

**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 7 Club Night, Edward Alleyn Club**

83-85 Burbage Road. London, SE24 9HD

Fee £1 - 7:15 for 7:30 start. Showers, Bar.

**Tue 13 Track - Crystal Palace Arena - details below*****In your SHORTS this week !***

- 1 General information
- 2 Social events etc
- 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 - Big Half
- 8 Wednesday map

***And much more !***

## MEMBERSHIP RENEWALS 2018/19 DUE

By now you should have received your renewal email for 2018/19. (our membership year is now April 1 to March 31)

Current membership expires on March 31 and if you do not renew you will not be able to run in races as a Dulwich Runner or take part in the Club championships. If your membership card has 2019 on it then you do not need to do anything, if you can't find your card, haven't received an email or are not sure then please email me: [barry@bg1.co.uk](mailto:barry@bg1.co.uk)**Many thanks to those of you that have already renewed**

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

## 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

**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.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

<b>Volunteers needed</b>	<b>7/3</b>
Mike Mann	14/3
Andy Murray	21/3
Chris Loizou	28/3

## 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

## 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.*

### 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.

## JOHN FRASER

Many of you will remember John Fraser who died last April aged 82. He was a local MP and for many years a keen Dulwich Runner.

We have just heard that John remembered us in his will with a legacy of £500.

The committee will discuss a suitable use for this money.

## 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)

## 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.

## 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

## 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)

# British Masters Open Road Relay Championships

Saturday 28th April 2018

Sutton Park, Sutton Coldfield, Birmingham.

Teams in age groups:

W35+ (4 legs), W45+ (3 legs), W55+ (3 legs), W65+ (3 legs)  
M35+ (6 legs), M45+ (4 legs), M55+ (3 legs), M65+ (3 legs),  
M75+ (3 legs)

Each leg is roughly 3 miles.

Last year we had teams in most categories, winning gold in W55s and silver in W45s.

This year the early date makes it more of a challenge, coming the week after the London marathon.

If you'd like to run please contact

W: Ange Norris, Clare Wyngard: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com) - M: Ebe Prill, [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk)

**Entries close Sunday 8th April 2018**

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		
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
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

## Marathon tip

I think it is best to get used to kilometres if you are doing a marathon.

With your watch on kilometres, you get 42 splits instead of 26 so you can gather more pacing information and can adjust your pace quicker if you have unintentionally sped up or slowed down.

Also when you do marathons, you quite often have to accept with big fields and tight marathon measurements that you might not be able to run the shortest route and you may have to run slightly quicker than your goal pace on your watch to match the time on the actual road.

I usually find in marathons that for instance the 10km or 6 mile time on my watch is reached 15 seconds before I actually get to the measured point.

So on a regular basis I push my lap button as I reach the point and then that at least gives me a more accurate last kilometre or mile split.



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

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

## Bad Weather

The week of the snow, many who said they were thinking of coming to track didn't after some doom mongers said it would be unrunnable.

The track was unusable and would have left to more fallers than a British short-course speed skating team.

However, the grass inside the track with a layer of fresh snow was perfect for running and the 20 or so who braved the weather enjoyed good conditions and those who did not turn up missed out.

That should be the last of the snow this year though

**Steve Smythe**

# 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.

## Vitality Big Half

March 4

**Steve S writes** A superb turn out suggests this race should be the club champs half marathon championships in future years. Probably should have been this year. This at least more than a 500 limit and was organised by a proven team, and the charge was not too excessive for what runners receive.

The course wasn't perfect – too many cobbles and turns and while no real hills quite a few inclines but some very good times were run.

The course also had a very long tunnel with a tough little climb out - and almost everyone with satellites lost signals and a few had difficulties judging their pace thereafter with some being credited with four minute miles!

After the midweek weather was suggesting this race would be cancelled, the organisers did well to put it on and join the number of events that were called off – many probably rather hastily. Britain doesn't seem to cope too well with a bit of bad weather. I arrived from Birmingham late Saturday evening at London Bridge and was amazed to find they had decided to close the Greenwich line – the line between the start and finish – at 10.30pm because of the adverse weather conditions – it was seven degrees and there wasn't a sign of any snow.

On race day, the weather was fine – blue skies and sun initially and not too cold. For those who have run the London Marathon into a westerly wind for close on 40 years were bemused to find the first time London put on a race in the opposite direction, you had to face an easterly which got reasonably strong in the last few miles but otherwise conditions weren't too bad, especially compared with a few days earlier.

The course could almost be described as the London Marathon in reverse minus

the start, finish and Isle of Dogs, or someone thought of it as the marathon course minus the scenic bits. It did have a good finish at the Cutty Sark though, and apparently was close to a very good pub near the finish where many club runners did a sort of warm down.

