



# SHORTS

Dulwich Runners AC

Weekly Newsletter

May 23rd 2018

## 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 23 Club Night, Edward Alleyn Club

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

### Wed 23 Beckenham Relays - 7:30pm start

### Tue 29 Dulwich College track, 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

**The clubhouse will be closed on Wednesday 27 June as we will all be at the Dulwich Midsummer Relays either running, helping or supporting !**

## TRACK SESSIONS

### Tuesdays At Dulwich College track, College Road.

Cost is £2 per session

Warm up taken by **Elkie Mace**, various drills and stretches etc will start around 7.10pm..

The main session taken by **Steve Smythe** will start on grass and move on to track and is 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

## 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.**
- The money is to help pay for clubhouse hire, map printing, club costs etc.
- We use the register to compile the new runners' rota, so please write legibly.

Thank you. - Ros

## Wednesday Night Map

This map for this Wednesday's runs can be found at the back 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

## In your SHORTS this week !

- 1 General information
- 2 Social events etc
- 3 Club kit - new kit additions !
- 5 Fixture list, 2018 Club Champs and all other races
- 5 Summer running tips and training schedule
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- 11 Parkrun times
- 12 Wednesday map + Strava links

**And much more !**

## Like us on Facebook @dulwichrunners

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

May 23 Beckenham Team Relays

jun 7 Assembly League - Battersea Park

Jun 13 Dino Dash relays - Crystal Palace park

Jun 27 Dulwich Runners Midsummer relays - Dulwich Park.

## 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 Frances Crute and Holga Betz 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

<b>Andy Murray</b>	<b>23/5</b>
Cameron Timmis	30/5
Tony Tuohy	6/6
Mick Ward	13/6

We are in the process of putting the maps onto Strava (you dont need an account)and links can be found here: <https://www.dulwichrunners.org.uk/wednesday-night-routes>

## SOCIAL SPOT

P  
O  
T

*Upcoming events.*

**Dulwich Hash House Brewery Run**  
**Saturday 7th July.**

Back by popular demand after the success of last year. A social run visiting various local breweries and pubs in South London over approx 6 miles. You can walk/ run/ get the bus between various venues while enjoying a drink or two. Activities will include the Barry Graham dash !



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.

## 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](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)



## 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. 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  
27 Jul SOAR 1 Mile London Stadium, Stratford  
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



## DULWICH RUNNERS A.C. SUMMER RELAYS AT DULWICH PARK

## 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/](http://www.facebook.com/groups/2409157697/)  
or at the back of Shorts

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

# 27.JUNE.2018

3 x approx. 1 mile lap

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)

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

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

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

## Children's Fun Run at the Midsummer Relays 27 June 2018

Perhaps due to the fact that my Personal Bests resemble those of a small child, I have been asked to organise the Children's Fun Run at the Midsummer Relays on 27 June 2018. With this in mind please can anyone with children at a local school please try and drum up some support at the school by e.g. having something put into the school newspaper, putting up a poster on a noticeboard, placing something on a WhatsApp group or social media, speaking to the PE teacher and/or just generally trying to spread the word. Similarly if you have a nephew, niece or a family friend with children aged 4-14 please can you try and encourage them to attend. If you are able to make contact with a school, please can you let me know so I can try and ensure that most of the local schools have been approached in some way or other. My email is [hughfrench@hotmail.com](mailto:hughfrench@hotmail.com) - 07980 114467. Many thanks. Hugh French (28.53.42 5K runner)

# 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
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
	27	SOAR Mile (track) (S) (Inc. club champs mile)	London Stadium, Stratford
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**

## SOAR Mile

Confirmation that the SOAR Mile, now scheduled for Friday 27 July at the London Community Track, next to the Olympic Stadium, will be used as our club champs mile. As last year these will take the form of a series of graded races during the evening. Entries are expected to be open shortly. The Mark Hayes Mile two weeks earlier on 13 July at Dulwich College Track will provide good preparation, particularly for those of you not competing regularly on the track.

## 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.

On the next page 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.

