

**These are your SHORTS,**

Please send your reports, running news & anecdotes to:

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 3 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
- 6 Marathon schedule and training advice
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And much more !

MEMBERSHIP RENEWALS 2018/19 DUE

Current memberships expire on March 31 and if you do not renew you will not be able to take part in the Club championships or run in any races as a Dulwich Runner.

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

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.

Some of 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 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.comClick to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)www.dulwichrunners.org.uk/index.html

Connect with us:

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

April 5 Assembly league - Beckenham

April 8 Paddock Wood 1/2 - club champs race

NEW RUNNERS ROTA

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

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**28/3**

Barrie John Nicholls

4/4

Claire Steward

11/4

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 to see any of our 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

SOCIAL SPOT

P
O
T

Upcoming events.

Watch this space !

Sports & Therapeutic Massage

Do you:

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

What you could benefit from?

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

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004

ola.balme@btinternet.com

www.hernehillsportsmassage.co.uk



NEW KIT – BUY ONLINE DIRECT FROM THE MANUFACTURER

We have set up an arrangement with pbteamwear to provide showerproof jackets and mid-layer training tops. You just click on the link to the Dulwich Runners shop:

<https://www.pbteamwear.co.uk/athletics-clubs/dulwich-runners.html> and purchase directly.

I am getting a couple of samples to check sizing.

any questions contact Ros at: ros.tabor49@gmail.com



Showerproof Team Jacket

Full Zip Multi

Purpose

Club Jacket. Unisex

Fit, Chin guard, Concealed

hood. Drawcord system,

Durable water repellent textured fabric,

Inside pocket. Mesh lining. Scooped hem, Generously sized



Pro Mid Layer 1/4 Zip Top

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

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£20 each
Socks	£5 pair
Bufs/snoods	£6 each

Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



SHORTS!

DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or
slightly longer- Both styles are a bargain £15.



Socks only £5



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
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
	23 Beckenham team relays	Beckenham Place Park
Jun	7 Assembly League (incorporating 5k club champs)	Battersea Park
	13 Dino Dash Relays	Crystal Palace 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
	23 Southern 6/4/3 stage road relays	Crystal Palace 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.

CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like to have more coaches. The club has a policy of contributing to coaching costs. There are various levels of qualification and different pathways which can be followed.
 Details are on the website: www.englandathletics.org
 Our current coaches (Steve Smythe and Elkie Mace) have agreed to help or advise interested members.
 If you are interested please contact me or another committee member. ros.tabor49@gmail.com
 Thanks - Ros

Paddock Wood 1/2 Sunday April 8th. at 9.30 a.m.

if intending to go by train there is only one choice. It is as follows :-

Herne Hill. 7.34 (It is the first train running)
 West Dulwich. 7.36 a.m.
 Orpington. 8.05 a.m. arrives
 : (Platform 3). 8.36 a.m. departs (NO earlier train.)
 Paddock Wood. 9.03

Try to get in 4th/5th carriage to go straight out of gate 5 minute walk to start area.
 Don't risk getting the train 30 minutes later at Herne Hill/ West Dulwich as you will only have 1 minute to cross platforms and are likely to miss connection.
 Return trains are only hourly at 19 minutes past the hour.
 Ron Searle

Paddock Wood Half place

I am unable to do this. If anyone wants my place and can transfer the name they can have it (obviously at no cost).

Hugh French hughfrench@hotmail.com

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.

Assembly League Beckenham 5th April

The first Assembly League race of the year takes place at Beckenham Place Park next Thursday 6th April at 7:15pm. The Assembly League is a friendly series of 6 races of circa 5Km held during the summer months and is suitable for all speeds and abilities.
 Registration is at Beckenham Sports Club, Foxgrove Rd where there are changing facilities.
 Entry is free but **you must have paid your club 18/19 membership subs to compete.**

Brockwell Parkrun Takeover

7 April

We are still looking for 4 Marshalls, Tail Walker Pacers for 20 mins and 23 mins

Please contact: Grahamlaylee@btinternet.com

Thanks to Ros Tabor, Andy Murray, Ed Simmons, Clare Wyngard, Mike Dodds, Tess Bright, Jonathan Whittaker, Lucy Clapp, Lucy Pickering, Mark Foster and Ola Balme who have already volunteered. Your roles will be on the Brockwell Parkrun website

...and lifts to Paddock Wood

I'll probably drive to the 1/2 marathon and could take 3 passengers.

Joe Farrington-Douglas joefarringtondouglas@gmail.com

CLUB Championships HM - Paddock Wood

only 1 more entry from last week.