Buzz has been in great form of late and here he took a minute off his five year PB with a superb run and smash his club vets half-marathon record.

Tim was not as pleased with his run but it was still a PB, narrowly improving his Paddock Wood time and showed he is also due a good marathon.

Andy B is not renowned for his distance training but he produced a solid run, just short of his PB and he finished just ahead of Greg, who did set a PB but should be even quicker based on his cross-country form.

Steve D had run his club record last month and so here just settled for a good run at around marathon pace..

Tom Marshall does not seem to race too often – about 4 races a year average over the last decade but when he does his good Shane is some way short of his Autumn form but did well after injury to still run a respectable time. Second claimer Andrew Shreeve does not do too many club races but was also inside 80 as was Oliver Cooper, who showed his good form of late.

Daniel M was just the wrong side of 80 but not too far from his Paddock Wood PB.

Tom S has been training better than ever this winter and was rewarded with a big PB.

Clare E has done very little running training with her foot injury of the last year but showed her condition with a strong run which saw her easily finish as first W45/50 and make the top 30 women overall in a time close to what she has run as her best over the last two years.

Rob H ran a strong race, coming through very strongly- overtaking 80 on the second half.

Helen L also came through the field well

to set a PB just missing out on the top 50. Grzegorz was another finishing well and setting a PB but Steve R, struggling with injury, was not at his best.

Chloe Green was another inside the half-hour, in a good run that appears to be the first race ever attributed to her on Power of 10 and she would run even quicker in a club vest!

Ebe had a steady run and got a faster time than fellow M55 Steve S, who actually finished just ahead of him in what he thinks might be his worst race in close on 50 years of racing after a reasonable start which made him wish he'd stayed at the World Indoor Championships. He did finish just in time to get to the Mo Farah press conference and presentation - but only just.

Ed Simmons ran in a women's number and was the first the wrong side of 90 as was a steady Tom Wilson.

Yvette ran very well for a big PB and was just a bit faster than Chris Pana.

Michelle was less happy with her run and was a few minutes short of her Paddock Wood form from last year.

Matt L was close to his PB and was just ahead of Lucy P who also just missed her Paddock Wood PB. Emma and Eleanor, neither who have too many longer road races in recent years, had good steady runs.

Lucy C's and Laura V's times were PB according to PO10 and both ran strongly as did Caroline M.

Graham L did not quite match his recent good form but Claire Steward was pleased with her run off such little recent training.

Barrie John did just enough to break two hours and close to the other side was Michelle Key - her first listed half-marathon and long standing club members Kaylee Coxall and Paul Keating, who still finished around halfway in the 11,000 strong field which unusually was made up of both 50% men and 50% women.

57M Buzz Shephard (60) 71:42  
72M Tim Bowen (75) 72:47  
148M Andy Bond (162) 76:32  
152M Gregory Hills (166) 76:41  
164M Stephen Davies (179) 77:07  
202M Tom Marshall (218) 78:38  
203M Shane O'Neill (219) 78:40  
223M Andrew Shreeve (241) 79:02  
229M Oliver Cooper (247) 79:12  
261M Daniel Mann (280) 1:20:07  
322M Thomas South (343) 1:21:56  
29W Clare Elms (433) 1:23:48  
523M Rob Hollands (567) 1:26:05  
51W Helen Lister (630) 1:27:12  
625M Grzegorz Gałęzia (681) 1:27:44  
641M Steve Rolfe (699) 1:27:58  
748M Eberhard Prill (817) 1:29:18

72W Chloe Green (827) 1:29:25  
760M Steve Smythe (833) 1:29:30  
Ed Simmons (aka Emily George?) 1:31:07  
872M Tom Wilson (956) 1:31:19  
152W Yvette Dore (1340) 1:35:49  
1203M Chris Pana (1356) 1:35:59  
177W Michelle Lennon (1442) 1:37:00  
1368M Matthew Ladds (1578) 1:38:16  
217W Lucy Pickering (1605) 1:38:29  
290W Emma Ibell (1896) 1:40:52  
313W Eleanor Simmons (1966) 1:41:21  
341W Lucy Clapp (2058) 1:42:03  
377W Caroline Maynes (2187) 1:42:58  
447W Laura Vincent 1:44:29  
1748M Graham Laylee (2101) 1:42:20  
1151W Claire Steward (4394) 1:56:05  
3571 Barrie John Nicholls (4995) 1:59:05

1901W Michelle Key 2:04:06  
2042W Kaylee Coxall (6148) 2:05:41  
4158M Paul Keating (6227) 2:06:25  
5716 women finished  
5789 men finished  
11505 finished

Non-members who train with us or Ex-members (nb Tom has been injured for sometime and hopefully will rejoin now back in form):

226M Tom Rann 79:04, Martin Ballantyne (316: 81:15), Kev Chadwick (390: 83:15), Paul Collyer (523:1:25:32), Laurie Pope (532: 1:25:38).

