



### These are your SHORTS,

Please send your reports, running news & anecdotes to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

**Wed 18 Club Night, Edward Alleyn Club**  
83-85 Burbage Road. London, SE24 9HD  
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

**Back at Dulwich College track on College Rd.**  
cost £2 per session - Start with a warm up at

**Tue 24** 7:10pm then 1st part of session will be on grass,  
2nd on the track. - page 2 for more details

### In your SHORTS this week !

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*And much more !*

Like us on Facebook @dulwichrunners

## MEMBERSHIP RENEWALS 2018/19 DUE

### 2017/18 memberships expired on March 31

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. That includes Assembly league, Surrey League Xc, parkrun etc

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.

### 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

Tuesdays At Dulwich College track on College Road.

Cost is £2 per session

Warm up taken by Andrea Pickup consisting of various drills and stretches etc will start around 7.10pm..

The main session taken by Steve Smythe will start on grass and then on to track and more suitable for all levels of ability than the Crystal Palace sessions.

### 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

### April winner - Joe Alessi

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](#)

our website: [www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

Connect with us:



### ----- EVENT HORIZON -----

*A brief look ahead*

April 22 London Marathon

April 28 British Masters Open relays - Birmingham

## NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota. **Thankyou to Eleanor, Ed Harper and Grant Kennedy's group for running with new people last 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

**Ian Sesnan**

Barrie John Nicholls

**18/4**

25/4

### 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

# Back to Dulwich College track on College Road for summer training.

## From Tuesday 24th April

Warm up taken by (t.b.c.) consisting of various drills and stretches etc will start around 7.10pm and the main session taken by Steve Smythe will be part grass and part track and suitable for all levels of ability. We meet at the green pavillion by the tennis courts which is where you pay. Cost is £2 per session.



## Dulwich Runners AC has a new website !

You can find us at <https://www.dulwichrunners.org.uk/>  
Best to change any saved bookmarks/favourites to the new address.

We would like to thank Jonathan Whittaker for all the hard work he has put into putting it all together and getting it up and running and for setting up the new DR outward facing FB page... **Like us on Facebook @dulwichrunners**

And we would also like to thank Stephanie Birchill who set up the original website and maintained it for many years.

# SOCIAL SPOT

P  
O  
T

*Upcoming events.*

## Post Marathon Season Pizza Night

**Wednesday 2nd May - 9pm**

As we did last year we will be hosting another pizza night at the club house post club run to celebrate, commiserate and congratulate all those members that have been tackling marathons over recent and coming weeks!

The cost will be £5pp with the social fund subsidising the rest.

We will be ordering from Rocca in Dulwich Village and we'll aim to serve at 9pm.

Choose one of the following from the menu and email to Matt Ladds at [laddsm85@gmail.com](mailto:laddsm85@gmail.com)

### Menu

**margherita** - mozzarella, tomato, basil

**cinque formaggi** - italian cheeses, tomato

**funghi** - field & wild mushrooms, garlic, mozzarella

**balearica** - camaiot, sobrassada, mahón cheese, tomato

**americana** - pepperoni, tomato, mozzarella

**regina** - old spot ham, mushrooms, mozzarella, olives

**prosciutto** - dry cured ham, mozzarella, rocket, parmesan

**sarda** - sardines, baby spinach, piquillo peppers, olives, garlic, chillies, tomato, parmesan (no mozzarella)

**piccante** - piquillo peppers, hot "nduja", jalapenos

## 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)

## 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)

## 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)



Instagram

Dulwich Runners are on Instagram.

So if you would like to see any of our Dulwich Runners photos destroying the opposition, having fun or simply getting from A to Z, please send through to either 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.





## 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

## Club Championship 2018

The club championship in 2018 consists of 9 races at various distances during the year at which members are encouraged to take part, to maximise competition and team spirit amongst all abilities. The full rules for 2018 will be on the club website shortly.

A series of club medals is awarded for each event:

Overall age-graded, 1-3m, 1-3w, 1m&w40, 1m&w50, 1m&w60, next best m&w age graded, captains' award

Also there are age group points competitions for the year – medals for top 3 in each category

- 5 events must be completed including at least one long and one short, best 5 scores for the year to count;
- Age groups -senior men, women plus 40's, 50's, 60+'s age groups for each
- 50 points for 1<sup>st</sup> in age group in each race, 49 for 2<sup>nd</sup> etc. Plus one point per event completed.

Plus an overall age graded competition for the year -medals for top 3, plus for 5 events completed

- uses World Masters Athletics tables for men and women at each age – score is basically world best time for sex/age as a percentage of runner's time; then this %age x 1000.
- 5 events must be completed including at least one long and one short, best 5 scores for the year to count;

Fixtures (make sure you enter in good time - see event websites for 1 mile and long events)

### Short

3 Feb Dulwich Parkrun 5k (71 DR's ran)  
7 Jun Battersea Park Assembly League 5k  
20 Jul tbc SOAR Battersea Park 1 Mile  
15 Sep tbc Beckenham Place Parkrun 5k  
24 Nov Beckenham Place S of Thames XC 5m

### Long

24 Mar Run Through Hyde Park 10k (28 DR's ran)  
**8 Apr Paddock Wood Half Marathon**  
22 Apr London Marathon (or any certified marathon up to 24 Nov)  
30 Sep Middlesex Victoria Park 10k



# 27.JUNE.2018

3 x approx. 1mile lap

Entry: Race starts at 7.30pm  
£15 per team  
(Limited entries on the day)

Entry forms and race details from  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)  
or [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

7.00pm children's 1 mile fun run  
£2 per child

[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

## Dulwich Runners Midsummer Relay 2018

The date for this year's 3 x 1 mile relay in Dulwich Park is Wednesday 27 June.