41 entries as per March 28 am

SM (10): Tim Bowen, Ed Chuck, Matt Cooke, Joe Farrington-Douglas, Ed Harper, Greg Hills, Grant Kennedy, Matt Ladds. Ed Simmons, David Stone

M40 (9): Andy Bond, Martin Double, Jim Dowsett, Hugh French, Michael Hutchinson, Ian Lilley, Buzz Shephard, Justin Siderfin, Cameron Timmis

M50 (3): Mark Foster, Gideon Franklyn, Mike Fullilove

M60 (6): Bob Bell, Colin Frith, Barrie John Nicholls, Andy Murray, Steve Smythe, Gary Sullivan SW (6): Ellie Balfe, Claire

Barnard, Tereza Francova, Helen Lister, Rebecca Schulleri, Katie Styles

W40 (3): Yvette Dore, Louisa Pritchard, Jo Shelton-Pereda

W50 (3): Lindsey Annable, Lucy Clapp, Michelle Lennon

W60 (1): Ros Tabor

it does look likely that a lot more will contest this championships than the 10km, which in terms of numbers was not as low as feared and saw Dulwich Runners dominate in the top positions though that was because out of about 500 runners, there were hardly any other British club runners in the race.

More care needs to be taken in choice of future club champs that races with small limits are chosen as a lot more would have done with a bigger limit.

English National Road Relays Sutton Coldfield

Saturday April 14th

The SEAA road relays at Milton Keynes scheduled for Sunday 18 March were cancelled because of the adverse weather conditions provided by the 'mini beast'.

We had managed to enter a male team for the 12 stages and are now invited to take part in the English National road relays on Saturday April 14th at Sutton Coldfield.

We are currently trying to get a team of 12 together for this and if you are interested, even as reserve and didn't let me know yet, please contact me under ebepriill@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 - M: Ebe Prill, ebepriill@yahoo.co.uk

Entries close Sunday 8th April 2018



Saturday and Sunday 19th & 20th May 2018

See the website - 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

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

Men Xc: mcmann90@yahoo.co.uk

Men road: ebepriill@yahoo.co.uk

Ladies: dulwichladiescaptain@gmail.com

Marathon training

A reminder now is not the time to up the training but if you have a good background, to start thinking of easing back in the last few weeks.

Increasing training by 20% won't make you a 20% better runner - potentially probably more 0.2% but at a 20% extra risk of getting injured or feeling 20% plus more tired.

I experimented in my youth what worked. I once did a 140 mile training week followed by a 170 mile week and once ran 100 miles over the four days of Easter. it did not make me a better runner just a more tired, injury-prone runner.

Back then I was able to recover reasonably quick - back in that time - around 1979, I recall doing a 25 mile run on Friday and then getting back to be told I was needed for a league race the next day and I did a 5000m PB. Now the day after a 25 mile run, I wouldn't even come within 10 minutes of my PB. (or within 5 minutes of what I could run now when fresh).

Steve Smythe

SUNDAY RUN GROUPS

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

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

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

Suggested Schedule

March		
Wed	28	13Ms relaxed (10M if marathon on Apr 8/15)
Thu	29	12km at Mar pace with 15 second faster bursts every km
Fri	30	5M easy or rest
Sat	31	5M easy
April		
Sun	1	23M steady – after easier first 5, approx 30 secs slower than mar. pace for sub-3 runner at 7:15 pace (18M if mar. on Apr 15, 10-13M if Apr 8)
Mon	2	5M easy or rest
Tue	3	Track
Wed	4	5-7M easy
Thu	5	Assembly League
Fri	6	5M easy or rest
Sat	7	Rest
Sun	8	1/2M or 18M slow or 10-13M relaxed with a few miles only at marathon pace if Apr 15 mar.

Final marathon week (more hydration, rest and carbs)
 Monday rest Tuesday easy track Wed 4 miles slow and relaxed Thurs 3 miles with strides Fri 2 miles Sat rest Sun Marathon

Other future races of note

Apr 5 Assembly League

Apr 8 Paddock Wood 1/2M

Race Reports & Results

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

European Masters Champs Indoors Madrid

19-24 March 2018

These championships are held every other year, with the Worlds in between, and cover field events, indoor races up to 3k and outdoor 5k xc and walks. The stadium in use was about 3 miles south west of the city centre and was very modern, with spectator seating and display areas all round. Catering, registration and medal presentations were in adjoining marquees. Any British over 35 in a BMAF masters club (VAC etc) could enter and be part of the GB team. Ros and Tony entered track and cross country races, Andy just the cross country. Reports below cover Ros and Andy's races.