# Dulwich Runners Ken Crooke Cross Country Championships 2017-2018

1ST WOMAN	Helen Lister	<b>COMPLETED</b>	
2ND WOMAN	Ola Balme		
3RD WOMAN	Rebecca Schulleri		
1ST FV40	Emma Ibell	Katie Styles	Mike Mann
1ST FV50	Michelle Lennon	Anna Thomas	Chris Loizou
1ST FV60	Ros Tabor	Christina Dimitrov	Mark Foster
1ST MAN	Tim Bowen	Lucy Pickering	Ross Rook
2ND MAN	Buzz Shepherd	Yvette Dore	Grant Kennedy
3RD MAN	Steve Davies	Eleanor Simmons	Justin Siderfin
1ST MV40	Tom South	Lucy Clapp	Ebe Prill
1ST MV50	Steve Smythe	Jo Shelton-Pereda	Matt Cooke
1ST MV60	Hugh Balfour	Lindsey Annable	Jonathan Whittaker
CAPTAINS' AWARD	Hugh Hills	Graham Laylee	

## The Big Half

4th March 2018

**Lindsey Annable writes:** Barrie couldn't miss out on the chance to take part in the inaugural Big Half run on part of the London Marathon course. He hadn't reckoned though on his calamitous ribs incident, so his training was sadly reduced to just three weeks. Not a lot you can do in that time other than cram and overlook every rule in the training book. Not to mention ignore the rib pain after long runs and hope you haven't done further damage.

So it was a slightly anxious Barrie that lined up on the start line on Sunday along with many other DRs. The announcer was emphasizing what a great opportunity this was to take part in the first edition of what will be an iconic race in years to come. Perhaps one day it will even be a world championship course. Barrie likes to tuck behind a pacer particularly

if short of training. Always ambitious, he opted to run with the 2 hour pacer who shot off like a rocket, worried about delivering his nominated pace time. However fortunately he slowed down at mile 4 and they settled into a more manageable rhythm.

He loved the course and enjoyed the support, which was loud and plentiful. Going across Tower Bridge in the reverse direction proved a real treat and the finish by Cutty Sark was fantastic. There was plenty of music en route to keep the energy levels up and enhance the atmosphere even further. Of all his fellow 2 hour runners, Barrie was the only one to stick with the pacer as they all gradually dropped off the pace. Still performing his own stunts, he even took the pacing flag for a while. He claims the pacer wanted to take off some layers of clothing, overdressing like many for the temperature, but I am not so sure.... never one to shun a moment in the spotlight! He only left the pacer in the last km to clock under the two.

Liquid refreshment and runner banter in the Richard the First pub was most welcome, and it was only then Kaylee noticed Barrie still had his chip on his shoe. The finish had been so crowded he had failed to see the staff taking off the runners' chips. We trooped back to the festival where there were still quite a few marshals taking people's chips off. It had obviously happened to many more runners. A subsequent email on Monday from the organisers informed us that they had refrained from collecting chips in the finish funnel. This was to allow people to retrieve their kit more quickly in the cold.

We also took in a few songs from the festival entertainment, had some food and a ride on the big (well not so big) Ferris wheel, admiring the views across to the city. A ride on the Thames Clipper back to central London rounded off the day perfectly after a thoroughly enjoyable race.

Barrie John Nicholls 1:59:05



### Beckenham Place

129 Ran

Pos	Gen		
4	4	Andy Bond	19:29
8	8	Alastair Locke	19:50
10	10	Tom Wilson	20:27
12	1	Helen Lister	20:40
39	3	Yvette Dore	23:19

### Henley-On-Thames

16 Ran

Pos	Gen		
9	2	Caroline Maynes	27:35

### Hoblingwell

67 Ran

Pos	Gen		
12	2	Tereza Francova	23:05

### Old Deer Park

98 Ran

Pos	Gen		
39	7	Lindsey Annable	26:28

### Riddlesdown

83 Ran

Pos	Gen		
67	14	Ange Norris	29:33

## Inter-Area Indoor Champs

4 March

Another weekend, another indoor track meeting. This was the third of four meetings at Lee Valley Indoor Track, culminating in the British Masters indoor champs this coming weekend. The Inter-Area match is between the various area clubs in the country, with Tony and myself competing for VAC against many of the top masters track athletes nationally.

With Tony competing in the 3000m and myself in the 1500m, both of us registered season's bests, but we were disappointed with the small improvements of around 2 to 3 seconds in our times compared with a fortnight earlier. Tony's official time was not available in time for this report.