This is the major fundraiser for the club so I hope you will all do what you can to publicise it with your friends, family, work colleagues etc. The more teams we have the better the event will be.

This year the relay is being held in memory of Gill Johnson, a member who sadly died of cancer last Autumn. A portion of the entry fee will be sent to the hospice which cared for her.

If you can't run, then your help will be needed.

Entry form on our facebook page:  
[www.facebook.com/groups/2409157697/](https://www.facebook.com/groups/2409157697/)  
or at the back of Shorts

Thanks - Ros Tabor [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



# Last minute Marathon advice & tips.

**W**ell done to all those who have already done a marathon - greats runs already in Manchester, Paris, Brighton and Boston - the latter in appalling weather.

While Boston had 35mph headwinds, pouring rain and near freezing temperatures, Paris was far too hot, Brighton and Manchester were good conditions.

London's forecast is a lot better than Boston and slightly better than Paris but not ideal. It won't be as warm as the Commonwealth Marathon, where Callum Hawkins collapsed while having a two minute lead at 25 miles, but you need to be sensible.

In fact, the forecast has got worse in the last few days and potentially it could be the warmest London on record.

If you do struggle in warm weather and are aiming to be slower than 3:30 (and thus out in the sun a lot longer than the likes of Tim) then you may have to revise your target. The starting temperature looks like it will be 17 to 18 degrees and

21 at midday and 22 at 1pm, 23 at 2pm and the winds are not too bad (7mph from the South East which is actually perfect as is the basic direction of the race.

On the plus side it is warm Wednesday to Saturday too so there will be some time to acclimatise.

This week drink lots of water and you could have extra salt in your diet.

I would suggest actually adding a few extra miles to your training from Wednesday and Friday - just to get used to running a little bit more in these sort of temperatures but very slow and intersperse with some faster strides.

Before the race, keep out of the sun where possible, drink plentifully and don't wear too much.

In the race, do not wear a t-shirt but wear a vest not too tight and breathable or vented.

Drink regularly but small amounts - a few

sips of water then dab a bit on neck and arms and then pour remaining water over your head.

Run within yourself for as long as possible. The easier you feel at halfway, the longer you will keep a good pace going, and if you can run a quicker second half you will be coming through the field strongly while most others are fading and others will be fading more this time because of the conditions.

Make sure you take on gels during the race but try and assess how you feel throughout. If you do suddenly slow or do feel if you have overheated, ease back further and go into survival mode.

However, with good preparation between now and the race, good habits during the race and getting the pacing right, it is possible to still run a very good marathon if you have trained hard and are sensible and mentally strong and get the luck that every marathoner needs.

**Steve Smythe**

## Some of our runners to look out for

**Clare Cummings** - DR vest - 29236 - 3.45 - 3.50

**Tereza Francova** - 11921 sub 3.45

**Gower Tan** - Cancer Research UK shirt & my name front & back 3.45 - 4.00

**Yvette dore** - DR vest 28315 - 3.25 or thereabouts

**Chloe Green** - 712 - 3 to 3:15 - black t-shirt, RDC on front

**Lucy Pickering** - DR vest - 28496 - around 3.30

**Becca Schulleri** - DR vest - 28544 - ?

**Michelle Lennon** - 28375

## Venue for apres London Marathon drinks on Sunday.

Sanctuary House Hotel  
33 Tothill Street  
Westminster  
London  
SW1H 9LA

<http://www.sanctuaryhousehotel.co.uk/drink>

**Everybody welcome to come and share your marathon stories**

## 2019 London Marathon Good for Age Places Qualifying

*Extract from the website – nb changes to times, ages and no longer a guarantee, particularly for men just inside their qualifying time.*

You will be eligible to make a Good for Age application for the 2019 Virgin Money London Marathon if you achieve the qualifying time [at a certified marathon] between **1 January 2017** and **10 August 2018**.

The Good for Age qualifying times for the 2019 Virgin Money London Marathon are:

Men	Time (in hours)	Women	Time (in hours)
Age 18-39	sub 3:00	Age 18-39	sub 3:45
Age 40-44	sub 3:05	Age 40-44	sub 3:50
Age 45-49	sub 3:10	Age 45-49	sub 3:53
Age 50-54	sub 3:15	Age 50-54	sub 4:00
Age 55-59	sub 3:20	Age 55-59	sub 4:05
Age 60-64	sub 3:45	Age 60-64	sub 4:30
Age 65-69	sub 4:00	Age 65-69	sub 5:00
Age 70-74	sub 5:00	Age 70-74	sub 6:00
Age 75-79	sub 5:15	Age 75-79	sub 6:20
80+	sub 5:30	80+	sub 6:40

Please note: If the number of Good for Age applicants exceeds the number of places available, then the qualifying time will be reduced evenly across the age group categories listed above until 3,000 runners of that gender are accepted.