## 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*

## 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

## Suggested 5km training for next few weeks

Steve Smythe

**Wednesday May 23** Beckenham relays or easy 40 mins  
**Thursday May 24** tempo alternating HM and 5K pace every minute or short rep speed (focusing on mile speed in 45 second reps)  
**Friday May 25** 4M easy with 6 x strides over 120m increasing pace on each  
**Saturday May 26** Parkrun (ideally off-road) or hills (suggest aim for very fast first mile, ease back in second and a bit and then try and pick up last kilometre)  
**Sunday May 27** Slow 75 mins (or Westminster mile)  
**Mon May 28:** easy 3 miles or London 10000m

**Tuesday May 29** - speedwork - focussing on short recovery 300m length grass reps at 5km pace on grass and some shorter mile speed.

**Wednesday May 30** 40 minutes relaxed

**Thursday May 31** either tempo (at HM pace 10 mins, 20 mins at 10k pace, HM pace 10 mins) or short rep speed (focusing on mile speed in 1 minute reps)

**Friday June 1** 4M easy with 6 x strides over 150m increasing pace on each

**Saturday June 2** Parkrun (ideally off-road) or hills (suggest first half easier, second half aim for 5K PB pace or faster)

**Sunday June 3** Slow 70 mins

**Tuesday June 5** speedwork focusing on faster than 5K pace on longer recovery 300m grass reps

**Wed June 6** easy 30 mins with strides

**Thurs June 7** Assembly League Battersea

## 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 number of places available, then the qualifying time will be reduced evenly across 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**

# 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.

## European Masters Non-Stadia Champs Alicante, Spain

18-20 May 2018

These championships for European over 35's cover road and cross country runs plus road walks and are held every two years. This time they were held in Alicante, a pleasant, relaxed city on the south-east coast of Spain. Four DR's entered, it was Nick's first masters championship abroad, Ros and Mike were in the middle of their track season and Andy was slowly coming back from knee problems.

### 10k Fri 18 May

The first running race was at 6 pm for women and m55 upward at San Juan, a few miles north of Alicante. The race route was two nearly flat laps, going up and down two side roads and a section of main road, involving 3 right turns and 3 u-turns per lap plus a u-turn between laps. The temperature was mid twenties with a breeze but the tarmac had been in the sun all day. We therefore set off at a conservative pace, Nick holding back the most and only coming through later in the race. We were fading a bit in the heat until making use of the later water stations to splash ourselves. Despite the u-turns it was difficult to spot all the age group leaders from their front. Ros knew of two Swiss w65 runners ahead of her but came fourth as an Italian was in between those two. Of our DR's only Ros made top 3 GB in age group to count in a

scoring team.

M60 25 Nick Brown  
45:18 (5k split 22:54)

M65 19 Mike Mann  
45:36 (22:32)

W65 4 Ros Tabor 47:40  
(23:03), in GB team at  
2nd w65's, silver team  
medal

M65 22 Andy Murray  
47:47 (23:11)

### 3x2k Cross Country Relays Sat 19 May

Cross country relays are open to athletes entered by their nations, with GB offering a run to all interested, going down to B teams in age groups if necessary. The races were held inside the edge of a triangular park near the 10k course, on rough paths around 2 sides, then a couple of out and back sections on grass before completing the final side. There were a few kerbs and tree roots to avoid. Older men went at 9am, women at 10. The main countries competing were hosts Spain, GB, Italy, Germany and Switzerland, who had loud cowbell-ringing supporters. Andy and Nick went on the first stages for GB m65 B and m60, Mike on stage 2 for m65 A. Ros was first off for GB w65 in the women's race.

M60+ race (team times shown)

M60 4 GB (inc Nick Brown) 23:05

M65 1 GB A (inc Mike Mann) 24:35 gold  
team medal

3 GB B (inc Andy Murray) 28:15 (no  
medal for B teams)

Women's race

W65 2 GB (inc Ros Tabor) 29:14 silver  
team medal

### Half Marathon Sun 20 May

This started at 8.30am on a partly cloudy morning, so no heat problems, from the seafront area of Alicante. The route was two 10.5k laps, going out near the port to the south, then back to a twisting tour inland of the city



centre before hitting the coast road to the north and a u-turn back to the start. There was a steady climb around 2k and descent near 7k. Due to legs being tired from previous races, Ros and Andy set off very steadily, with Mike a bit ahead. At halfway Ros had some energy to spare and was able to overtake the leading two w70's and start hunting down w65's ahead. She overtook a German in third, behind two Swiss ahead, but had to sprint at the end to retake third, finishing close behind Mike. We were all a few minutes down on Paddock Wood, due to the slightly hilly course here, tired legs and the lack of cooling English drizzle.