W65+ 3000m Mon

Some nervous energy was spent getting to the track early to see if there would be a 400m heat (in fact cancelled). In the afternoon Ros was in a race for w65's and upward, including GB's Angela Copson, who had recently beaten the w70 world record. Ros was intending to run at about 13 minute pace (52 sec per lap) and set off behind Copson but maybe five seconds inside her target for the first two laps. This seemed to be OK as Ros established a 20m lead in the w65 race over a Spanish rival. There was no change up to 2k, with both looking comfortable. However, then Ros found the pace increasingly difficult, possibly because of Madrid's 665m altitude, and was overtaken by the Spaniard's steady run. Ros held second easily but was unable to get near the leader.

2 w65 Ros Tabor 13:24.59 (silver)
(1st was 13:10.39)

W65 400m Tue

This was a straight final of six runners, slowest inside, with Ros starting in lane 4 and a faster Italian and GB's Caroline Marler (European record-holder) outside her. The race went to form, with Ros comfortably heading those inside and following Marler and the Italian home.

3 Ros Tabor 1:18.89 (bronze)

W65 800m Thu

Ros's main rival in this was GB's Nancy Hitchmough, who was not expecting to run at her best, with also some threat from a Spanish runner. This time Ros took the lead but in a slowish pace, with Nancy and the Spaniard close behind to the bell. Ros then kicked to pull away and win ahead of the chasing Hitchmough.

1 Ros Tabor 3:08.01 (gold)
(2nd was 3:10.71)

W65 1500m Fri

Ros was again against Nancy H, with two Spanish runners being the fastest of the rest of the field. One of the Spaniards set off fast to create a 20m lead by lap two over Ros, Nancy and the other Spanish runner. However, by lap 4 the leader started to fade and the following three overtook. Fortunately the second Spaniard was willing to lead it out to the bell, where Ros and Nancy pushed on, again with Ros able to use her speed to win.

1 Ros Tabor 6:15.41 (gold)
(2nd was 6:18.56)

5k Cross Country Sat

These races were in a linear park on high ground just across the road from the stadium, 3 laps of an undulating loop of about a mile, nearly all on firm paths, the surface like the path in Crystal Palace Park passing the Westwood Hill car park.

The weather was cold, with a strong headwind for the first part of the lap.

Andy's m65+ race was first off. The target was to be 3rd GB m65 of 5 and hope they could get a team medal. Despite a steady start, running up the first hill into the cold wind caused a breathlessness attack that meant slowing right down and only jogging the rest of the race, behind most of the field and 4th GB m65, outside the scoring team, who came 2nd.

M65 22 Andy Murray 25:46

Ros was in a w50+ race, so running in the middle of the pack without a clear view of rivals in her age group. Ros ran steadily and was leading the age group for a while but an Italian, who had not done any indoor races, overtook on the second lap, with Ros holding on to second. The GB w65 team was first.

W65 2 Ros Tabor 24:57 (silver)
GB 1 w65 team (gold)

The championships were well organised and well supported by a large Spanish athlete entry. We had free use of public transport and Madrid was a great place to look around, with good architecture, galleries and eating and drinking places for our time away from the stadium. Unfortunately the main Retiro Park was shut most of the week due to danger from wind-damaged trees.

There are two further masters champs in Spain this year -European non-stadia (10k and half marathon) in Alicante in May and World track and field, plus some road, in Malaga in September.

Andy Murray

'Don't cock it up now', otherwise known as the European Masters Indoor Track Championships, Madrid

19-24th March

Avid readers of Shorts over the last few weeks may well have picked up on my less than successful domestic indoor campaign, where I was supposed to be gradually 'racing myself fast'. In fact, with over four weeks of racing behind me, very little progress had been made, culminating in a pair of poor 4th places at the British Masters Championships. Driving home from Lee Valley after the 3000m I was a bit despondent about going to Madrid at all; but going I was, and with nine days until my 3000m final resolved to at least throw what I could at the remaining training. I went out and ran 7 miles as soon as I got home that Sunday and then put a shed-load of quantity and quality in that week until Friday, when I thankfully backed off to recover for travelling and the race on Tuesday.

An early start on Tuesday morning saw me jogging 2.5 miles to the stadium; not so daft as you might think as I needed that far to loosen my stiff achilles tendon at that time of the day. Fellow GB runner Guy Bracken was nailed-on favourite for this after his recent M55 world mile record (4:39), but even he was nervous. He's a good mate, and we egged each other on bit in the call-room; I told him nobody could get near him, and he told me we could both be on the podium. Yeah right, I said.