### Club Championship Marathons reminder

**-Please ensure your DR membership is paid up for 2018/19**

-Arrange for a report or results to be sent to Shorts (London results should be covered but reports welcome)

- after a few days check with your athlete page on Power of 10 that they have picked up your result; if not, submit it to them, this helps ensure the marathon ranking for the club on Power of 10 is complete.

**Andy Murray**

# 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	22	Virgin Money London Marathon (or alt. prior to final event) (L)	London or alternative
	28	British Masters Open Road Relay champs	Birmingham
May	3	Assembly League	Victoria Park, Hackney
	7	HHH Open Meeting	Tooting
	21	Blackheath & Bromley Open Meeting	Norman Park
	23	BMC Meeting	Eltham
	23	Beckenham team relays	Beckenham Place Park
Jun	3	Surrey Masters Champs	Ewell Court
	7	Assembly League (incorporating 5k club champs)	Battersea Park
	11	B&B Open Meeting	Norman Park
	13	Dino Dash Relays	Crystal Palace Park
	20	BMC Meeting	Eltham
	24	South of England/VAC Champs	Battersea
	27	Dulwich Runners Midsummer relays 3 x 1M	Dulwich Park
	30	HHH Open Meeting	Tooting
Jul	5	Assembly League	Tottenham Marshes
	7	BMC Meeting	Eltham
	13	Mark Hayes Memorial Mile	Dulwich College Track
	16	B&B Open Meeting	Norman Park
	18	BMC Meeting	Eltham
	20	(date tbc) SOAR Mile (track) (S) (Incorporating club champs mile)	Battersea Track
Aug	2	Assembly League	Victoria Park, Hackney
	13	B&B Open Meeting	Norman Park
	15	BMC Meeting	Eltham
	25	HHH Open Meeting	Tooting
	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.

**You must have renewed for 2018/19 in order to run and compete as a Dulwich Runner in the club champs**

## 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

## Assembly League 2018

The assembly league is a series of 6 inter-club races held each month on Thursday evenings from April to September. The dates appear in the fixture list. The races are all about 5k, with the June fixture in Battersea an officially measured 5k distance. The emphasis is on positions in the race rather than times.

Two races (including the first one) are multi-terrain in Beckenham Place Park; two on paths in Victoria Park; one on paths in Battersea Park; and a new venue for this year – Tottenham Marshes. There is an Assembly League facebook group, or you can ask one of the club captains for information.

The races are free to all club members and runners of all abilities are welcome. Men and women run together. There is no need to pre-enter. Just turn up, sign your name and pick up a number to pin to your club vest.

At the end of the season there are men's and women's trophies. At each race the first 4 men and women score for



their club's A teams and the second 4 for the B teams. The teams with the lowest cumulative scores win. There are also individual medals for the 1st 3 runners in each 5 year age group.

The races are very friendly occasions and club members often follow them with a social drink in a nearby bar or pub. I hope Dulwich Runners will have a large presence at each fixture. - *Ros Tabor*



### Entry Deadline Friday 18th May

The club has twelve free places (six for women and six for men) in the London 10,000 on the bank holiday Monday, 28th May.

We will be looking to select runners for these based on recent performances as well as contributions to road relays (the free club places depend on us taking part in regional or national road relays).

**If you'd like to be considered for these, please contact me at: [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk) by Wednesday 16th May.**

The club places are part of the 2018 British 10k championships incorporated in the London 10000.

## Mark Hayes Mile

13 July

This event is in memory of Mark Hayes who was club mile champion back in the 90s and in whose memory we hold a series of races every July at Dulwich College track.

It should provide excellent preparation for those planning to run the club champs SOAR Mile, expected to take place at Battersea track on 20 July.

Further details about arrangements including a social function afterwards will appear later. - *Mike Mann*



### 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)

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

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

Men road: [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)

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



# Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to [barry@1bg1.com](mailto:barry@1bg1.com)

All road, fell, xc, tri and track results etc, are welcome.

## Brighton Marathon 2018

Six Dulwich Runners and one ex member toed the line at this year's Brighton Marathon. With four months of hard work and with our people from the club meeting their targets in Manchester and Paris last weekend, the pressure was on us to perform.

Myself and Grzegorz headed down on Saturday to pick up our number and to find out we were both designated on the fast start at Withdean Park, so we would be able to get into our running quicker than the mass start at Preston Park, where Jonathan, Vicky, Adam and Gemma were due to start

Once numbers were picked up, we both had a relaxing afternoon and evening by the sea. At this stage I was still unsure whether I would start due to an ongoing injury, but in discussions with Grzegorz when he announced he was aiming for a sub 3, I decided to at least try to run to halfway the next day to see how it felt.

The day of the race arrived, with perfect conditions for running a marathon, with very little breeze. In the taxi on the way to the start, I confirmed I would take it easy to Grzegorz and go to halfway taking it easy and see how it felt.

The Withdean Park, was perfect, with only approx. 500 people starting here, which meant quick access to toilet facilities as nervous chatter about meeting targets and sub 3 targets. After discussing split times with Grzegorz we were off.

The early part of course had a gentle decent towards the seafront with good crowds, before the course hooked left up

on the cliff road towards Rottingdean. At this stage I was feeling comfortable and started pulling away from Grzegorz. As the course looped towards Brighton Pier, you could see where your club mates were and could offer each other encouragement. This is when I also spotted ex club member Tom Marshall also running in his Dulwich vest.