M65 14 Mike Mann 1:46:10, in GB team at  
2nd M65's, silver team medal

W65 3 Ros Tabor 1:46:16, in GB team at  
2nd w65's, bronze individual, silver team  
medal

M65 17 Andy Murray 1:48:24

Alicante offered a good choice of hotels, eating and drinking spots and very sunny weather. There were enough sights (castle, bullring, old town etc.) to cover in a weekend. As usual there was a big GB team, who were very sociable between events, although not making as much noise as the very keen Swiss. Races were mostly well-organised and sited but not particularly well-scrutinised by EMA officials and there were a few shortcomings, e.g. dangerous spots on xc course and inadequate portaloos. London has put in a bid for the next one to be held in Stratford QE2 Park in 2020 and hopefully they or the Italian counter-bidders can look after the athletes better.

**Andy Murray**



## Chase The Sun 10K

May 9

Result from a 10k last night, I managed a 39 second PB! First all out race since VLM and really felt like the marathon training and combined weight loss as well as reduced training load since VLM helped things come together! Now looking forward to Hackney half in just over a week.

14 Paul Collyer                      38:08  
388 ran

<http://www.runthrough.co.uk/results-chase-the-sun-olympic-park-5k-10k-may-9th-2018/>

Based on the fact the first 10k place is clearly in the wrong distance that puts me 14th overall and 1st V45!

## SCVAC Mid London Battersea Track

Monday 14th May

Mike said both his races were pretty uninspiring, with his 1500m time well down on his recent indoor performances. However he was still 2nd in 1500m and 4th in 400m. As it's position and points that matter, he helped the HHH men to 1st place for this event.

Ola didn't enjoy her race, suffering with back pain, and came 3rd in her W35 1500m. I was 3rd in the W50 1500m and got a PB which wasn't too difficult as it was only my second attempt at the distance and I wasn't recovering from surgery this time. In my first 400m race I ran as a non-scorer, not very fast but fun.

The last race of the night was the women's 4 x 400m relay. I did my best at 3rd leg but it felt like very hard work. We came 3rd for the relay and 2nd overall on the night. Lucy Clapp

### 400m

M60 Mike Mann                      87.2  
W50 Lucy Clapp                      83.4 (non-scorer)

### 1500m

M60 Mike Mann                      5:57.2  
W50 Lucy Clapp                      5:51.2  
W35B Ola Balme                      6:38.2

## Hackney 1/2 Marathon

20 May

I am currently enjoying a great run of form in the aftermath of a London marathon PB. After 10k and parkrun PB's in the last 10 days I managed to knock over a minute off my HM PB in Hackney this weekend with 83'42. I had a slightly frustrating start when I got stuck behind the 90 minute pacer and his huge posse for the first couple of km's, but once I got around them I settled into a fairly ambitious but comfortable pace.

Plan was to make sure I could maintain current effort for the last 5km and maybe even push on. In the event I did run a faster last 5km and came in comfortably inside my old PB. I believe I was well inside top 200 overall and also the top 10 for my age group. Very, very happy with that. It's a really well organised event with a good vibe and mix of abilities and I would recommend it wholeheartedly.

175 Paul Collyer                      83.42  
15626 ran

## Hackney 1/2 Marathon

20 May

With a flatish course, slightly cooler weather, asthma back under control, and all the marathon training miles in my legs, I was feeling optimistic for a good run at the Hackney half on Sunday.

And it didn't disappoint! It was a great race, with music or some other sort of entertainment at every mile. I particularly enjoyed the steel drum band and massive party poppers at the top of a rather unpleasant hill towards the end! The crowd of "spectathletes" were great, and I really appreciated all the support :)

I managed to maintain a fairly consistent pace of about 8.5 min/mile throughout, despite the sun coming out and it getting steadily hotter from about mile 5 onwards, and was delighted to finish with a new half marathon PB of 1:52:52!

4488 Claire Barnard                      1:52:52  
15626 ran



# Green Belt Relay

## 19-20 May

I look forward to May each year for the Green Belt weekend. It was definitely questionable whether I was going to be fit and injury free enough to run it this year, but with 6 months and 100s (or so it seems) of hours of single leg squats, lunges and numerous other glute strengthening exercises, plus a trial 11 mile run that I survived, I was ready to run with a 'happy to be there' attitude. One fellow Dulwich runner did refer to the previous 6 months as my tapering period. Maybe that was his encouragement to help me feel prepared?

