



These are your SHORTS,

Please send your reports, running news & anecdotes to:

barry@bg1.co.uk or barry@1bg1.com

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 2 Club Night, Edward Alleyn Club

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

Pizza Night after the run - page 3 for details

Thu 3 Assembly League - Victoria Park, 7.30 pm start

Tue 8 Back at Dulwich College track on College Rd.

cost £2 per session - Start with a warm up at 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

Click to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)

our website: www.dulwichrunners.org.uk

Connect with us:



TRACK SESSIONS

Tuesdays At Dulwich College track on College Road.

Cost is £2 per session

Warm up taken by Elkie Macer 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.

----- EVENT HORIZON -----

A brief look ahead

May 3 Assembly League - Victoria Park, Hackney

May 23 Beckenham Team Relays

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

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

Dulwich Runners AC has a new website !

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

We would like to thank Jonathan Whittaker for all the hard work he has done 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.

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 Barrie John Nicholls, Ed Harper and Tom South 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

Ebe Prill

Tom South

2/5

9/5

LUCKY VEST

Tonight in the clubhouse !

Wear your Dulwich Runners vest or t-shirt for the club run on the first Wednesday of any month and you will go into a free draw and could win the £5 cash spot prize !

Vests £18 each from Ros ros.tabor49@gmail.com

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

LAPSED MEMBERSHIP

2017/18 memberships expired on March 31

If you have not renewed 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

please email me **ASAP**: barry@bg1.co.uk

Many thanks to those of you that have already renewed

SOCIAL SPOT

P
O
T

Upcoming events.

Post Marathon Season Pizza Night

Wednesday 2nd May - 9pm

deadline to order was last night.

Matt Ladds at laddsm85@gmail.com

Dulwich Runners Women's Evening Out

Friday May 11th 7.30pm

All women runners (sorry lads) are welcome to join us for an evening of eating, drinking and catching up.

Please let the women's captains Clare Wyngard and Ange Norris know ASAP at:

dulwichladiescaptain@gmail.com if you would like to come. Already there are over 20 of us so it should be a fun Friday night! The venue is Lorenzo's Italian restaurant at Crystal Palace. We have reserved the upstairs room.

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

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 **£6.50**

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

www.hernehillsportsmassage.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



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

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 1st in age group in each race, 49 for 2nd 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
or ros.tabor49@gmail.com

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

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/
or at the back of Shorts

Thanks - Ros Tabor ros.tabor49@gmail.com

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
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 Mille (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

Speed sessions

35 ran in the relay at the grass session and a few others did the earlier part of the session.

Nb will try and get the warm up part of the running session started at 7.20pm and next week we might do a small amount on the track - the first two were completely on the grass.

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

Summer Training

While some people seem keen on doing events that while may be fun and rewarding and having good scenery, will remove any possibility of them ever fulfilling their potential or utilising their speed.

In my view the summer should be used to recover from the winter endurance races (if done) and making the most of the warm weather to improve speed and speed endurance.

This should mean you will run faster at the mile and 5km, which ultimately will make you a better runner at all distances at the end of the summer.

This is my suggestion for the next few weeks. It doesn't have to be full of miles at this stage of year.

Note Bruce Tulloh ran a sub-14 minute 5km off 30 miles a week, 60 years ago.

The key is to do enough to hold the endurance built up over the winter but staying fresh and improving the speed and keeping sharp.

Monday optional 30 minute runs and those seeking extra miles can run twice - easy 30 mins on some days in mornings

Wednesday May 2 easy 5 miles
Thursday May 3 Assembly league
Victoria park or brisk 4 miles Friday May 4 4M easy with 6 x strides over 100m increasing pace on each Saturday May 5 Parkrun (ideally off-road) or hills Sunday May 6 Slow hour

Tuesday May 8 - speedwork - focussing on 1000m length reps at 5km pace
Wednesday May 9 45 minutes relaxed
Thursday May 10 either tempo (focusing on picking up pace each km for 30

mins) or short rep speed (focusing on mile speed in 1 minute reps) Friday May 11 4M easy with 6 x strides over 120m increasing pace on each Saturday May 12 Parkrun (ideally off-road) or hills Sunday May 13 Slow 65 mins

Tuesday May 15 - speedwork - focussing on 800m length reps at 5km pace
Wednesday May 16 50 minutes relaxed
Thursday May 17 either tempo (alternating 30 minutes at HM, 10k and 5k pace) or short rep speed (focusing on mile speed in 75 second reps) Friday May 18 4M easy with 6 x strides over 150m increasing pace on each Saturday May 19 Parkrun (ideally off-road) or hills Sunday May 20 Slow 70 mins

Tuesday May 21 - speedwork - focussing on 400m length reps at mile pace
Wednesday May 22 Beckenham relays

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

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*



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

Beckenham team relays

Wednesday 23rd May @ 7:30pm.