Approaching the half way stage I was encouraged by support from Tereza Francova and Coach Steve, who was covering the event for AW. With the Achilles tendon holding up, I felt comfortable to increase my pace a bit and carry on. The crowd support in the central part was as good as it is in London. Again we all received another boost, when we all spotted the superstar that is womans club captain Ange Norris, who had cycled down with Dylan to offer their support, who proceed to offer encouragement at several points on the course. We hit the coast road again and headed towards the power station at Southwick, and it became tough as crowd support was very thin (think the Docklands in the 80's/ early 90's).

At the 22 mile mark, I started to struggle as my calf started to tighten up and the achillies tendon was playing up. As anyone knows, when you only have a couple of miles left in the marathon and still on two feet you keep going.

Thankfully, with a mixture of shuffling and very easy running I reached the end getting i time of 2:56:57, beating my pb from 21 over 21 years ago by over 6 minutes (even beat Ebe's pb, a challenge he set, thought he has got me on good for age).

Next in, taking off a massive 10 minutes off his pb, ws Grzegorz in 3:00:26. He was disappointed not to break the magic

three hour barrier, but it will come and he got me to my PB. Next in, taking part in his first marathon in 10 years and also getting a new PB was Jonathan Whittaker in 3:24:56. A very impressive performance as he has not had the easiest winter, with injury impacting his training.

Following in Jonathan, was Adam Taylor, making his debut over the marathon distance I believe in a time of 3:41:36. Also making her debut over the marathon distance, and new club member was Vicky Gashe in a time of 4:03:29.

Next in, and also making her debut over the marathon distance, who has recently joined Dulwich Runners as well was Gemma Sampson 4:59:40

Hopefully the people who made their debut over the marathon distance haven't been scarred by experience and enjoyed running over the classic distance. With all the hard work put in, it should put all of us in good stead for some good times over the shorter distances that the summer season brings.

As for me, I am not going to make a statement like I did once before, along the lines that I never want to be anywhere near the start line of a marathon again, I did mention to Steve Smythe now I have broken the three hour mark I can retire from this marathon lark, only for him to give me a knowing look, about me making such rash statements. Will I be back on the Marathon train next year? Who knows.

Finally, thank you to everyone who was out on the course who gave us support on Sunday, coach Steve for the training programme and the training groups, who have kept us all honest in our training.

- Tom South

<b>Thomas South</b> 2.56.57	<b>Grzegorz Gałęzia</b> 3.00.26	<b>Jonathan Whittaker</b> 3.24.58	<b>Adam Taylor</b> 3.41.36	<b>Vicky Gashe</b> 4.03.29	<b>Gemma Sampson</b> 4.59.40
Overall 87/19776	Overall 150/19781	Overall 695/19781	Overall 1580/19781	Overall 3579/19781	Overall 8341/19781
Men's Overall 83/12108	Men's Overall 142/12113	Men's Overall 656/12113	Men's Overall 1422/12113	Women's Overall 673/7668	Women's Overall 2580/7668
M41-4916/3440	M41-49 32/3441	M18-40 433/6628	M41-49 397/3441	F18-40 461/4635	F18-40 1606/4635

# Brighton Marathon

15 April 2018

Running a marathon is an amazing thing – the months of hard work you have to put in the preparation are not worth much if you don't play it right in your head. Last year at the London Marathon I obediently listened to the advice of seasoned runners and I ran very conservatively – sticking to my pace up to km 32, even though I felt I had lots of fuel in the tank. At the last 10k I accelerated – overtaking 602 runners (with only 4 passing me) and after the finish line I wasn't even properly exhausted. Which left me pondering: what if had ran faster the first 32 km?



So this year I decided to change the tactics and run a bit faster from the beginning, aiming to hit the magic target of 3 hours. The plan was quite ambitious, considering that it's only the second season that I properly followed a marathon training plan. Plus I had to shave off nearly 11 minutes of my PB, which was quite a challenge.

I went to Brighton on Saturday. I picked up my kit, met with Tom and we wandered around Brighton, had a pint to give our legs some rest, and then had a nice Italian pasta party and an early night to get plenty of sleep.

The next morning we set off quite early to give us enough time and avoid the stress before the race. We were given the privilege of starting with the elite in Withdean Park rather than with the mass start in Preston Park. The fast start was quite cosy – a couple hundred runners, the first mile going slightly downhill and no crowds, but also none of the great countdown excitement of thousands of runners around you. I was planning to follow one of the two 3:00 pacemakers, but after the first half a mile he lost his marbles (or rather his balloon). The other 3 hr pacer followed suit soon afterwards, so there was nobody to follow and you were left to your own devices.

The beginning was gently downhill so Tom and I ran side by side for the first 5 km – the pace was slightly too fast than I needed but, what the heck – I wanted to pursue my alternative tactics



Tom & Gzregorz just before the start

and followed Tom's renowned easy pace. The beginning was great. Easy downhills. Good crowds. Perfect weather conditions. Even the hills were not that bad.

At km 20, near the race village, I was waved at by coach Steve Smythe. I think he shouted "Relax!" but it might have been something else. But did I feel relaxed and was really enjoying myself. Especially when cheered by lots of Dulwich supporters – some just read the DR on the vest but there were quite a few Dulwich Runners who came all the way to support us. But Ange and Dylan really went the extra mile – they were omnipresent – I think I saw them in 4 locations – or maybe I was already hallucinating.

