quagmire; I said three years ago it was the most ridiculously muddy course I'd ever known and this year was similar so I'll spare you all the clichés I used before. Let's just say that some people discovered that the suction powers of sodden clay are more than equal to a shoe not fastened securely enough to a foot....

### Senior Men approx. 11.8k

Buzz and Tim were our strong men today; Tim moved through on the last lap but couldn't catch Buzz on this occasion as he closed a really great run. I'd briefed Ed on the start line about what to expect in his first XC since school but he still looked shell-shocked afterwards by the experience; despite that he ran an excellent race to put a minute into the new club M45 half marathon record holder. Steve D is obviously strong and fit right now but was another who wasn't exactly enamoured with battling through this level of boggy swamp. Similar sentiments were felt by Greg who found it tough enough that he was pleased not to record a DNF (did not finish). The final scoring place in our team was excellently taken by Charlie running a lot faster than three years ago (the course was about a quarter of a mile shorter then), and that was the year of his marathon PB; hopefully the master marathoner has put paid to injury woes enough to push on from here to another blinder in April, this time as an M50. The Dulwich men



finished a superb 43rd from 162 teams, surely our best performance (I stand to be corrected, Coach Steve?).

The rest of us may be also-rans but no-one does this race without a story. Tom's marathon training is paying off handsomely as he completed another strong run. As he passed me early on (the only Dulwich vest I saw all race in the crowds) I was tempted to keep him company but the truth is I had a good excuse for an alleged 'steady run' with three indoor track races to look forward to the following day - but there's no such thing as an easy run round here and I got well knackered anyway. Newbies to the National experience like Jonathan and Nick were shaking their heads in amazement afterwards while an old hand like Coach Steve was just shaking his head in wonder at his own mishaps as we unsympathetically collapsed in stitches at the telling of his latest tale of woe. I urge you to ask him for a personal account for full effect but highlights included losing his left shoe, falling face-first in the mire and being pushed over again by another runner as he attempted to get back on his feet. Oh, nearly forgot, the other shoe then came off as well.

Matt Cooke made another good debut here, just losing out to Steve's sprint at the finish (I've no idea if Steve was wearing both shoes at this point). Ebe was next, recently struggling again with his long-term hamstring problem and not helped by going over face-first as well, but he got round carefully. Ross is well under-trained currently, but headed good efforts from Grant, Ed and

Grzegorz. Mark ran well in his second successive National while Duncan ran his umpteenth; he may not be in his top-400 shape of 2009 anymore but still turned up to extend his current streak to seven years in a row. Meanwhile Chris and Mike were having their own private ding-dong with Chris's downhill running proving the difference, less than a minute ahead of Bob Bell, running better than three years ago (and not risking issues with contact lenses this time...). Finishing off the Dulwich day, Barrie got himself round, still with damaged ribs, still insisting on doing his own stunts...

288	Buzz Shephard	46:33
307	Tim Bowen	46:45
351	Ed Chuck	47:14
425	Steve Davies	48:14
620	Greg Hills	50:18
764	Charlie Lound	51:37
875	Tom South	52:48
999	Tony Tuohy	54:00
1113	Jonathan Whittaker	55:05
1118	Nick Wood	55:10
1182	Steve Smythe	55:46
1183	Matt Cooke	55:48
1300	Ebe Prill	56:53
1451	Ross Rook	58:31
1464	Grant Kennedy	58:39
1507	Ed Simmons	59:04
1567	Grzegorz Galezia	59:44
1655	Mark Foster	60:50
1833	Duncan Hussey	63:26
2061	Chris Loizou	67:46
2066	Mike Mann	67:59
2093	Bob Bell	68:40
2316	Barrie John Nicholls	88:24
2328	finishers	
Dulwich 43rd of 162 teams (6 to score)		

## Junior Men approx. 9.5k

Lewis and Oscar (running for Blackheath) were separated by only a minute and ran solidly in a very high quality junior race. They may have ran a shorter course than the seniors but their pace would have been quick enough to easily make our scoring team, good going.