Anyway, the weekend arrived and so did Claire Steward at stage 1. Dylan and I met her, cheered her off (she looked great at 300m) then the bit of manic driving began to get to the start of stage 2 – mine. We met up there with Ebe who was driving my car to the end of my stage, then it was time for me to focus on the map and running. It was a relatively easy stage from both the running and navigation – flat, virtually all along the river and very scenic in the sunshine. I already knew some of the route from the Thames Towpath relay, and from taking a narrowboat along the Thames I recognised the locks. I ran past Runnymede, site of the sealing of the Magna Carta to Boveney on the river path near Dorney lake of 2012 rowing fame.

This year there was a 'sweaty runners' exclusion zone in Eton and Windsor (can't remember why!) so the route was diverted with a few extra twists and turns in fields. There was one point where we had to leave the path and go across the grass between some trees, which I would have missed if not for a helpful bystander. The towpath was extra busy with families heading for Windsor, completely oblivious to approaching runners and at

one point I was treated to 'Rule Britannia' coming out of somebody's window.

The enjoyment factor far exceeded the quality of the running but day 1 was completed and hamstring/glute were good enough.

The rest of the day was involved in marshalling and getting other team members to and from their stages and trying not to forget anybody or their kit. Ebe did re-name our team Dulwich Dementia after –

Incident 1 – we left Dylan's kit at the end of stage 4 but he was luckily reunited with it at stage 7 by 'a man in blue'.

Incident 2 – we drove several times round a very large and full car park with Michael Williams pointing the key to Martin's car at every black Audi to see if the car unlocked. (A very popular car I now know. There were plenty of them.) Why hadn't he texted Michael to say where he had left it? Because he had texted Michael Hutchinson who was at home wondering why he needed that information!

Michael Hutchinson did join us as a driver on Sunday – very much appreciated, especially as he had to pull out due to injury.

### Sunday

I drove straight to stage 14 at Cranham, just north of the Dartford tunnel. It's a built-up area with far too many large and busy roads but my stage was a true GBR one. It managed to wind its way through woods, fields and nature reserves and skirt around any signs of urbanisation. I thoroughly enjoyed it and also, inexplicably, ran better than I ran on Saturday. The glute felt better than 'good enough' so I ran far more evenly and found myself pushing on. After about 4 miles I was leading 2 others, a man and a lady, when I was told I was leading lady. Not something I was expecting and with my loss of fitness and a lady close behind, I was doubtful of keeping it. I kept pressing on and so did the man but the lady stayed just behind. You've guessed it! The inevitable happened.

With 400m to go and the finish line in sight she came past. I held on but she beat me by 1 second. Her consolatory words to me were that I had broken the W45 stage record. I was really pleased with that and though it was annoying to miss a stage win, I hadn't expected or even hoped for one, so I didn't mind – until later when I found out that she was W45 too so she has the record. Ah well, next year maybe.

After that it was on to stage 16 to marshal and more moving of team and kit. Over the weekend I saw everyone (all 11) and managed to cheer most. We ended at Kingston where we cheered in Andrea on the glory leg, before having some well-earned beer.

It's a fantastic weekend that I can't recommend enough. It's an opportunity to run in some of the most scenic places just outside London and be part of a Dulwich team.

I'm looking forward to next year already.

### Ange Norris

Stage 1 Claire Steward 45th 1.56.05  
 Stage 2 Ange Norris 20th 1.13.21  
 Stage 3 Ebe Prill 20th 1.22.43  
 Stage 4 Dylan Wymer 7th 1.21.20  
 Stage 5 Michael Williams 11th 1.34.11  
 Stage 6 Gideon Franklin 29th 1.12.52  
 Stage 7 Martin Morley 45th 1.51.52  
 Stage 8 Tom South 4th 1.05.19  
 Stage 9 Mark Foster 19th 1.19.06  
 Stage 10 Andrea Pickup 20th 1.10.56  
 Stage 11 Louisa Pritchard 31st 1.02.07  
 Stage 12 Michael Williams 6th 1.09.22  
 Stage 13 Ebe Prill 17th 44.36  
 Stage 15 Louisa Pritchard 32nd 1.15.00  
 Stage 16 Tom South (He loved it, don't let him say any different) 9th 1.30.34  
 Stage 17 Dylan Wymer 2nd 1.00.04  
 Stage 18 Gideon Franklin 25th 1.20.42  
 Stage 19 Mark Foster 37th 1.26.08  
 Stage 20 Martin Morley 35th 49.54  
 Stage 21 Claire Steward 39th 1.13.15  
 Stage 22 Andrea Pickup 16th 1.06.05  
 Overall 13th out of 50 teams, 7th mixed team out of 30