Anyway, I took my first gel after around 25 km, maybe a bit too late, because, as the book says, the marathon starts at km 32 km. And that's how it was in my case. There was no sudden wall but I realized I just did not keep my sub-4:15 m/km pace. I seemed to be running at the same pace but the watch said something different. Then I started having problems with grabbing cups with water at the pit stops, which wasn't a good sign. I was slowing down to 4:30. Then came the long section to and around the power plant that was pretty dismal. Depressing industrial landscape. And the crowds were not there – just when I needed an extra boost.



With Forest Gump!

At km 35 I decided to take another gel but it was too difficult to take it out of my pouch. Instead I took the caffeine bomb, which was easier to access. But it didn't seem to help much. I kept glancing at the watch impatiently – 3 hours was still within reach. I just had

to run each kilometre under 4:30. I had some time reserve from the first half. But as the finish line was approaching I was getting nearer and nearer to eating up my reserve. But I wasn't able to speed up. The long run along the waterline was all packed up with crowds, like in London, and they were really loud and supporting, but I didn't enjoy the support at all. I was just struggling to keep going.

To make things worse my GPS was slightly behind the actual distance, so when my GPS showed km 42, the finish line was nowhere in sight. It was only on the home stretch that I realized I wasn't going to make it.

I crossed the finish line 26 seconds past the magic 3 hour target.

After the finish line there was Steve Smythe, again, congratulating me and recommending consuming lots of protein. I gulped 2 pints of alcohol-free beer, two bottles of water and shuffled around to recover.

A 3 km detour stroll back to the hostel was probably a good cure for my shattered muscles.

After a shower and initial tallying of wounds I scuffled to the Evening Star for a celebratory pint and de-brief with Tom, Jonathan, Dylan and Ange, before heading back to London.



Summing up, it was a good race – I adopted a different tactic from last year's London when I started very conservatively and although I speeded up at the last 10 km I still had too much fuel in the tank. This time, I decided to start faster and hold on to it. Maybe if I had stuck to my 4:10-4:15 m/km pace, I would have had just enough steam to pull through. But I can't complain, big improvement since last year and 26 seconds does not change much – the only difference is symbolic – but on the bright side, what aim would my life have with the 3 hour Holy Grail in hand?

Ultimately I finished the marathon in 3:00:26, 150th place out of 19,772 runners (32nd place in my age category).  
-Grzegorz Galezia



# Running from Los Angeles to Las Vegas

**“344 miles, 43 hours, 8 runners, 2 support vehicles, 1 heck of a long way!”**

**T**he justification for running an eight-person relay from Los Angeles to Las Vegas was a race called *The Speed Project*. Now in its fourth year this endurance event takes place over the Easter weekend and brings together runners from around the world.

On Friday 30 March 2018 at 4am, 40 teams gathered at the Santa Monica pier a few hundred yards from the very famous and very weird Venice Beach in Los Angeles to embark on a 344 mile ultra relay through ruthless and unforgiving terrain to Las Vegas, Yes... On foot!

The teams may have been on foot but the support crew (up to twenty in the case of one team) was fortunately motorised – so 40 teams, 40 RVs and an assortment of cars snaked their way from the sea in the early hours of Good Friday. Each team had a minimum of 6 runners and maximum 12. My team was called Run Force 1 and we were a mixed team of eight. Five guys and three girls and we had two drivers to help us all get there. We fought hunger, sleep deprivation, searing heat, rattle snakes and limited phone signal... Without a doubt this was the most intense, tough, rewarding, mind tricking, tiring, exhilarating challenge I have ever experienced.

Here's what went down...

The plan was less of a plan and more a vague idea. There was no map of the route. Instead the organiser had provided a booklet with written instructions breaking the route down into segments. How we chose to divide up those segments was up to us.

Our team of eight runners ran 10km legs to start, the strategy was revised to 5km (due to fatigue and temperatures) until finally the heat of the second day meant

we could only manage 1 mile reps to bring us home.

I was runner number eight. I held onto the adrenaline from the 4AM start and used it efficiently for my first leg which began around 9 am up a beautiful hilly climb out of Los Angeles, and into what we would soon discover was a scorcher of a day. My first leg finished with an opponents team inviting me into an ice filled paddling pool on the back of their truck. A heavenly start.

This euphoria however, was short lived and it was shortly after that blissful bath that it suddenly dawned on me how huge a challenge this really was; we all started to realize the enormity of what we had let ourselves in for. By mid afternoon we had already been awake for ten hours, and had 2 more days to run through and Death Valley to tackle in between.

Shortly after my first 10k stint (we had covered 80km as a team by this point), our captain made the wise decision to drop the distance run by each person to 5km; it was getting increasingly hotter and we were climbing upwards



We really worked together as a team, each runner claiming to take their next leg slow, thinking about the distance yet to travel and wanting to save their energy. Yet each time an exchange took place we all ran more strongly and faster than before. The vibe was something I can't describe... People were standing on the roofs of their RVs screaming, waving flags, playing music and generally being inconsiderate of any other people not involved in the race, others though looked anxious waiting for their next turn on the road.