These ever popular and fun relays are nearly upon us again! They can fill up quite quickly with a record number of 122 teams competing last year. DRs alone fielded 11 teams, so let me know via ebepriill@yahoo.co.uk or FB comment if you'd like to take part.

We can put teams together and I can enter all teams together online.

Payment is on the day in cash, £5 per person.

Men's, women's and mixed teams of three compete for prizes.

Each leg is an undulating 2.6 mile lap on roads and paths, starting and finishing by Beckenham Place Mansion (same as Assembly league finish, so another chance to enjoy that final hill :)

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*

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.

National Masters Road Relays Sutton Coldfield

Saturday 28th April

Sutton Park is the spiritual home of road relays in this country and Dulwich Runners invariably field multiple teams in this event, with a succession of titles and medals coming our way, nearly always to our women of course. We excelled ourselves in particular last year by fielding an unprecedented eight teams with the W55s winning gold and the W45s silver. Unfortunately a calendar clash meant a much earlier date for the event this year, and such close proximity to the London Marathon meant a much reduced turnout for a club such as ours with so many members of a marathon leaning. Nevertheless, our merry band of just three teams may not have landed a national title this year but brought home an excellent team bronze, plus individual silver and bronze medals.

All runners ran the same course, which for the first time had to be extended from the classic 3.0 miles to 3.17 miles (5.1km), the addition being a tricky hilly loop that made the already tough course even harder, alongside cold, damp and breezy conditions.

First up was the combined W35s and W45s race and first off for Dulwich was multiple medallist Clare Elms in her last season before joining the W55s, pretty fit again through cross-training but lightly trained in running terms. After a slightly cautious start she powered through to a commanding lead; in fact only one W35 was ahead and only five by the the

Steve Smythe adds This year's saw a change of course - a kilometre loop before the main hill, made it actually tougher and slower overall but did mean a much easier second half.

Annoyingly for all those who suffered in the heat six days earlier, it was wet and cold.

The Marathon obviously meant some did not feel up to running for the club and a few had injuries but it is very disappointing with so many athletes aged over 35 that we had such a pathetic response to what should be one of the most important events of the year. - Other clubs were out in force but we fielded just one men's team - the M55s and one runner was carrying an injury and one had not been able to run since the marathon. We had no teams in the M35s and M45s for the first time I can remember.

The women did much better with two teams and seven competing over two age groups but it was still disappointing when we have so many good over-35 women in the club.

Next year the race will be back to its normal mid to late May date and we should be able to field multiple teams in the M35, M45, M55, W35, W45 and W55s. We had won six medals in the previous 11 years (2 golds, 1 silver, 3 bronze) in the W55 and should have an excellent chance of adding to that next year.

Two of our medal winning W45 team will be eligible for the W55s in 2019.

In the W45s, Clare E got us to a good start, winning the first leg with a 18:50 narrowly ahead of last year's fastest leg Michelle Clarke of Telford and sub-81 half marathoner this year Kath Bailey of eventual winners Winchester.

Her mile splits of 6:19, 6:03 and 5:42 show how she got quicker throughout.

end of the day, and her excellent 18:50 earned her individual W45 silver. Team stalwart Andrea took over and ran well against very strong opposition to keep us in medal contention. Original third leg runner Michelle Lennon had reluctantly pulled out after not recovering enough from heavy blisters sustained in the previous week's marathon (fair enough excuse...). Her more than able substitute was Ange and she came good once again to secure those bronze medals despite not having raced for months with a tediously slow-to-mend hamstring injury that had to be managed carefully to be sure it held up. It's worth noting that despite Ange's injury-enforced slow-down of two minutes from last year she was still fourth fastest if she'd run in her own W55 age group. Another excellent result from the Dulwich women.