99	Lewis Laylee	37:11
127	Oscar Hussey	38:12
220 finishers		

# National Xc Champs Parliament Hill fields

24 Feb

**Steve Smythe adds** this was certainly one of the best ever Dulwich men's team performances. I am fairly sure the best men's performances have come at Parliament Hill but haven't looked at all performances. We were slightly higher in 2006 but as there were a 1000 more individuals and 60 more teams, I would rate 2018 as superior.

Buzz and Tim had excellent runs. Buzz's 288th was nearly a club record but again taking into account numbers running, it was probably superior to the 2003 265th run which came six days after the Austin Marathon.

Steve D also ran well but Ed and Greg are capable of more and we were missing Andy B and Shane and with everyone fit and running well, a top 30 place is feasible.

The women are regulars to the top 30 with five top 30s in the last six appearances at Parliament Hill and again with numbers this could be the better performance if not the highest of those below though I do feel we may have a better performance in the distant past, Clare's 93rd got us off to a good start and everyone else did well but we were missing a few potential scorers.

## Men stats

**2018:** 43rd team of 162 with 2755 points. 2328 finished.

**2015:** 67th team of 145 with 4386 points. 46th in 9 to score with 8037 points. 2007 finished.

Tony Tuohy led us in 550th of 2007 finishers

**2012:** 59th team of 125 with 4115 points. Mike Williams led us in 380th of 1689 finishers .

**2009:** 65th team of 112 with 4198 points. Duncan Hussey? Led us in 356th of 1455 finishers

**2006:** 39th team of 100 with 2536 points. 22nd in the 9 man of 45 teams.

Darren Atkins 342nd, James Godber 362nd, Steve Smythe 366th, Colin Bailey Wood 442nd, Paul Daniels 512th Charles Lound 542nd of 1288 finishers.

**2003:** 45th team of 101 with 2712 points. 24th team in the 9 man.

Steve Smythe 265th, Simon Loach 382nd, Chris Loizou 480th, Amites Sarkar 505th, Dylan Owen 537th, Darren Atkins 543rd (Mike Mann 577th) of 1258 finishers

## Women

**2018:** 27th team of 112 with 1003 points 1113 finishers

**2015:** 29th of 93 teams with 952 points Led by Claire Baglin 130th, Elkie Mace 148th, Helen Lister 266th, Kim Hainsworth 408th. 865 finished

**2012:** 27th team of 73 teams with 820 points.

Led by Clare Elms 51st, Alexie Shaw 93rd, Mel Edwards 315th, Ros Tabor 361st of 650 finishers

**2009:** failed to finish a team of four.

Teresa Gaillard de Laubenque was 148th as just 546 finished.

**2006:** 22nd of 47 teams with 621 points Andrea Pickup 99th, Teresa Gaillard de Laubenque 151st, Ola Balme 181st. Ros Tabor 194th of 444 finishers.

**2003:** 21st of 43 teams with 653 points Ros Tabor 156th, Ola Balme 157th,

Pauline Virgo 162nd, Clare Wyngard 181st. 398 finished.

My first National as a spectator was way back in 1973 but my first as a runner was Luton in 1975 and I did my own first National run at Parliament Hill in 1977.

My best run was in 1988 at Newark though my highest position was in 2003. The numbers were much higher though this year than ever before and the sport is thriving even if the quality is well down on what it used to be 30 to 50 years when English runners were amongst the worlds best.

It's worth noting back in the 80s that men's teams were limited to nine per club team and I do recall being in 32 minute form for 10k mid-80s and annoyed at not being selected and not being able to run so obviously numbers should be higher now with clubs like us effectively putting in almost triple the number of runners.

Other than the London marathon, the National is my favourite event and it looked like I would have to miss it this year due to having to do the Athletics Weekly reports but another journalist became available and we could share reports.