As soon as we set off for 15 laps of the 200m banked track I let the chaotic

bunch sort itself out in front of me while I stayed out of trouble at the back on the inside. The pace was easy and I soon drifted up the field on the straights to join the first six or so. Guy had cleared off with nobody else daft enough to even try to go with him so the rest of us were running for the minor medals. A couple of Spaniards, a Frenchman and fellow Brit Paul Fletcher were wearing each other out passing and re-passing each other while I just kept watch and the first 1600m passed slowly and easily in nearly five and a half minutes. The speed hotted up then with the two Spaniards sharing the pace; as gaps opened I nipped forward and latched on to them. Inside the last kilometer I glanced back on a bend and saw we were distancing the rest; bloody hell, I'm 4th, don't cock it up now, I don't want to be 4th. A couple of laps later and one of them couldn't hold his team mate. I went round him and followed the first Spaniard who pushed it on a bit, but I was still comfortable. Another glance and I saw we were clear, silver and bronze were down to us. I felt good and even had time to plan where I would make my effort for the silver.

As we approached the 2 laps-to-go board I thought, this is it, wait for the back straight then go for a long one, well inside 400m to go. I accelerated past hard and settled my effort down a little as I approached the final lap; except it wasn't, we still had two to go. Guy Bracken was so far ahead he'd made up 200m on the rest of the field and was close enough to me and my friend Francisco the Spaniard that the lap counter had been changed for him. My cock-up that I got confused though, and a gift for Francisco, who sat on me easily as I wilted a bit at the realisation of an 'extra' lap. I completed that last kilometer as best I could in a not too shabby (though hardly brilliant) 3:16 but inevitably when his attack came in the last 100m I couldn't respond. I wasn't too bothered though. An anxious glance back on the final bend confirmed a decent gap behind and I knew a podium place was safe. What a relief. Guy was nearly as pleased as I was and we were grinning ear to ear at the

presentation. A good day.

The rest of the week (race-wise) was poorly in comparison, although I was happy already and even landed a bonus on the last day. Firstly, I ran an 800m heat the next morning, just as a workout with no expectation of qualifying; correctly, as it turned out. But two days later, Friday, I had hopes for the 1500m, which were swiftly dashed within about 400m. The field were running away from me, even my arms were heavy before halfway, and I only didn't pull out to avoid extra embarrassment. My Spanish adversary Francisco from the 3000m was up ahead winning the bronze as I staggered round the last 400m outside 80 seconds, couldn't recover for ages, got a dose of shivers and sweats as the day wore on, and had to abandon the evening's celebratory junket with 'the lads' (in an 'Irish' pub!) by half past seven as I was in danger of throwing up.

The prospect of running a 5k off-road race the next day was not very attractive at this point but being part of a team concentrates the mind a bit. Luckily I got a solid ten hours sleep and felt much better the next day, although any real race form was gone. An easy-feeling start didn't last and the pace for the last of the three laps was slothful, but I finished as first counter for GB with two team mates not far behind, and that was enough to take third behind Spain and Germany. I was lucky; the shivers and sweats returned off-and-on over the next couple of days, maybe I'd picked up a bug.

Got away with murder really. You try for an international medal for five or six years and then two come along at once. Good old Masters athletics.

But now I need a rest.

Tony Tuohy

3000m M55 3rd 10:08.23 bronze medal

1500m M55 14th 4:49.52

5k XC M55 17th 19:10 GB team 3rd, bronze medals

Club Champs Race 2 Hyde Park 10k

A pleasant spring like Hyde Park was the venue for the second round of the 2018 Club Championships.

The race was the long variety with a 2x5km circuit of the eastern part of Hyde Park taking in some of the Serpie Last Friday of the Month course as well a bit of Rotten Row. Both 5km and 10km events were in action on the day, with a lot of effort from the organisers into making the event as enjoyable as possible for the wide range of runners that took part.



Tim Bowen

On arrival a choir had commanded the Hyde Park Grandstand and were belting out classics from the 1980s to more recent tunes from Jess Glynne to get everyone warmed up. They also sang a few songs at the end and had the results up on the website while people were sipping their protein shake. The only obvious gripes were the geographically inaccurate 8km marker and the low entry limit. The latter having prevented a number of keen and able Dulwich Runners from competing. Presumably this was a function of two races at the same time and no doubt Royal Parks rules (i.e. fees).