3rd Dulwich Runners W45 1:01:52: Clare Elms 18:50 (2nd fastest of the day), Andrea Pickup 21:26, Ange Norris 21:36 Meanwhile we'd also managed to field a W35 team that included two well-out-of-age-group runners; all up for the fun and/or experience and they acquitted themselves well despite a mishap before the off that meant Laura, who hadn't been here before, missed the first leg start by two and a half minutes. It got her adrenalin going though as she moved through the field and still ran an actual 22:46 or so, well up to her best form taking into account the tough and over distance course. It was great to see Sue here (she's a Birmingham local now) and she ran out of her skin, much better than recent parkrun form would suggest and grabbing a few more places. Lucy was also running well up to form and bringing the team home was Ros, whose pre-race fears of finishing near the back proved unfounded; in fact, a third of the

This run ensured Clare would win her eighth team medal in this event (2 at W35 and 6 at W45) and ninth top 3 fastest lap award Andrea, who has also been a regular in many successes, couldn't not retain the lead and while a strong run, probably wasn't quite up to her training form.

Her 21:26 put her two seconds down on Winchester but a minute behind Telford. Ange Norris had done little running since her superb fifth in the Masters International last year and she could not hold the Winchester runner in her current fitness.

While she was now in a clear third, after a mile, the bad news was that Tonbridge's Maria Heslop, who won the Hastings Half Marathon, had set off 90 seconds behind was closing fast.

Heslop caught her easily but while fourth for much of the last mile, Ange gradually closed on the Telford runner and caught her in the last 400 metres and opened up a 11 second gap and we had won our fifth successive medal in the W45s and sixth in the last seven years.

In the W35s (where we won in 2010 and were second in 2008), Laura V did not get the ideal start, having missed it!

A reminder not to warm up in unfamiliar areas away from other runners.

She came through well catching six runners despite a near three minute delay in starting and ran 22:46 on her watch (miles of 7:41, 7:19, 7:01) but officially 25:21.

Sue came through strongly with a 22:26 (miles of 7:28, 7:13 and 6:59) to move us up four places while Lucy C also ran well to advance three more with a 23:21.

On the final lap, Ros, 30 years out of age group held the top 20 position with a 24:20.

field finished behind us.

20th Dulwich Runners W35 1:35:28; Laura Vincent 25:21, Sue Cooper 22:26, Lucy Clapp 23:21, Ros Tabor 24:20

Just one team for the Dulwich men this year, in the M55s, with now M60 Coach Steve still in the squad as the only survivor of the M55 heroes who won the Dulwich men's sole team medal at national level, here in 2013. Our team had no such pretensions this time with Steve still wrecked from his marathon the week before (shouldn't have been running really) and Ebe still trying to gradually emerge from his long-term chronic hamstring injury. I wasn't too optimistic of a good outing myself after a lazy under-trained month but as this was my first go with the M55s I found myself with a group at the head of the pack right after we started.

Still there after half a mile we hit a fast descent and I let my legs get spinning down the hill and soon found I had a good gap on the rest. So, nothing for it but to put the head down and push it on, surprisingly maintaining a 17-second lead by the the finish line and the big surprise bonus of a bronze medal for third fastest of the day. Ebe had cheered me on over the hill, nervous and incredulous, as he wasn't all that enamoured to inherit the lead... in fact he acquitted himself well with a run worth well under 20 minutes if a flat 5k. Steve closed the team after wondering that morning if he could run at all but in fact surprised himself, getting round a little easier than expected, gradually speeding up too.

9th Dulwich Runners M55 59:58; Tony Tuohy 18:21 (3rd fastest of the day), Ebe Prill 20:45, Steve Smythe 20:52

Tony Tuohy

The M55s had medalled once and in theory we could have had a good team if everyone was fit but they weren't and had to be content with a top 10 place.

However, Tony Tuohy, in his age group debut here, won the first leg with ease - by 17 seconds.

Ebe was carrying an injury and was lacking his fitness which left him a minute down on his run in the National relays last year (and probably two minutes down on his peak form from a few years ago - his miles were 6:57, 6:40 and 6:23 and he dropped from first to seventh with a 20:45.

Steve Smythe had not been able to run all week after the marathon and almost pulled out when struggling in discomfort just to catch the train in the morning.