Having got there at 10.30am, and having been on my feet for 4 hours plus, I had about 10 mins from the first woman finishing and speaking to the leading four and then rushing over to the men's start.

I was surprised to have to almost stop up the first hill because of the numbers and the course was too narrow after about a mile which slowed me even more and I lost about a minute before beginning to run better before halfway before multiple falls and shoes being pulled off and various sideways slides, and running hard to be about 1000 places lower than at my peak, I began to think with all the cambers, bottlenecks, thick glutinous mud, that maybe I should have retired from Nationals back in 2006.



# Hillingdon 1/2M

25/02/2018

*Becca Schulleri writes...*

Before knowing that most DR runners were planning to do the Big Half on 04/03/2018 and before I was aware that the National XC Championships would be taking place the day before, I had signed up to do a Half Marathon with my fellow club members from Willesden Tri Club in Hillingdon (not Hillesden as I mistakenly kept saying on Saturday!). I tried to not go all in at the XC Nationals but stayed 'strong and in control' as Steve would probably say. Luckily my legs didn't feel exhausted from the hills of Parliament Hill on this early Sunday morning which already started with a 1.5mile run to the friend who gave us a lift to the race...my warm-up so to speak.

It was a fairly small event well organised at Brunel University with just over 400 running the HM and 270 doing a 10k. We were able to stay indoors all the way up until the start which was helpful on this sunny but very chilly morning. Having stuck to Steve's marathon training plan, getting PBs at parkrun and strengthened by XC season, I felt strong and

thought I might be capable of a 1:35 HM (4:30min/km pace). However, already during the first km I realised that this pace did not feel comfortable and I wouldn't be able to stick to it. So I reconsidered and trying to still aim for a new PB and to come in as close to 1:35 as possible, I settled at a roughly 4:35-4:40 min/km pace which still felt like hard work.

The course was 2 laps on pavements of open roads but tbh there were hardly any cars at all but also hardly any runners especially no females close to me to use for pacing and motivation during lap 1. After lap 1 I was already quite exhausted but kept pushing and due to the 10k taking place, lap 2 meant overtaking groups of slower runners/walkers. The last km felt like the longest one ever and I barely sped up when I saw the finishing line. I got a time of 1:38:24 which is still a PB by 90 seconds but my watch also said the course was 300m short and it did feel like a fight for most of the 21.1km. Let's see how Paddock Wood goes in 5 weeks..!

90 Becca Schulleri	1:38:24	11W/152
411 ran		
Fastest male	1:15:59	
Fastest female	1:24:26	

## Vac Indoor Champs

25 February

Track races the day after competing in the National Cross country Champs always poses a challenge, and the three of us had Parliament Hill Fields in our legs, though hopefully not on them. We had all decided to take it relatively easy in the cross country but best laid plans.....However probably for the first time I managed to stick to the plan, possibly aided by the stop/ start nature of the race early on and found it quite an enjoyable experience, chatting to a few others I knew along the way that seemed to have the same plan. Anyway enough of cross country, where you can look elsewhere in Shorts.

Tony had a successful day, once again competing in 3 races. His times in both the 800m and 1500m showed improvements over a week earlier, and he came through

strongly at the end of the 1500m. The 3000m was clearly a race too many, with his time down on last week, but he completed a good training session. Competing in two races, Ros had a stronger run in her 800m than her 1500m later on. I decided to scratch from the 1500m as it was only some 20 minutes before my 3000m, but nevertheless my time was down on expectations. *Mike Mann*

### 800m

Tony Tuohy	2:24.05
Ros Tabor	3:04.04

### 1500m

Tony Tuohy	4:49.96
Ros Tabor	6:21.80

### 3000m

Tony Tuohy	10:07.51
Mike Mann	12:18.51

## South of England Masters/Vets AC Indoor Champs Lee Valley Sunday

25th February

Tony Tuohy writes...This was my fourth indoor meeting in three weeks and the last to be used as a multi-race training day in the hope of racing into some form. The day after a supposed 'steady' run in the National XC my legs could hardly be called fresh but it's all training, apparently...