Andy Bond, Shane O'Neill

Then on to the start and if you look at the photos on the Run Through Facebook page you will see a few seconds when someone from Dulwich wasn't in the lead. Tim, Shane and Andy then preceded to boss proceedings putting in some accomplished performances to claim a clean sweep of the podium. All

testament to their excellent training for their Marathons and Half Marathons and general speed work. Tim won in 33:38 and both Shane and Andy scored PBs, with Shane by 2 minutes. His 32km effort the next day showed that he is in epic form with pace and stamina to burn. The only moment of worry for Tim was at the end when Ian told him that on occasions the organisers have been known to give slow 5k runners first place in the 10k – cue a bit of checking the website for confirmation of the victory!



Grant Kennedy

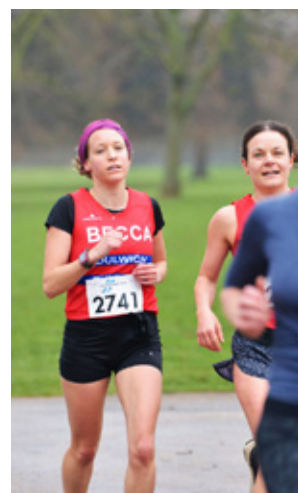
Other top 10 performers were Charlie Lound and Ian Lilley, putting in similarly excellent times of 36:50 and 37:14 to claim victories in their respective age groups; with both recording their best times at the distance in over 2 years.

Jonathan started off running the race as a 2x5km tempo run (2 days late), wanting to manage his knee in advance of the longest pre marathon run. He canned the tempo plan at 8km when the rogue 8km marker made him think that a cheeky PB was on offer. It was actually 10km spot on and he missed the PB by 7 seconds (1st V35)! Grant Kennedy also went sub 40 to claim a good PB, having ran well with Jonathan and Matt Cooke for much of the race.



Helen Lister

Justin and Helen were then agonisingly outside the 40 minute mark to score PBs of their own – no doubt the 8km marker didn't help. Both had been bang on the 20 minute mark at 5k and paced the run well. Matt Cooke, Mark Foster and Gary Sullivan had also been running a similarly consistent pace throughout the race, with Mark running his best time at



Rebecca Schuller, Yvette Dore

this distance in 5 years, and Gary picking up the V60 prize. Joe completed the top 25 men with a consistently paced run 41.31 to claim a massive 3 minute PB. Helen was the gold medallist in another Dulwich podium sweep, this time for the ladies. Joining Helen were Becca and Michelle (also a PB) putting in similarly excellent runs. Yvette was very close behind to make it a 1-2-3-4 and V45 win with a 2 minute PB of her own.

Matt Ladds joined the race as a last minute replacement for Olly and his enthusiasm was well placed with a strong run to score a PB of his own in 43.21. Not to be outdone Katie Styles then picked up first in the V35 age category in a shade just over 44 minutes.

Alex Haylett ran well to dip under 45, getting his best 10k time since 2014. Graham Laylee followed close behind as second V60 and Colin Frith as another late replacement and was pleased with his best 10k time at the V60 category in 46.35. Also in the top 100 were Scott Williams, Mike Dodds (1st in the V55 category) and Stephanie Williams.



Stephanie Williams

Joanne Shelton-Pereda then completed the clean sweep of all age categories entered by Dulwich Runners with 1st SV40. Lindsey Annable then timed it perfectly to cross the line in 49:59. Barrie Nicholls and Hugh French completed the Dulwich contingent in a shade over 50 minutes a piece.

28 Dulwich Runners started and finished out of a field total of 455. We picked up 1st place in all age categories that we entered!

Jonathan Whittaker

Lots more photos of the race can be found at the following:

www.facebook.com/RunThrough/photos/a.922845204556498.1073742551.123684417805918/922849064556112/?type=3
www.facebook.com/RunThrough/photos/a.922845204556498.1073742551.123684417805918/922849537889398/?type=3
www.facebook.com/RunThrough/photos/a.922783214562697.1073742547.123684417805918/922786647895687/?type=3
www.facebook.com/RunThrough/photos/a.922783214562697.1073742547.123684417805918/922788031228882/?type=3