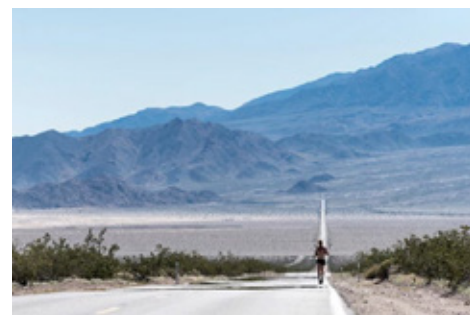
We relayed like this in 5km bursts for the rest of the day, every exchange a high five and a celebration between one runner finishing a leg and the other about to begin. We trailed each runner as a team in our vehicle where possible, passing water and ice and treats when

requested. When the sun set and the air cooled in the early evening, we all breathed a sigh of relief. It had reached 98 degrees Fahrenheit at points and the cool night air was bliss. At this point we were able to up our distances again.



As runner number eight it was during my leg that the head torch for our first night run had to be turned on. It was this first night run which I got chased by wild dogs behind a wire fence. I was terrified and fell back into the road. There were segments along the route where we were advised to run with pepper spray to protect ourselves. I literally felt as though I was running for my life at times – not helped by panic attack upon which I insisted one of the boys join me for the last two miles of this segment nicknamed 'trash alley' where stray dogs outnumber people 2-to-1. I am forever grateful to my team mate for helping me through that one.

It got dark and cold and we were coming up to the unsupported segments. This is where no vehicle can trail a runner because the trails are off road through desert and there is no phone signal. My team mate Sian and I had 6 miles each to run unsupported and decided to combine them and take on 12 miles together so as not to be alone, at night, in the middle of a desert. In all honesty, these 12 miles were my favourite of the whole race. The moon was so full we were able to turn our torches off





in places and I was able to get into a running rhythm for a long period. At this point we had covered 200 miles and it was 3 am. We took a wrong turn during this section and had to turn back on ourselves. Luckily this added distance meant we bumped into a struggling runner from a Toronto team who was so pleased to see us. He was having a rough time and needed picking up, we finished this segment as a strong three.

It was the best feeling to see my team captain waiting at the exchange to take on his lonely night stint. We cheered him off into the darkness and headed back to our RV to try to get a couple hours sleep.

Sleep I could not, my stomach was upset from a days worth of rubbish food, it was hard to go to the toilet in the desert where rattle snakes were lurking if rarely seen. My lungs felt full of sand and it was hot in the RV with the rest of the team piled in and the bumps of the road made it impossible to even nod off momentarily.

It didn't matter... I was awake for the sunrise, the most beautiful I have ever seen.



The real test was about to begin... with dawn, came Death Valley. Even inside the RV, I was sweating even with the AC cranked to max. Temperatures hit 105 degrees and we were running one mile reps sometimes less. From nearly sea level, the road rose to over 5,000 feet. Some of our runners struggled and became dehydrated. One had to sit out for a few hours, while the rest of us covered her miles. We really had to dig deep to find the motivation to keep moving forward. This was when we needed each other most. In the hottest

part of the day, no one ran alone we were always seconds from each runner in the vehicle.

The Speed Project was filled with emotional highs and lows but as we came over the summit of the penultimate range of hills and the air cooled slightly we were definitely on a high. We had been neck and neck with a ten man team called Black List and we needed to make headway as they had some very quick runners we knew they were saving for the last stretch into Vegas. Despite the cooler air of our second night reviving us, we still decided to stick to our one mile reps. Our legs were tired by this stage and one mile was much more bearable. Between stints we could have a quick calf roll in the RV, swallow some electrolytes and get pumped back up to run again. With competition now to get us to the finish line, the pressure was on and we were all buzzing. We watched the sun set for the second time since we'd started running. But this night would not be nearly as long as our first. We first saw the Vegas lights around 9pm and I felt a rush of emotion that I can't put into words. Although we were now down to seven, as Daniel had pulled out with a calf injury, adrenaline kicked in and somewhere amid the madness I pulled off a 5:36 minute mile, a speed I don't think I could recreate on the track even if I tried! We were flying and we were ahead!

The final 10 miles flew by, we were screaming at each other out the windows of the RV and tactically working out the best order of runners to get us to the finish before Black List. A strange relief that we were almost done flooded me. Soon we would be able to check into a hotel, take a shower and sleep in a real bed. But also melancholy, because once we reached Vegas the single goal that had driven us forward and bound us together would be accomplished. With only a handful of short downhill segments remaining, every runner's legs felt fresh, and we took great galloping strides towards the city. Once we were on Las Vegas Boulevard, the party really started. We ran the final mile all together, even the injured. After over 344 miles, this last one was our real celebration, and we had something you couldn't win

at any jackpot in Sin City. We saw our finish line bright, brilliant and neon. It said "Welcome to Fabulous Las Vegas, Nevada."



Nevada." Oh yes.

Together we had accomplished something that would have been impossible alone. We'd left LA with eight runners and two crew and we had arrived in Vegas as one family all in the speedy time of 42 hours and 58 minutes and placed 13th out of 38 teams that finished. A clear 10 minutes ahead of our competition.

Testing the limits and redefining teamwork the two leading teams Sunchasers.tsp and Tracksmith battled for the lead throughout the whole race. Sunchasers won, smashing the course record by 31 minutes in a time of 35 hours 49 minutes. This equates to an average pace of 6:15 minute miles across 344 miles. Extraordinary.