800m 2:24.05 3rd M55  
Thought I'd be brave here and went for a faster start. 200m splits of 35, 35 and 36 brought me to 600m in 1:46 but a final 200 of 38 when the old bear jumped on my back put paid to any joy and showed me exactly where my basic speed is stuck.

1500m 4:49.96 2nd M55  
A two hour break after the 800m didn't feel like it and a tentative 80 seconds for the first 400m wasn't going to win much. A gradual pick-up to 78 second pace wasn't much better but a last 400m in 73 seconds meant I sneaked under 4:50 – good finish but final time still pretty abysmal.

3000m 10:07.51 2nd M55  
The 3000m was only half an hour later and I was tired by now. Opening kilometres of 3:25 and 3:24 were all I could manage but pushing on for a better finish produced a 3:18 so maybe there is some hope.

That's it for multiple races, next week it's a 3000m in the Masters Inter-Area Challenge; the week after it's the British Masters 1500m on Saturday and 3000m on Sunday. The Euro Champs 3000m in Madrid is nine days later so time is short now; just hoping all these accumulated races will prove to be worth it...

# Cyclopark Spring Sprint Duathlon

25th Feb

As most of you know, I seem to have moved over to the dark side and be an avowed multi-discipline "athlete" these days.



Having had a sciatica-ravaged Winter 16-17 in which I did almost no swimming given my dislike of chlorine, this year I am determined to hit the start of the season stronger than ever. As I don't have (and really can't face the idea of) a Zwift or turbo I use Herne Hill Velodrome on weekday evenings with the Triathlon/Cycling clubs for my hard riding and have signed up for a brutal swim course in Mile End on Wednesday mornings.

For me 2018 is the year of the 'Middle Distance' [also known as Half-Iron or 70.3 which comprises a 1,900 swim, 56m bike, half marathon] and I have 3 in the diary for May, July & August. Target is ~4:50.

Roll on 10Deg in Brockwell Lido – hopefully Mid-March – which I have decided is my threshold swim temperature given my absence of sub-cutaneous adipose tissue. At that temperature I can just about cope, wearing with wetsuit, 2 swim hats, neoprene booties and winter windsurfer gloves. Ros & Clare you girls are just too hardcore for me...

So, Spring is Duathlon time and this is my first season.

I'm targeting a GB Tri-suit (Du-Suit I guess!) which I can earn in 2 weeks' time at Bedford Aerodrome in the European Qualifier race if I finish in the top 6 in my Age Category. For the Sprint distance [5k/20k/5k], unlike all other Triathlon variants, it's draft-legal on the bike. No disc wheels, no sperm helmets, no TT bars etc. So, it massively favours the runners, especially ones who don't yet own a TT bike! The plan is to run 18:30 or so, tuck in on the bike and then it's a question of whose legs recover the best for the second run.

Sunday was a super low-key warm up sprint down on the Cyclopark where the main challenge was going to be getting the layering right given the freezing conditions so as to not get too warm on the first run, have enough feeling in the hands in Transition to change the shoes yet without needing to stop and add layers for the wind chill on the bike. I went with 2 pairs of gloves, 2 base layers, a trisuit and then a short sleeve cycling jersey on top. Pants under the trisuit were definitely a good idea for the nethers.. I also strategically parked my car about 100m into the run route so I could sling my cycle jersey under it heading out onto run 2 if I was hot.

The sun was shining as I jogged round the Velopark to get an idea of the wind which was whipping into our faces on the home straight as we came the long climb under the bridge and past the café – it was so strong that the canvas signs up outside the car park advertising a forthcoming event were taking off!