Pos		Chip Time	Category	Cat Pos		Club champs awards	Age grade points
1	Timothy Bowen	33:38	SM	1		1st man	799
2	Shane O'Neill	34:05	SM	2	PB by 2 mins	2nd man	784
3	Andy Bond	34:15	MV40	1	PB	Overall age graded	835
7	Charles Lound	36:50	MV50	1		3rd man	816
8	Ian Lilley	37:14	MV45	1	Best for 2 years	1st m40	768
14	Jonathan Whittaker	39:18	MV35	1			696
18	Grant Kennedy	39:48	MV35	3			678
19	Justin Siderfin	40:05	MV45	2	PB		719
20	Helen Lister	40:15	SW	1	PB	1st woman	757
21	Matthew Cooke	40:35	MV35	4			670
22	Mark Foster	40:35	MV50	2	Best for 5 years	1st m50	753
23	Gary Sullivan	40:38	MV60	1		1st m60	807
26	Joe Farrington-Douglas	41:28	MV35	5			664
31	Rebecca Schulleri	42:55	SW	2		2nd woman	707
35	Matt Ladds	43:21	SM	18	PB		617
36	Michelle Lennon	43:21	WV50	2	PB	3rd woman	791
37	Yvette Dore	43:29	WV45	1	PB by 2 mins	1st w40	746
44	Katie Styles	44:16	WV35	1		woman age graded	692
52	Alex Haylett	44:53	SM	6			609
60	Graham Laylee	45:34	MV60	2		man age graded	720
71	Colin Frith	46:39	MV60		Best for 7 years		710
87	Scott Williams	47:33	MV50	7			632
89	Michael Dodds	47:45	MV55	1			681
93	Stephanie Williams	47:53	WV45	3			684
106	Joanne Shelton Pereda	48:55	WV40	1			652
125	Lindsey Annable	49:59	WV50	4		1st w50	686
127	Barrie Nicholls	50:21	MV60	5			676
135	Hugh French	50:33	MV40	13			557

2018 champs categories 10k Hyde Park

24 MARCH 2018

Overall winner (AGE GRADING)	ANDY BOND
1st Man (any age category)	TIM BOWEN
1st Woman (any age category)	HELEN LISTER
2nd Man (any age category)	SHANE O'NEILL
2nd Woman (any age category)	REBECCA SCULLERI
3rd Man (any age category)	CHARLIE LOUND
3rd Woman (any age category)	MICHELLE LENNON
First M40 (excluding above)	IAN LILLEY
First W40 (excluding above)	YVETTE DORE
First M50 (excluding above)	MARK FOSTER
First W50 (excluding above)	LINDSEY ANNABLE
First M60 (excluding above)	GARY SULLIVAN
Age Graded MAN (exc. above)	GRAHAM LAYLEE
Age Graded WOMAN (exc. above)	KATIE STYLES
Captains' award	GRANT KENNEDY

Dulwich Runners championship points table for the RunThrough Hyde Park 10k 24 Mar 2018

			points in age category m/f							age grade points	club champs awards
			m s	m40	m50	m60	f s	f40	f50		
Timothy Bowen	33.38	50								799	1st man
Shane O'Neill	34.05	49								784	2nd man
Andy Bond	34.15		50							835	Overall age graded
Charles Lound	36.50			50						816	3rd man
Ian Lilley	37.14		49							781	1st m40
Jonathan Whittaker	39.18	48								696	
Grant Kennedy	39.48	47								678	Captains award
Justin Siderfin	40.05		48							719	
Helen Lister	40.15					50				757	1st woman
Mark Foster	40.35			49						753	1st m50
Matt Cooke	40.35	46								670	
Gary Sullivan	40.38			48						807	1st m60
Joe Farrington-Douglas	41.28	45								664	
Rebecca Schulleri	42.55					49				707	2nd woman
Michelle Lennon	43.21							50		791	3rd woman
Matt Ladds	43.21	44								617	
Yvette Dore	43.29							50		746	1st w40
Katie Styles	44.16					48				692	woman age graded
Alex Haylett	44.53	43								609	
Graham Laylee	45.34				50					720	man age graded
Colin Frith	46.39				49					710	
Scott Williams	47.33			47						632	
Michael Dodds	47.45			46						681	
Stephanie Williams	47.53							49		684	
Joanne Shelton-Pereda	48.55							48		652	
Lindsay Annable	49.59								49	686	1st w50
Barrie John Nicholls	50.21				48					676	
Hugh French	50.33		47							557	
	28	8	4	5	3	3	3	2	0		

National Duathlon age-group Championships Bedford Autodrome

March 25

As my first competitive races in secondary school were in 1969 - this is in effect my 50th year of competition and training regularly but even with around 2500 races in the bag, you can still get things wrong.

On Friday I did a 5k with a target of 18:52 which was a modest quickest by a British M60 this year but went a bit too quick in breezy conditions and no consolation that my time is the quickest by a Briton in Britain as the other was set in Portugal. There are probably at least 20 Brits who could easily do that time though when they finally run a 5k this year so missed out on an one-off chance there.

