



### These are your SHORTS,

Please send your reports, running news & anecdotes to:

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

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

#### Wed 14 Club Night, Edward Alleyn Club

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

Tue 20 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 -
- 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 cant 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.

### 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

### March winner - Claire Steward

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)

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

## 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 **Ebe, Hugh and Grzegorz** 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

**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		Race	Venue
Mar	17	BMAF Champs	Forres, Scotland
	18	SEAA Relays	Milton Keynes
	24	Run Through 10k (L) (entries now closed)	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.
	28	British Masters Open Road Relay champs	Birmingham
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 Mille (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)

Road & other   Cross country   Club Champs   Assembly League   Track

## 2018 Club Championship

2018 club championships races (subject to a few dates and venues tbc) are now in the fixture list above. 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 Paddock Wood 1/2M in good time.

## 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.

## Brockwell Parkrun Takeover

### 7 April

Thank you to those of you who have come forward to volunteer for Brockwell parkrun on 7 April when we are taking over the organization.

We are still short of a few slots, notably some marshals, a tail walker (around 40 mins) and an additional pacers (20 mins and slower).

If you are able to help please contact:

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

or Graham [g.a.laylee@btinternet.com](mailto:g.a.laylee@btinternet.com)

Those of you who have volunteered will receive details shortly of which role you have been allocated.

## 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

# 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	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
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

## 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



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	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

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.

**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.

## BMAF Indoor Champs

10,11 March

This was the final indoor meeting of the season for me, but Ros and Tony will be competing next week at the European Masters Champs in Madrid.

My 3 races were a minor success in that I posted season's bests in each of them, but my times were short of expectations and last season's performances. In the 1500m I managed an improvement of just over 2 seconds over the week before and a bigger improvement of around 6 seconds in my 800m, albeit compared with a poor run in February. The 3000m took place just under an hour after my 800m. I felt reasonably lively over the first few laps but legs became progressively heavier, reflected in my 1000m splits of 4:00, 4:08 and 4:07, ending up 3 seconds faster than my previous effort, which was the day after the National cross country champs. I'm fairly confident that I could go comfortably under 12:00 with fresh legs, but alas this is a prediction that may not be tested, as there are few outdoor 3000m races in the calendar, apart from Vets League ones that follow shortly after 800m races. Maybe an open meeting..... *Mike Mann*

800m 2:48.92  
1500m 5:45.92 3rd M65  
3000m 12:15 tbc 3rd M65

## Dartford 1/2M

11 Gregory Hills 1:19:30  
426 Michael Fullilove 2:05:49  
719 ran

## British Masters Indoor Championships Lee Valley

10th & 11th March

My record for the last month's campaign in the indoor season stood like this:

1500m: 4:50, 4:56, 4:49  
3000m: 10:08, 9:57, 10:07, 9:58

Quite an abysmal set of times, easily my worst ever for these distances, but the whole point was to race myself into some sort of form in time for the Euro Masters Champs in Madrid next week. My last chance was the highlight of the domestic indoor season, the BMAF Championships, where I'd never failed to medal in the last five years as an M50. Now a first-year M55, getting another medal or two shouldn't be a problem, should it? Well, you can never take anything for granted and I fell short with only 4th in both events. The 1500m saw a big improvement in my time but when the burn-up with two other chaps started inside the last 400m I had no change of gear at all as they sprinted off. The six-second season's best at least had me looking forward to the 3000m the next day but I didn't anticipate just how bad things could get until my legs decided they wanted the day off less than half-way into the race. The opening km was a tad quick as I set out at around 9:50 pace but the subsequent implosion was a right bugger, and completely inexplicable.