On the Saturday I ran Stage 6 from Chipperfield to Saint Albans. I arrived early and found myself viewing the royal wedding in a pub by the village green before doing my warm up, then was taken aback when I was greeted by a ripple of applause from people who thought I had just won the previous stage. Ebe appeared just in time for me to hand over driving responsibilities, then I was off along a nice scenic route. A highlight was a field of cows with calves who were rather bewildered by our procession. The landscape was yellow with buttercups. Unfortunately a group of us got lost about a mile from the end, missing a narrow turning through an estate. This cost me a few minutes and places.

On Sunday I ran from Merstham to Box Hill (Stage 18), mostly along the North Downs Way with stunning views. It was very hilly, including steep downhill sections. At the start I felt that the previous day had taken its toll, but picked it up as I went along, overtaking a number of runners. Near the end two of us missed a turn, again at the cost of a few places and minutes.

Many thanks to Ange for arranging everything with such precision and accommodating all the late changes. I very much enjoyed both days and would recommend this unique running event.

- Gideon Franklin

## Stages 1 and 21

**Claire Steward writes:** I took part in the GBR in 2002, 3 and 4 when it consisted of twenty stages, and five further times when it was revamped into its current 22 stages. This year I put my name forward as a reserve and a few weeks ago was asked to cover two stages that I have never done before.

Stage 1 – bus and train journey to Hampton Court for 08:30 start. Ange and Dylan arrived to collect my bag, sort out some team tee shirts, and cheer me on my way. Fifty teams taking part, and at the whistle we were led 'at a jog' up onto the bridge and ushered across the main road to begin in earnest whereupon nearly everyone raced off into the distance. I was trying to convince myself that it's a fun day out in the sunshine, only 12.7 miles, and I'm not actually completely alone. Navigation was pretty straightforward, it's mostly flat and after a few miles I found myself in the company of a London Front Runner who helpfully had checked out the route and knew exactly where she was going. After nearly two hours on my feet it was a

relief to see the finish by The Swan Hotel at Staines Bridge and after locating my bag, I sat in the sunshine with a coffee while the final finishers crossed the line. Finishing in 45th position out of 50, nearly 41 minutes behind the stage winner did not get us off to a spectacular start but I figured that the rest of the team would ease us up the ranking which indeed they did and we ended the day ninth mixed team, 17th over all.

Stage 21 – I had checked out the travel logistics on Thursday taking a bus from Kingston to Ripley Post Office, right by the stage start, and then walked the course. Pottering along the Wey Navigation path I had a chance to look at the scenery and indulge in a spot of property envy seeing many of the waterside homes. On Sunday I had a minor panic when the bus was not shown on the indicator board, but it finally appeared and I arrived in plenty of time. Once again Ange and Dylan, together with Tom, came to collect my bag and see me on my way. Just 8.4 miles this time, and it was good to have familiarised myself with the course as I ran a lot of it on my own. It was great to be welcomed at the finish

by Ange, Dylan and Tom and to discover that there were ten runners behind me so I hadn't lost too much ground for the team. Indeed, we were 15th after the first stage of the day and then pretty steady hovering between 12th and 14th, and ending the day thirteenth over all, seventh mixed team.

Ange continued her team driving responsibilities getting us to the Hawker Centre to see Andrea complete the Glory Leg, before a beer or two, and after she had attended the team managers' debriefing, the presentations were made. Time to reflect on a couple of great days. It's not everybody's idea of a race – maybe it's not serious enough, there's too much scenic distraction, the stages are random distances, runners do occasionally get lost, the logistics are mind-bending (you did an amazing job Ange!), but it has a lot of fans who have participated numerous times; Martin Morley was wearing his 1997 GBR tee shirt at the finish. I still have six stages that I have not run, can I fit in another three GBRs before I turn 70? Probably a crazy idea.