About three minutes down on the form when being amongst the M50 leaders a decade ago, he lost two more places, but it was less painful than he anticipated. His miles were 7:13, 6:32, 6:26 as he ran 20:52 to surprisingly move away from 19 of the 20 teams behind him.

Bruce Tulloh

A few club members, who have come in contact with him over the years, will be saddened to hear about the death of Bruce Tulloh.

He was the 1962 European 5000m champion, ran a record time across the USA, and was a top coach and athletics writer. He did the original marathon schedules for Runner's World.

This article summed up his views on running.

<http://www.athleticsweekly.com/featured/bruce-tulloh-on-the-truth-about-running-36461>

The Past 2 weekends

My first race recap since joining the club is well overdue, so after a couple of great weekends away doing different events, I thought now would be a good time...

Connemara Ultra

Last weekend, while lots of you were dealing with the extreme conditions during the London Marathon, I headed off to cooler temperatures in Ireland for the Connemara Ultra (39.6 miles). We were warned to expect 4 seasons in an hour, and that is exactly what we got, strong wind, lots of rain, and a little bit of sunshine every now and again.

I was using this event as part of my build up to the Comrades Marathon in South Africa, which is now just over 5 weeks away (bring on the taper!), so my goal was to run a steady race and finish feeling strong.

I decided to try and break the race up mentally into 3 half marathons, and aim to do each half marathon in just over 2 hours. I just about managed, considering the final 13 miles was definitely the toughest in terms of elevation.

Half marathon splits as follows:

Half Marathon: 2:00:30

Marathon: 04:02

Finish: 06:11:36

Marbella Half Ironman

This past weekend, to give the legs a 'rest' from pounding the pavements, and to get used to warmer conditions I decided to do the Marbella Half Ironman. Actually I was talked into it over a few beers and I convinced myself it would be good recovery from the 40 miler the weekend before, and a good excuse to get away for some sea and sun for the weekend! Again, the aim was not to race but to take it fairly easy and save myself for a big few weeks of training coming up.

With virtually no cycling in my legs apart from my 7 mile commute to work and a couple of swims per week, it was always going to be interesting.

I decided to rent a bike rather than the mission of taking mine this time, but when I booked the bike a few months ago I somehow managed to locate a bike shop 12 kms away from



where we were staying, when there was one I could have used a few hundred metres up the road. Anyway I decided to use it as good reason to get in a warm up run the day before to go and collect the bike. On top of the logistical problems, the bike they gave me was too small, there were no bigger ones left, and the gears didn't work properly - I had to take it

Serpentine Last Friday of the Month

April 27

As ever this long standing 5k race saw a good turnout of Dulwich Runners. The forecast heavy rain had subsided leaving cool and still conditions which were perfect for running- sorry London marathoners!

Andy Bond led the way with a very strong run for a 6th place finish and missed his official 5k best by just three seconds. Ian Lilley thought he wouldn't be able to run again 12 months ago- now he's back chasing PB's. He fell short here after a brave attempt which was on target until 4K, but still ran a big seasons best and even faster times are just round the corner.

Speaking of returns from long term injuries the Locke is back. After a tentative return he's starting to slam the accelerator down now and after a steady start where he humoured me for a while, he scythed past very strongly



Grant Kennedy 2nd from right

The thought of another 16 miles is terrifying, but hopefully with a few more big weeks of training, a good taper, decent conditions and a bit of luck I'll get through it.



back later that day to get them fixed, but at least I discovered the problems the day before and not during the event!

Swim: The swim was reduced to 1500 metres (from 1900), which I did not know at the time so when I came out the water in 26:13 I thought I had somehow managed to miss a turning buoy!

Anyway I carried on in to transition and there was plenty of discussion amongst lots of confused athletes regarding the swim times, so I was relieved it wasn't only me! It was a couple of hours later while chatting to someone during the bike course (who had attended the race briefing the previous day) that I found out that the organisers had taken the decision to cut it short due to the water temperature. I don't know what the temp was however my feet were completely numb after the swim and it took me 8 minutes in transition because I could not get my socks on!