I hear Madrid's quite nice in the spring time. Shame the races are going to get in the way of pottering about seeing the sights. And yes, I know I sound like a miserable git, and I know it's only a hobby....*Tony Tuohy*

1500m 4th 4:43.12  
3000m 4th 10:08.25



March 10

## Anderson

49 Ran  
Pos Gen  
9 8 Alex Bazin 21:48

## Bromley

546 Ran  
Pos Gen  
445 289 Chris Goodman 32:56

## Burgess

307 Ran  
Pos Gen  
161 122 Freddie Vernon 26:59  
306 123 Susan Vernon 48:43

## Brockwell

320 Ran  
Pos Gen  
27 27 Mark Foster 20:12  
59 5 Ola Balme 21:36  
180 142 Hugh French 26:42  
209 160 John Breslin 27:59

## Beckenham

134 Ran  
Pos Gen  
1 1 Stephen Davies 18:04  
30 5 Laura Vincent 23:38  
36 7 Carys Morgan 24:39  
67 19 Claire Steward 28:06  
93 36 Hannah Harvest 30:37  
94 37 Claire Barnard 30:37

## Billericay

222 Ran  
Pos Gen  
28 2 Kim Hainsworth 23:43

## Brueton

472 Ran  
Pos Gen  
107 11 Susan Cooper 24:36

## Crystal Palace

292 Ran  
Pos Gen  
51 15 Belinda Cottrill 23:24  
72 55 Edward Smyth 24:41  
183 140 Ameet Patel 29:57

## Dulwich

307 Ran  
Pos Gen  
6 6 Daniel Mann 17:35  
13 12 Thomas South 18:21  
31 29 Alex Elms 19:57  
39 4 Kristen Stephenson 20:18  
44 40 Derek Lee 20:33  
77 66 Ajay Khandelwal 22:19  
92 78 Mark Muffett 23:01  
99 84 Graham Laylee 23:22  
109 91 Michael Dodds 23:49  
140 24 Clare Wyngard 25:10  
202 60 Colleen Williams 27:30