# Blackheath Harriers Open Bromley

May 21

## 800m heat 2

Clare went top of the UK W50 rankings with a very strong run but found her first fast 800m for a few years a shock to the system!

10th Clare Elms 2:24.89

## 1500m heat 1

Wayne was chasing a sub 4:20 and looked on for it but just struggled in the last 200m but was a very clear second.

According to Power of 10, it's a PB but he has run a much faster equivalent mile.

Jonathan though had his best short run ever and following some 5K PBs, he took 10 seconds off his PB.

Lucy was unlucky in being moved from the slower race (which was won in 4:57) and had a totally solo isolated run.

This was the ultra consistent Lucy's sixth successive run at 5:05 or faster (including one the day before!) but though she paced it well on her own and finished strongly, she frustratingly again missed the sub-5 barrier but at least it was a PB by a very small margin and she will surely break the barrier in the right race shortly.

- **Steve Smythe**

2 Wayne Lashley	4:23.75 (PB)
5 Jonathan Whittaker	4:35.41 (PB)
13 Lucy Elms	5:00.71 (PB)



May 19

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

## Banstead Woods

251 Ran

Pos	Gen		
2	2	Tony Tuohy	18:25
6	6	Paul Devine	19:02

## Beckenham Place

180 Ran

Pos	Gen		
3	3	Alastair Locke	17:45
4	4	Jonathan Whittaker	17:47
86	69	Peter Jackson	26:20

## Brockwell

383 Ran

Pos	Gen		
1	1	Timothy Bowen	16:44
32	31	Justin Siderfin	20:17
90	5	Victoria Read	22:24
212	39	Sharon Erdman	26:38
300	94	Lucy Pickering	29:16

## Burgess

415 Ran

Pos	Gen		
52	52	Hugh Balfour	20:32
396	137	Susan Vernon	37:04

## Catford

224 Ran

Pos	Gen		
3	3	Stephen Davies	17:08
9	9	Ian Lilley	19:07
10	1	Clare Elms	19:24
12	11	Rob Cope	19:47

## Clapham Common

526 Ran

Pos	Gen		
224	180	Ian Sesnan	24:53

## Clair

136 Ran

Pos	Gen		
22	2	Yvette Dore	22:50

## Crane Park

185 Ran

Pos	Gen		
10	10	Lloyd Collier	20:18

## Crystal Palace

324 Ran

Pos	Gen		
2	2	Wayne Lashley	17:17
35	2	Belinda Cottrill	21:59
58	55	Bob Bell	23:02
130	12	Joanne Shelton Pereda	25:41
307	194	Tom Wilson	39:18

## Dartford Heath

115 Ran

Pos	Gen		
7	7	Michael Fullilove	20:36

Dulwich

333 Ran

Pos	Gen		
4	4	Lewis Laylee	16:06
5	5	Edward Chuck	16:16
8	8	Daniel Mann	17:09
18	18	Edward Harper	18:48
54	2	Christina Dimitrov	20:27
75	4	Laura Vincent	21:25
95	89	Graham Laylee	21:57
100	93	Scott Williams	22:03
212	46	Colleen Williams	26:12

## Gladstone

178 Ran

Pos	Gen		
39	7	Becca Schulleri	22:58

## Hilly Fields

240 Ran

Pos	Gen		
28	27	Gary Sullivan	21:22

## Homewood

92 Ran

Pos	Gen		
20	20	Michael Dodds	25:01
22	1	Clare Wyngard	25:32

## Horsham

480 Ran

Pos	Gen		
118	108	Gary Budinger	24:37

## Krakov

211 Ran

Pos	Gen		
1	1	Andy Bond	16:33

## Leicester Victoria

328 Ran

Pos	Gen		
74	8	Marjorie Epon	23:16

## Nonsuch

655 Ran

Pos	Gen		
304	59	Tereza Francova	27:27

## Peckham Rye

269 Ran

Pos	Gen		
8	8	Joe Farrington-Douglas	19:18
32	3	Michelle Lennon	20:51
33	4	Helen Lister	21:01
76	71	Matthew Ladds	23:36
141	25	Emily Warburton-Brown	26:30
205	52	Karina Burrowes	29:37