Bike: Very tough course with over 1500m of elevation and strong winds, and with minimal cycling in my legs I managed a dismal 3:31:38

Run: Relieved to be off the bike, I started the half marathon with very wobbly legs, but after a few km's felt OK. I resisted the temptation to try and chase down one of my mates who had overtaken me earlier on the bike, and ran a respectable 1:41:46 half marathon

Final Time: 5:51:10

Next up... Comrades

and will now inevitably push on towards his best form over the summer. In the words of Tony T I've been 'ticking over' for the past year or so, which has largely involved eating, but have decided to at least make some effort at training again in recent weeks, and this was rewarded with a decent even paced run and an improvement on my time here last month.

I didn't see Christina on the day but she had a fine run in her first race here, and came home 3rd lady. Not far behind was race regular Steve Williams with an improvement on last months time and fellow regular Graham completed the contingent with a solid run albeit a bit down on recent form.

Paul Devine

6 Andy Bond 16:29

16 Ian Lilley 17:40

26 Alastair Locke 18:05

42 Paul Devine 18:27

118 Christina Dimitrov 20:46

124 Steve Williams 20:54

177 Graham Laylee 22:36



April 28

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

Bexley

455 Ran
Pos Gen
9 8 Michael Fullilove 20:24

Brighton & Hove

451 Ran
Pos Gen
11 11 Joe Farrington-Douglas 19:17

Brockwell

307 Ran
Pos Gen
17 17 Mark Foster 20:04
33 1 Nicole Frith 20:57
241 75 Ruth Bennett 29:21

Bromley

683 Ran
Pos Gen
580 351 Chris Goodman 34:51

Burgess

367 Ran
Pos Gen
66 64 Hugh Balfour 21:31

Clapham Common

464 Ran
Pos Gen
100 90 Cameron Timmis 21:48
177 142 Ian Sesnan 24:16

Crystal Palace

303 Ran
Pos Gen
14 14 Tom Wilson 20:01
56 54 Bob Bell 23:04
72 70 Joseph Brady 23:32
86 83 Graham Laylee 24:05
121 12 Joanne Shelton Pereda 25:31
148 130 Ameet Patel 26:37
158 20 Claire Barnard 27:01
179 28 Natalie Davys 28:07
189 33 Sharon Erdman 28:28

Dulwich

315 Ran
Pos Gen
1 1 Edward Chuck 16:10
4 4 Daniel Mann 17:09
6 6 Thomas South 17:38
15 15 Grzegorz Galezia 19:03
39 2 Michelle Lennon 20:44
50 3 Kim Hainsworth 21:36
85 76 Michael Dodds 23:25
130 25 Clare Wyngard 25:06
146 29 Colleen Williams 25:34
219 156 Mick Mead 28:32

Gladstone

204 Ran
Pos Gen
165 48 Becca Schulleri 31:25

Highbury Fields

327 Ran
Pos Gen
20 20 Paul Collyer 20:07

Horsham

447 Ran
Pos Gen
401 223 Gary Budinger 36:35

Hilly Fields

245 Ran
Pos Gen
18 18 Ian Lilley 21:24
21 21 Paul Devine 21:49

Kingsbury Water

349 Ran
Pos Gen
14 13 Nicholas Brown 20:30

Leicester Victoria

240 Ran
Pos Gen
53 5 Marjorie Epton 23:38

Orpington

165 Ran
Pos Gen
19 18 Colin Frith 22:35

Osterley

148 Ran
Pos Gen
45 38 Barrie John Nicholls 25:29
47 8 Lindsey Annable 25:33

Peckham Rye

282 Ran
Pos Gen
1 1 Andy Bond 16:56
3 3 Charles Lound 18:14
19 19 Dan Hill 20:22
32 2 Emma Ibell 21:03
63 59 Gideon Franklin 22:37
64 60 Matthew Ladds 22:39
70 6 Caroline Maynes 23:03