The next day was a parkrun - two mistakes there - the first was choosing the wrong shoes which had no grip on Beckenham's slippery mud and the second was not checking the shoes laces were stretchy and they came undone at halfway and meant easing off so I did not fall.

Having made two or at least 1.5 race efforts in 24 hours, I didn't really need another race but I had entered a Sunday duathlon but I was far from keen as it was in the middle of nowhere and started at 8am - effectively 7am with clocks forward and I hadn't been out on my bike since November when my bike was lifted by a motorbike thief from Lewisham.

Buzz was also entered and there had at one stage been a possibility of a lift with a 4am start and while I was sorry Buzz was injured and could not compete, I wasn't sorry it meant me going was unlikely.

However frustrated at my two runs, I decided I would go if I could find a nearby hotel, and unfortunately, here was one space left in the hotel I stayed in 4 miles from the venue when I did a duathlon there back in September 2016. I'm not sure I could afford it or wanted to do but one look at the Sept 2016 results suggested that now as a M60, I should do very well and might not have the same opportunity to medal in a National event again.

So I set off Saturday pm and after arriving at Bedford, I did a small time trial towards the hotel along the Paula Radcliffe Way, which as is a dual carriageway on the A6

was not very relaxing, but felt the bike, while not as comfortable as the one stolen, was at least moving ok.

The following morning I set off at 6.45am (5.45am with clock change) and cycled to venue.

The event which was the standard British Duathlon age group Championships, began with a 10km. I am used to 5km, which was the distance Lloyd and Clare W did in the World age group sprint qualifier here a few weeks earlier.

I decided as I probably could run a sub-39, if I was fresh and wasn't middle of the night, I would try and get well inside 40 but try and ensure no one in my age group was ahead.

There were no identifications as such but the race numbers suggested that one runner who appeared on my shoulder was in my age group so I just focused on running with him and was reasonably comfortable.

Compared to previous visits, it wasn't as windy but there was a strong breeze on the second half of each of the four 2.5km laps.

the pace dropped on the last kilometre but I went through 10km in 39:40 according to my watch. Historically duathlon courses are short but this one definitely wasn't.

I was two seconds ahead of the M60s as we went through transition but lost 23 seconds to the guy who I later found out won the qualifier a few weeks ago, as I changed shoes very slowly.

I did not start the bike too badly and it looks like I held my then closest rival most of the way though fatigue built up in my back for holding an unusual position for an hour plus and I lost time towards the end. Unfortunately though I dropped to third as one guy who was over two minutes down on me at 10km blitzed me on the bike and took five minutes out of me. I did at least pull away on the bike from the then fourth by a minute on the bike.

My second transition was also poor but I gathered myself for the final run. Unfortunately, when I got off the bike my feet were completely numb and I had no feeling or control over my legs or feet.

The first lap was slow motion but I checked and was fairly sure I was a clear third but after one lap, I noticed one potential rival was closing fast as I was running over a minute a mile slower than I managed in the longer 10km.

Inevitably in the final mile, he passed me. I tried looking at his number but it was not fully visible. I tried going with him but just could not run properly.

Another runner passed me and he was a

M50 and told me he thought the runner ahead was probably a M50 too. I realised I was not the slightest bit out of breathe as I could chat easily but the legs just wouldn't work.

In the last kilometre, my legs slightly improved but I didn't think I could pick up sufficiently to catch the runner ahead who may not have been a M60 anyway so I eased in - A minute later the computer print out confirmed he was a M60 and I was fourth.

The so called 5km was again long but it was slow. The results revealed, even with that very poor final run, I would have come a clear third had I worn my running shoes on my bike and not wasted a minute on the transitions.

In retrospect, if I was do again, I don't think I would do the longer distance duathlon again - 2 hours 15 minute of discomfort was much harder than my usual three hour Sunday run.

I would also get my pedals changed so I could have worn shoes and I would have trained properly on the bike, and I wouldn't have warmed up with a 5km and parkrun. I would also have drunk more - I realised belatedly I had been dehydrated before I started - my hotel room may have been the sauna - and I barely drunk on the bike as the few times I picked a bottle up, I lost 5mph. I also need to practice running off the bike more, but in my defence I wasn't doing it until Saturday pm.

My biggest error though was complacency. I thought if I was in 39 10k shape and cycled reasonably well then a medal would not that be difficult but obviously the result revealed a few of my opponents were better and better prepared and I did not deserve a medal anyway.

The result confirmed that while in the Fast & Furious Duathlon, which I often do in Eynsford, that mostly attracts runners who can cycle, that in that I am now a better rider than runner but with proper championships duathlons, my cycling (without proper training) simply isn't good enough.