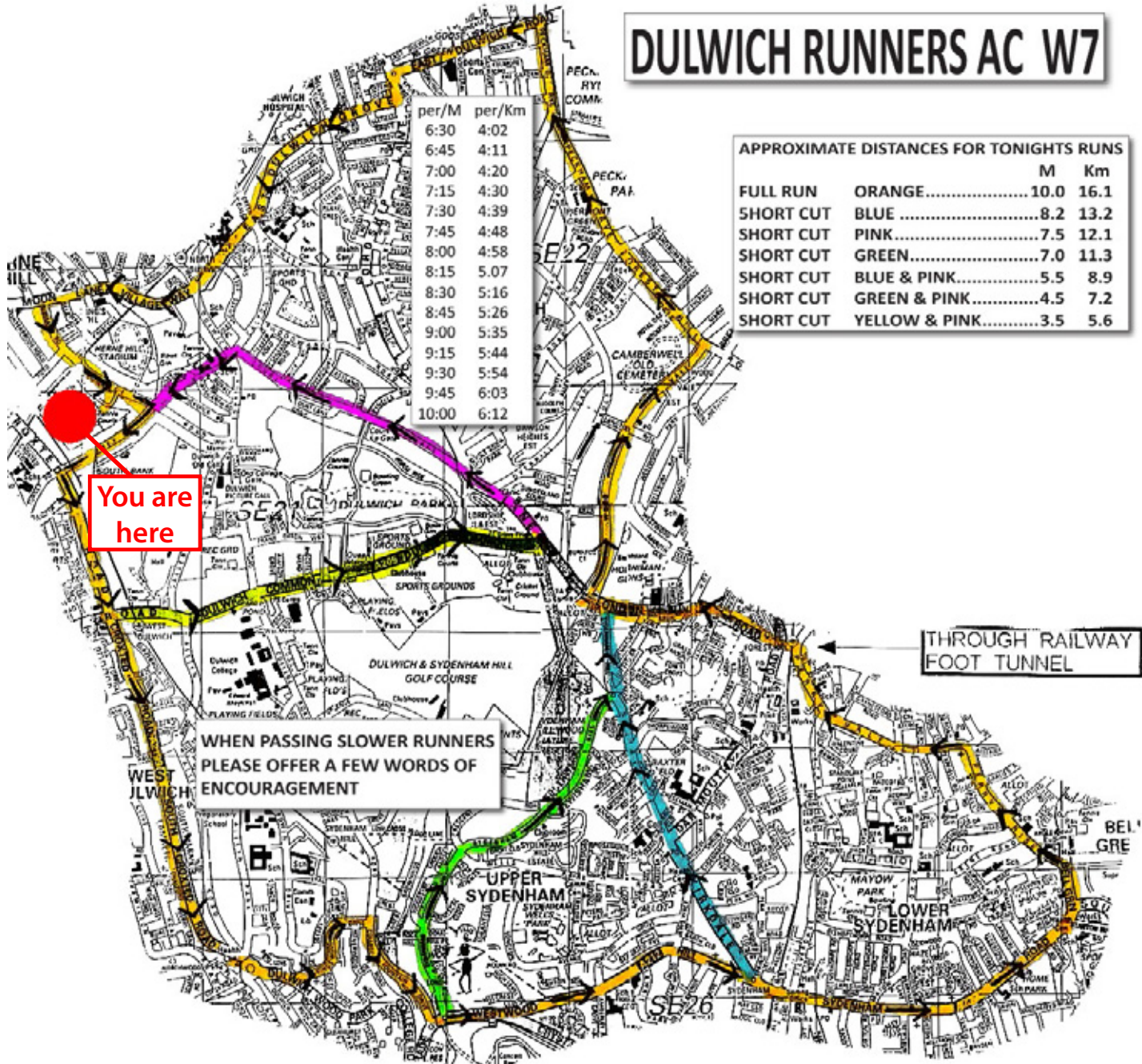
**Mike Mann**

1500m Mike Mann	5:48.60
3000m Tony Tuohy	9:54 tbc

### 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 W7



	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.....	10.0	16.1
SHORT CUT	BLUE .....	8.2	13.2
SHORT CUT	PINK.....	7.5	12.1
SHORT CUT	GREEN.....	7.0	11.3
SHORT CUT	BLUE & PINK.....	5.5	8.9
SHORT CUT	GREEN & PINK.....	4.5	7.2
SHORT CUT	YELLOW & PINK.....	3.5	5.6

**You are here**

**THROUGH RAILWAY FOOT TUNNEL**

**WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT**

WEST DULWICH

DULWICH & SYDENHAM HILL GOLF COURSE

UPPER SYDENHAM

LOWER SYDENHAM

BEL' GRE

SE26