This race is like none other, I felt fear and joy. Working as a team I truly believe brings out the best in people and it definitely did me. I would do anything to be back in that desert, reliving the heat, the pain the glory and of course the post race three day party in Vegas.

To see more, search the hashtag #TheSpeedProject on Instagram, or find a million more pics on my account and a story that takes you from start to finish.

A Dulwich Runners team for next year?  
**Chloe Green**

## Victoria Park 5 Mile

14 April

This race coincided with the long awaited and welcome arrival of spring. It consists of 2 figure of 8 laps of Victoria Park in the opposite direction of the Assembly League case. Were it not for its timing, close to marathon events, this would be good race to include in our club champs. I had a reasonably steady race until 400m from the finish when I had to stop as a result of an unexplained bout of stomach cramp, which cost me around 20 seconds. I got going again reasonably quickly but initially slowly before regaining my earlier pace. Ros finished first W60 while Andy was handicapped by the injury that has forced him to withdraw from the London Marathon.

-Mike Mann

Mike Mann	35:29
Ros Tabor	38:27
Andy Murray	38:59

## Vets AC 5 Miles

17 April

This was the first of the VAC summer series of 5 mile races at Battersea Park. I achieved my rather modest target of sub 7 minute mile pace and was some 40 secs faster than my race 3 days earlier at Victoria Park, but this was still over a minute slower than my fastest 2017 time, so some way to go yet, but moving in the right direction.

Mike Mann	34:49
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## 2018 champs categories PADDOCK WOOD

(or nominated alternative if running Brighton marathon on a club place)

Overall winner (AGE GRADING)	Ros Tabor
1st Man (any age category)	Tim Bowen
1st Woman (any age category)	Helen Lister
2nd Man (any age category)	Ed Chuck
2nd Woman (any age category)	Katie Styles
3rd Man (any age category)	Andy Bond
3rd Woman (any age category)	Yvette Dore
First M40 (excluding above)	Ian Lilley
First W40 (excluding above)	Emma Ibell (Big Half)
First M50 (excluding above)	Mark Foster
First W50 (excluding above)	Michelle Lennon
First M60 (excluding above)	Steve Smythe
Age Graded MAN (excluding above)	Gary Sullivan
Age Graded WOMAN (excluding above)	Lucy Clapp
Captains' award	Michael Hutchinson

**Ex members:** If you are not a current member of the club you cannot run or compete in any events as a Dulwich Runner, it would therefore be appreciated if you could remove the club from parkrun your profile.

## Banstead Woods

198 Ran			
Pos	Gen		
1	1	Tony Tuohy	18:34

## Beckenham Place

183 Ran			
Pos	Gen		
3	1	Clare Elms	19:42
7	6	Stephen Smythe	20:54
9	8	William Cotter	21:02

## Brockwell

375 Ran			
Pos	Gen		
55	4	Lucy Pickering	21:21
82	76	Cameron Timmis	22:13
90	10	Lucy Clapp	22:30
134	19	Laura Vincent	24:19
274	69	Natalie Davys	28:07
276	71	Sharon Erdman	28:16

## Burgess

358 Ran			
Pos	Gen		
41	40	Hugh Balfour	20:26
146	21	Tess Le	24:44

## Cannock Chase

347 Ran			
Pos	Gen		
8	8	Gary Sullivan	20:29

## Clapham Common

386 Ran			
Pos	Gen		
172	137	Ian Sesnan	24:58

## Crystal Palace

308 Ran			
Pos	Gen		
26	1	Yvette Dore	21:36
27	26	Tom Wilson	21:37
35	2	Belinda Cottrill	22:03
115	12	Joanne Shelton Pereda	25:21

## Dulwich

415 Ran			
Pos	Gen		
6	6	Stephen Davies	16:40
13	13	Daniel Mann	17:28
14	14	Timothy Bowen	17:30
52	6	Chloe Green	19:46
54	7	Helen Lister	19:52
60	52	Rob Cope	20:02
86	13	Michelle Lennon	21:01
96	15	Victoria Read	21:24
98	83	Scott Williams	21:26
119	100	Graham Laylee	22:11
158	132	Michael Dodds	23:15
185	33	Hannah Harvest	23:57
189	156	John English	24:06
206	40	Claire Steward	24:55
213	171	Ajay Khandelwal	25:13
237	56	Colleen Williams	26:14
255	63	Eleanor Simmons	26:42
270	199	Mick Mead	27:24
320	226	Hugh French	29:02