With some good-natured 'F it's cold' banter during the briefing and on the start line we were off. The first run was horribly slow – just too cold and trying to get moving so my split averaged about 6:25 overall. I was in a solid third but with 4th just behind me. One of my cycling shoe boas had popped out meaning I lost a few seconds in T1 and so came out on the bike in P4. Although my transitions are improving I still have a way to go. Having said that, the guy in P3 had his shoes clipped into the bike meaning a shorter transition but then losing time on the bike getting his shoes on properly so I passed him about 400m into the bike.

The cycling training in HHV is clearly paying off. With the wind behind me and on the flat I raced away from him

grinning. Unfortunately he must do more hills as he was right behind me again as we crossed the line. And then, onto the top and off I went. And back he came, and off I went, and so on. For 8 laps we were never more than 10m apart at the top of the hill at the turn. Must do some hillwork on the bike!

Into T2 with him right on my heels and thinking, well I got him on the last run so I have 3rd in the bag here. Only for him to again massively out-transition me and find 10s out onto the second run. (my hands were rather numb by this point so it took 2 attempts to get my shoes on). Off I went with the Av Pace on my watch showing at 7:00 and him stretching away I started to panic. Then, about 2k in my legs decided they had finally recovered and I set to catch the 50m gap he had, slowly initially and then quicker and quicker.



We exchanged a brief chat as I passed – him managing a crack about 'being bored of staring at my back from the bike!' and then mercifully the downhill final 2k. in mind he was right on my heels, breathing down my neck so I of course refused him the mental knowledge of weakness, didn't look back and went as hard as I could, ending with a pleasing ~5:50 final mile.

So, P3 overall, first Vet, and an amusingly large trinket given the tiny field size. Roll on Bedford!

Lloyd Collier, 3rd, 1:20.54

Run 1 : 20.14

Bike: 38.38

Run 2: 20.40



February 24

## Beckenham Place

143 Ran

Pos Gen

57	48	Peter Jackson	25:41
63	11	Claire Steward	26:08

## Bedgebury Pinetum

249 Ran

Pos Gen

109	90	Rafe Collier	28:01
174	49	Rhoda Collier	32:00

## Brockwell

352 Ran

Pos Gen

72	5	Victoria Read	22:43
78	72	Graham Laylee	22:57

## Burgess

305 Ran

Pos Gen

155	120	Paul Keating	26:12
283	176	Barry Evans	35:09
305	119	Susan Vernon	49:24

## Crystal Palace

312 Ran

Pos Gen

68	57	Bob Bell	23:33
110	94	Michael Dodds	25:09
231	164	Ameet Patel	31:01

## Dulwich

297 Ran

Pos Gen

42	3	Chloe Green	20:16
71	64	Paul Vivash	22:14
77	68	Ajay Khandelwal	22:21
82	71	John English	22:26

## Greenwich

281 Ran

Pos Gen

15	13	Michael Fullilove	20:37
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## Hilly Fields

265 Ran

Pos Gen

2	2	Andy Bond	17:13
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## Leicester Victoria

305 Ran

Pos Gen

88	10	Marjorie Epton	24:22
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## Letchworth

136 Ran

Pos Gen

9	9	Matthew Ladds	21:47
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## Nonsuch

565 Ran

Pos Gen

17	17	Paul Devine	19:02
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## Orpington

136 Ran

Pos Gen

14	14	Colin Frith	23:21
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## Peckham Rye

227 Ran

Pos Gen

39	3	Caroline Maynes	22:11
52	48	Scott Williams	22:47
80	11	Stephanie Williams	24:30

## South Norwood

116 Ran

Pos Gen

7	7	Alastair Locke	20:18
16	16	Martin Double	21:50

## Tooting Common

565 Ran

Pos Gen

183	156	Ian Sesnan	24:20
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 Dulwich gets a mention. Broadcast last weekend.  
<http://www.bbc.co.uk/programmes/p05xb0rx>

### New members especially, and others....

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# DULWICH RUNNERS AC W6