## Seaton

204 Ran

Pos	Gen		
5	5	Joe Twomey	18:32

## Southwark

338 Ran

Pos	Gen		
184	48	Jaide Hartridge	26:01
188	139	Paul Keating	26:10

## Tooting Common

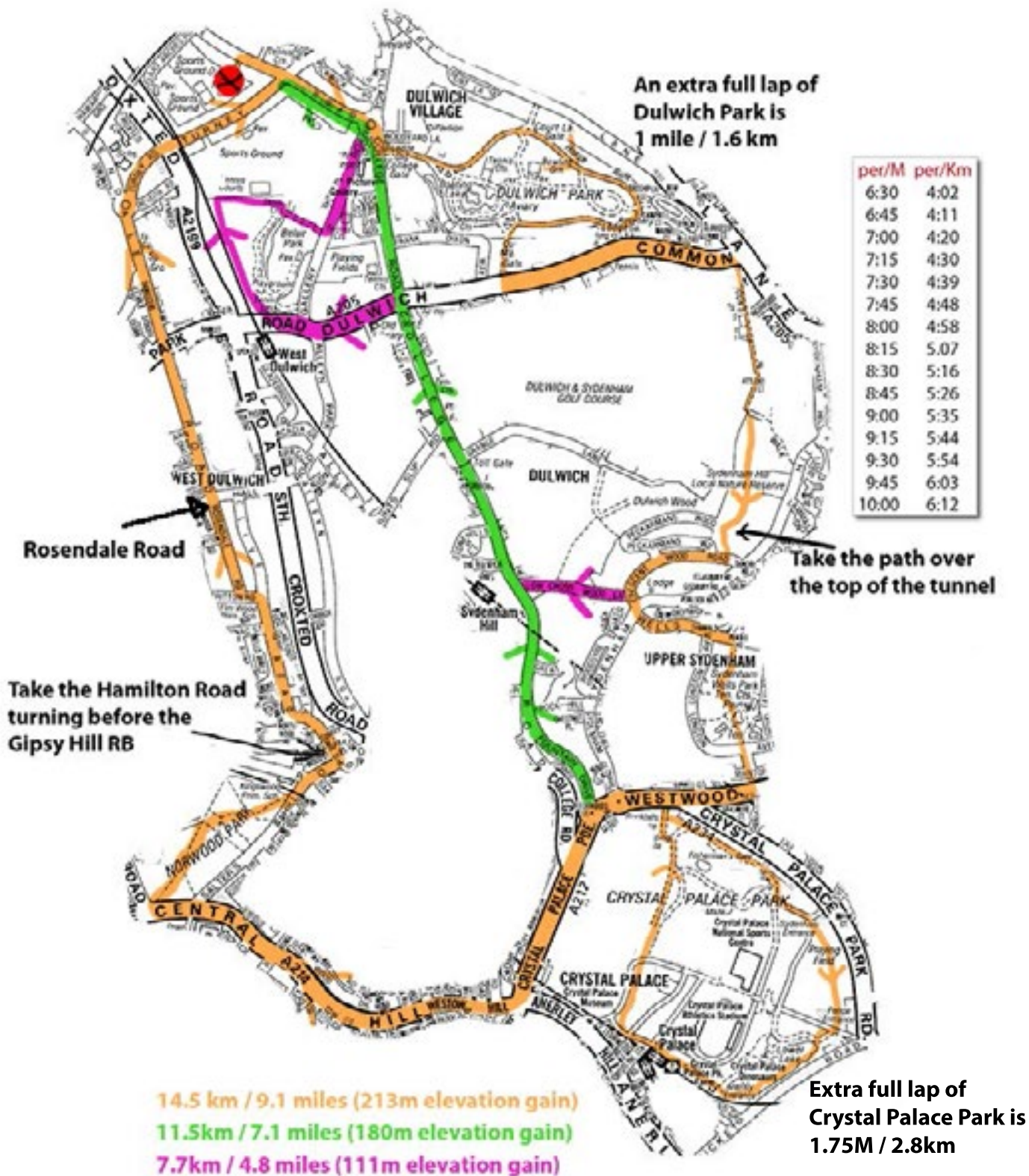
641 Ran

Pos	Gen		
93	91	Cameron Timmis	21:41
94	3	Kim Hainsworth	21:44
110	5	Susan Cooper	22:11

**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 8



We are in the process of redoing and putting the maps onto Strava (you dont need an account to view them)and links can be found here:

<https://www.dulwichrunners.org.uk/wednesday-night-routes>

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