## Fælledparken

89 Ran			
Pos	Gen		
25	22	Bob Bell	22:51

## Gladstone

221 Ran			
Pos	Gen		
22	3	Becca Schulleri	21:26

## Hoblingwell

66 Ran			
Pos	Gen		
13	11	Colin Frith	23:51

## Horsham

328 Ran			
Pos	Gen		
289	170	Gary Budinger	37:12

## Fulham Palace

482 Ran			
Pos	Gen		
172	25	Lindsey Annable	24:02
215	174	Barrie John Nicholls	25:08

## Jersey

323 Ran			
Pos	Gen		
306	136	Susan Vernon	38:38

## Malling

199 Ran			
Pos	Gen		
11	1	Tereza Francova	21:27

## Peckham Rye

264 Ran			
Pos	Gen		
1	1	Andy Bond	16:46
34	1	Emma Ibell	21:14
47	3	Caroline Maynes	22:16

## Richmond

492 Ran			
Pos	Gen		
63	6	Kim Hainsworth	22:17

## Riddlesdown

148 Ran			
Pos	Gen		
1	1	Dylan Wymer	18:05
24	4	Ange Norris	24:01

## Shrewsbury

552 Ran			
Pos	Gen		
132	119	Matthew Ladds	23:54
466	163	Karina Burrowes	33:38

## South Norwood

118 Ran			
Pos	Gen		
7	7	Alastair Locke	18:59
11	1	Christina Dimitrov	21:50

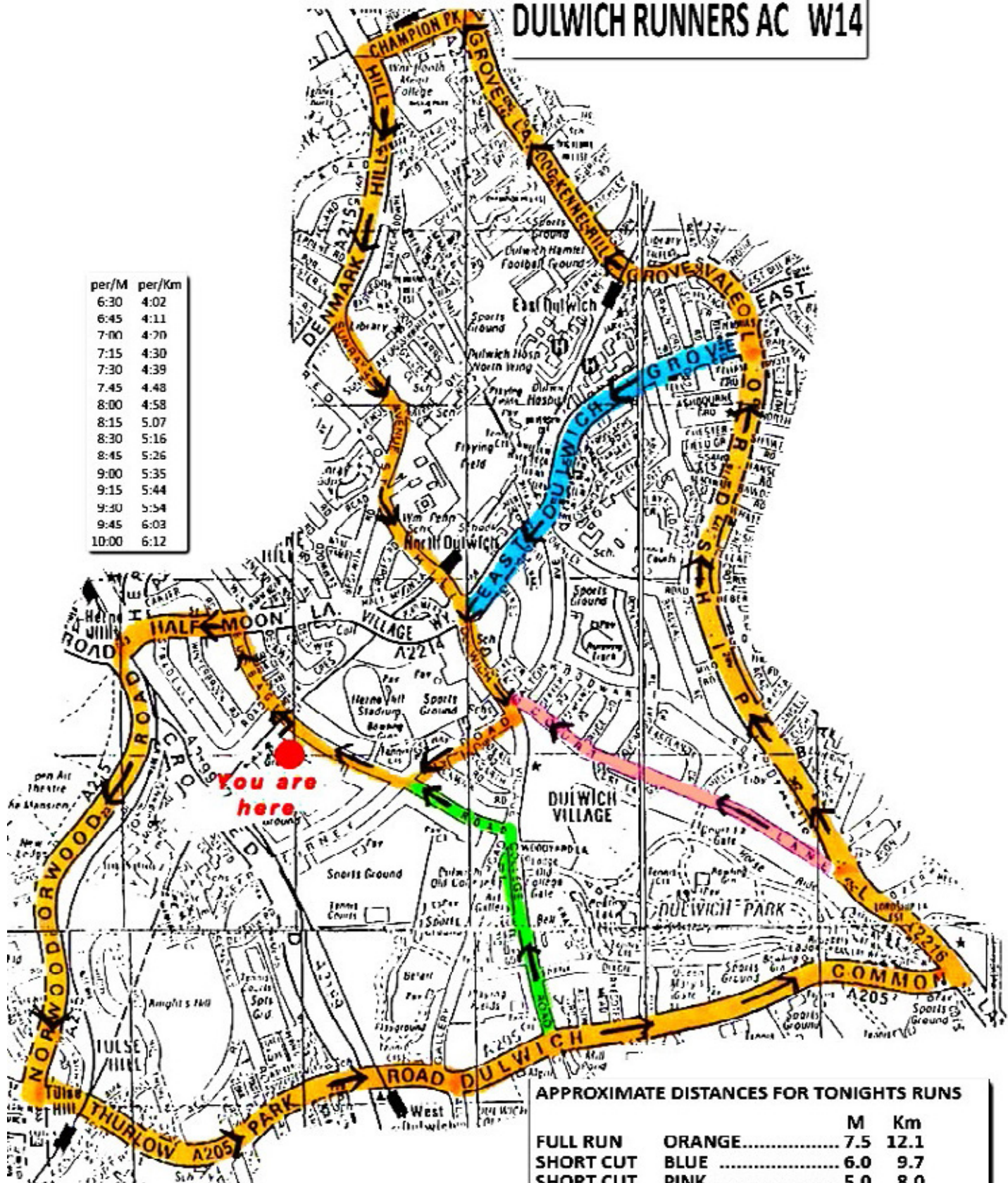
**New members especially, and others....**

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



# DULWICH RUNNERS AC W14

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.....	7.5	12.1
SHORT CUT	BLUE .....	6.0	9.7
SHORT CUT	PINK .....	5.0	8.0
SHORT CUT	GREEN.....	3.5	5.6



DULWICH RUNNERS MIDSUMMER RELAY  
WEDNESDAY 27 JUNE 7.30 DULWICH PARK  
3 x 1 LAP (APPROX 1 MILE) **£15 PER TEAM**

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ENTRY FORM

TEAM NAME:

TEAM CATEGORY: PLEASE CIRCLE ONE

MEN

WOMEN

MIXED

LEG 1 name:

LEG 2 name:

LEG 3 name:

(individual names can be entered later)

Please complete, scan and email to [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

Pay on day, or by bank transfer:

Sort code: 40 52 40

Account: Dulwich Runners AC 00090986

Reference: RELAY plus TEAM NAME