I did win a finishers medal - which must have been worth 50p as most, but it was not worth the £200 spent on entry fee, hotel, travel etc.

Hopefully I can make less mistakes in my next 50 years of racing and I will prepare better if I ever do another duathlon.

10km: 40:28 (long) (1st), 1:10 (trans) (2nd), 67:57 ride (3rd), 1:15 (trans) (3rd), 24:11 5km (long) (4th) 2:15:03

Steve Smythe

Harbour Club, Last Friday of the Month 5km Hyde Park

March 25

For the second month running, this was not the last Friday - this time because of Easter - and the Dulwich contingent was down on normal mostly because of the club champs the following day. Ian L and Tim B were out on the course supporting.

Steve D had a strong run but was disappointed not to break 17. Daniel was happier with his run.

Paul D is not fully fit, but ran strongly and was aided by former member Matt Galvin, who was just ahead.

Alastair continued his recovery from Achilles problems, finishing strongly, but may have had a recurrence of his injury over the weekend.

Steve who lost 15 seconds on Alastair in that last kilometre was down on his run the previous month but at least led his new age group.

Steve Smythe

20 Steve Davies	17:02 (2M45) (2nd age-graded overall 85.3%)
25 Daniel Mann	17:25
52 Paul Devine	18:38
60 Alastair Locke	18:56
71 Steve Smythe	19:09 (1M60) (5th age-graded 83.4%)
135 Steve Williams	21:35 (3M60)
248 finished	

Hampton Court 1/2M

91 Tess Bright 1:31:51
3101 finished



March 24

Beckenham Place

151 Ran

Pos Gen

2	1	Clare Elms	18:30
6	5	Stephen Smythe	19:42

Bexley

378 Ran

Pos Gen

11	10	Michael Fullilove	20:55
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Brockwell

343 Ran

Pos Gen

82	10	Lucy Pickering	22:34
149	31	Clare Wyngard	25:03

Bromley

663 Ran

Pos Gen

272	59	Claire Steward	26:46
530	314	Chris Goodman	33:33

Crystal Palace

276 Ran

Pos Gen

1	1	Stephen Davies	17:59
24	23	Tom Wilson	21:25
34	3	Belinda Cottrill	22:11
79	68	Bob Bell	24:16

Dulwich

295 Ran

Pos Gen

19	18	Rob Hollands	18:26
81	9	Kim Hainsworth	22:15
95	85	Mark Muffett	22:51
100	13	Claire Barnard	23:17
104	91	Ajay Khandelwal	23:25
187	44	Hannah Harvest	26:43
192	46	Colleen Williams	26:51
204	51	Natalie Davys	27:14
228	165	Mick Mead	28:24

Eastbourne

357 Ran

Pos Gen

24	19	Nicholas Brown	20:40
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Hilly Fields

234 Ran

Pos Gen

124	95	Peter Jackson	26:29
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Horsham

274 Ran

Pos Gen

258	145	Gary Budinger	39:15
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Southwark

342 Ran

Pos Gen

158	128	Paul Keating	25:32
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Leicester Victoria

291 Ran

Pos Gen

58	8	Marjorie Epton	23:49
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Malling

228 Ran

Pos Gen

1	1	Justin Lane	18:19
16	2	Tereza Francova	21:42

Peckham Rye

263 Ran

Pos Gen

1	1	Robbie Puddick	18:39
25	1	Chloe Green	20:34
31	30	Rob Cope	21:19
44	3	Caroline Maynes	22:17

Riddlesdown

123 Ran

Pos Gen

37	5	Ange Norris	24:46
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Tooting Common

558 Ran

Pos Gen

169	148	Ian Sesnan	24:21
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Warszawa-Praga

107 Ran

Pos Gen

4	4	Grzegorz Galezia	19:11
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New members especially, and others....

For your results to appear here you need to update your parkrun profiles to show you are a current member of Dulwich Runners AC. or send them in.

DULWICH RUNNERS AC W10

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

ORANGE.....8.5 13.7
 A lap anti-clockwise of Peckham Rye will add
 approx 1.6 miles to

	10.0	16.1
	M	Km
SHORT CUT	BLUE.....7.4	11.9
SHORT CUT	PINK.....7.2	11.6
SHORT CUT	GREEN.....7.0	11.3
SHORT CUT	GREEN & PINK.....5.8	9.3
SHORT CUT	BLUE & PINK.....5.0	8.0
SHORT CUT	YELLOW.....4.7	7.6
SHORT CUT	YELLOW & PINK.....3.5	5.6

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**

**You are
here**