South Norwood

143 Ran
Pos Gen
68 56 Rafe Collier 26:32
116 36 Rhoda Collier 30:50
117 81 Lloyd Collier 30:51

Southwark

304 Ran
Pos Gen
164 130 Paul Keating 26:49

Winchester

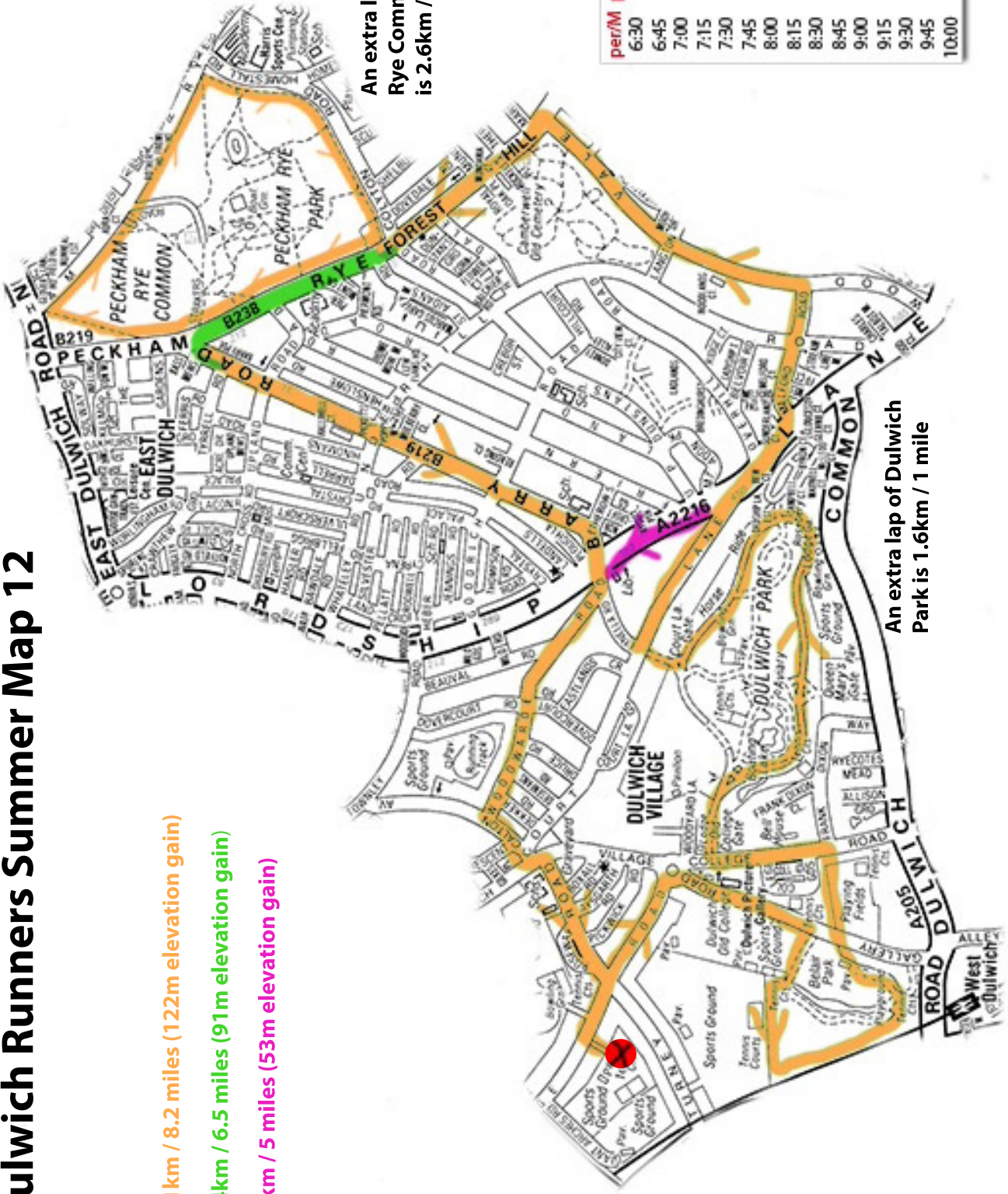
347 Ran
Pos Gen
6 6 Joe Twomey 18:55

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 Summer Map 12

- 13.1km / 8.2 miles (122m elevation gain)
- 10.4km / 6.5 miles (91m elevation gain)
- 8.1km / 5 miles (53m elevation gain)



An extra lap of Peckham Rye Common and Park is 2.6km / 1.6 miles

An extra lap of Dulwich Park is 1.6km / 1 mile

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

We are in the process of redoing and putting the maps onto Strava (you dont need an account)and links can be found here:
<https://www.strava.com/routes/12846163> - Long route (8.2M)
<https://www.strava.com/routes/12846160> - Medium route (6.5M)
<https://www.strava.com/routes/12846329> - Short route (5M)

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

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

Pay on day, or by bank transfer:

Sort code: 40 52 40

Account: Dulwich Runners AC 00090986

Reference: RELAY plus TEAM NAME