## Greenwich

223 Ran  
Pos Gen  
17 17 Michael Fullilove 21:07

## Hastings

230 Ran  
Pos Gen  
79 70 Nicholas Brown 26:38

## Leicester Victoria

323 Ran  
Pos Gen  
149 24 Marjorie Epson 26:53

## Maidstone

361 Ran  
Pos Gen  
18 17 Gower Tan 20:54

## Malling

267 Ran  
Pos Gen  
25 1 Tereza Francova 21:34

## Nonsuch

465 Ran  
Pos Gen  
10 10 Jonathan Whittaker 19:39

## Osterley

174 Ran  
Pos Gen  
63 13 Lindsey Annable 25:31

## Peckham Rye

225 Ran  
Pos Gen  
14 14 Joe Farrington-Douglas 19:56  
43 2 Chloe Green 21:40  
74 5 Stephanie Williams 24:11

## Reigate Priory

216 Ran  
Pos Gen  
1 1 Dylan Wymer 18:27  
40 4 Ange Norris 24:48

## Shipley Country

99 Ran  
Pos Gen  
1 1 Andy Bond 18:25

## South Norwood

119 Ran  
Pos Gen  
59 48 Peter Jackson 27:09

## Southwark

337 Ran  
Pos Gen  
155 42 Kaylee Coxall 25:39  
20

## Tooting Common

529 Ran  
Pos Gen  
177 160 Ian Sesnan 24:39

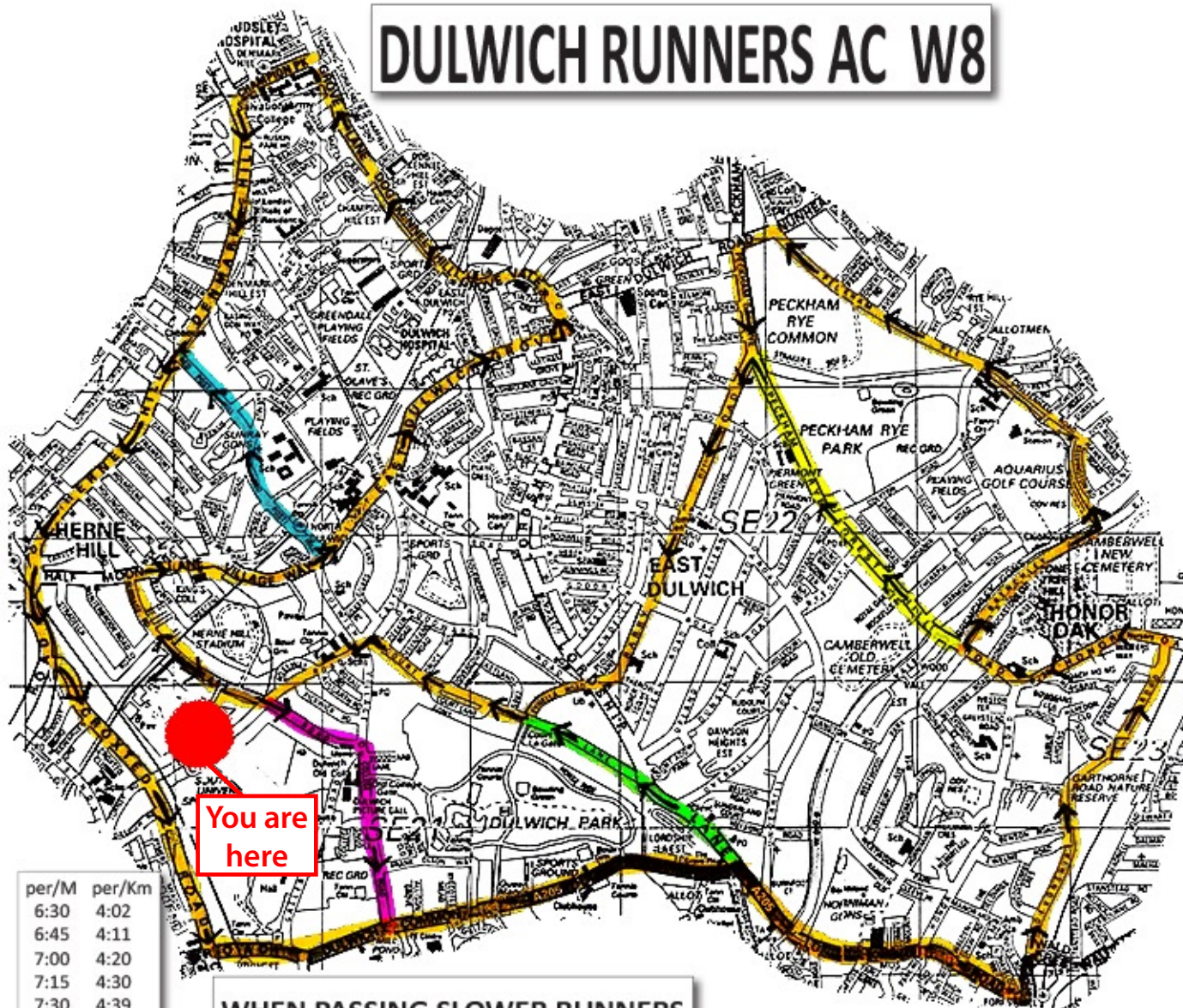
## Western Springs

151 Ran  
Pos Gen  
55 47 Nick Bell 26:20

### 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 W8



You are  
here

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

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

## APPROXIMATE DISTANCES FOR TONIGHTS RUNS

	M	Km
FULL RUN ORANGE.....	10.6	17.1
SHORT CUT BLUE.....	8.7	14.0
SHORT CUT PINK.....	6.5	10.5
SHORT CUT GREEN.....	5.8	9.3
SHORT CUT BLUE & GREEN.....	3.8	6.1
SHORT CUT PINK GREEN.....	2.8	4.5

yellow cut reduces runs by approx 1mile