



SHORTS

Dulwich Runners AC

Weekly Newsletter

September 19th 2018

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 19 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD

Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 25 Crystal Palace track - details below

In your SHORTS this week !

- 1 General information
- 2 Fixture list, 2018 & race details
- 3 Race reports and times - Club champs, Masters etc
- 9 Parkrun times
- 11 Club kit
- 12 Social events etc
- 13 Wednesday map + Strava links

And much more !

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

our website: www.dulwichrunners.org.uk

Connect with us:



Like us on Facebook @dulwichrunners

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

A brief look ahead

Sep 30 Middlesex 10k - Club champs, Victoria Pk, Hackney

TRACK SESSIONS

Tuesday training returns to Crystal Palace track.

£2.50 per session - Suitable for all abilities.

At reception say you are with Dulwich Runners, do not pay there, pay Ros trackside, allow time to get down to track.

Warm-up, of drills, strides etc will start around 7pm & main session taken by **Steve Smythe** will start shortly after @ 7.25pm and be in the region of 45 mins.

Thursdays morning sessions

speed/hill work mostly on grass taken by **Steve Smythe**.

Start 11:15 - 11:30 in various local parks.

There is no fee. Suitable for all standards.

steve.smythe@athleticsweekley.com to go on the mailing list

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)

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.

Steve Smythe writes thanks

to those who contributed towards the gift for coaching and the kind words in the card.

Nb while I am short of time due to work commitments I will try and answer any one's training queries or request for schedules but you may need to remind me for updates etc. This year will potentially be my 50th successive cross-country season and 43rd year of doing a marathon so hopefully I have a reasonable amount of experience which I can pass on.

NEW RUNNERS ROTA

Thankyou to those of you that took out new people last week

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota. If you're on the list please try and turn up that night and make sure anybody new has someone to run with.

If you can't make it, please try and either swap with someone or let us know as early in advance as possible.

Thanks. - Ros

volunteers needed

Matt Ladds

19/9

25/9

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

We are in the process of putting the new maps onto Strava (you don't need an account) and links can be found here:

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

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.

Road & other **Cross country** **Club Champs** **Assembly League** **Track**

2018		Race	Venue
Sep	23	Southern 6/4/3 stage road relays	Crystal Palace Park
	30	Middlesex 10k (L)	Victoria Park, Hackney
Oct	13	Surrey League Xc Men	Richmond Park
	13	Surrey League Xc 6k -11am Women	Wimbledon Common
Nov	10	Surrey League Xc Men	(tbc)
	10	Surrey League Xc 6k -1pm Women	Nonsuch Pk, Cheam
	24	South of Thames 5 mile XC (S) (inc. club champs 5M)	(tbc)
Dec	15	South of Thames 7 mile XC	Beckenham Place Park
2019			
Jan	12	Surrey League Xc Men	Mitcham Common
	12	Surrey League Xc 8k -11am Women	Happy Valley, Coulsdon
Feb	9	Surrey League Xc Men	Lloyd Park
	9	Surrey League Xc 8k -1pm Women	Richmond Pk, Kingston end
Mar	10	Vitality Big Half (L)	London

CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like 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

SURREY LEAGUE DISCOUNT CODES

The following discounts are available as part of the Surrey XC league sponsorship package from Start Fitness (these are available to all club members not just Surrey League runners)

30% off www.moremile.co.uk (you will also accrue 10% of the spend on this code to claim products or More Mile gift vouchers) SurreyXC

10% off www.startfitness.co.uk SurreyXCSF10

Big Half - Club Champs 10 March 2019

We don't normally select the programme of club champs races for the next year until late autumn, but this time it is necessary to make an exception. A number of members took part in this year's Big Half and it proved a popular race with good feedback. In view of this and because the Paddock Wood is often close to the London Marathon and is difficult to get to by train, we have chosen the Big Half on 10 March 2019 as our club champs half marathon. This is likely to fill up fast so it's best to enter as soon as possible. - **Mike Mann**
<https://www.thebighalf.co.uk/how-enter/>

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

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.

World Masters Athletics Champs, Malaga, Spain

4-16 September

This covers our races. Wayne and Mike also ran and Gary Budinger was there supporting. **Andy Murray, Ros Tabor.**

The world outdoor championship is held every two years, in 2016 it was in Perth, Australia. This time Malaga in southern Spain was used. The organisers tried to avoid very early morning or late night races and September is still quite hot there, so each day had an afternoon break. This meant that 4 tracks were used, an isolated one at Torremolinos and 3 others in modern suburbs to the west of Malaga's historic centre. The atmosphere was best at Carranque, not the main HQ track but with a grandstand, café and training areas overlooking the races.

Ros was near the top of her age group and had disappointing times at the August BMAF champs and, although a little healthier now, was not too hopeful. Andy had entered distance races with an outside hope of team medals.



8k Cross Country 05.09.18 Torremolinos

Cross country races were held on a 2k lap through an umbrella pine forest, just over the road from the Torremolinos track. As was common during the champs, there was little signage and we had to rely on lines on aerial photos in the athletes' booklet to find the start and changing areas. The start was open, hot and dusty but the lap was in shade, following a white line on ground with no undergrowth but with a few loose stones, rocks and stumps to negotiate. It was on a slope, zigzagging up and down four times per lap.

Ros's race was for w55, 60 and 65's, so a lot of younger runners were around Ros. Eventually it was evident that USA's Sabra Harvey, world age group record holder at middle distances, was in a clear lead of the w65's and that a group of Germans some

way back contained a w65, Goettner. Ros was a little further back with an Irish w65, Kenny, quite close behind. Without a target in sight ahead of her, Ros did well to concentrate on a tough course and hold off the Irish challenger.

W65 3 Ros Tabor 38:40 Bronze medal, (1 34:48, 2 36:40, 4 38:45)

1st scorer in GB's w65 team, which won gold team medal.

Andy's race, for m60's and 65's, was later in the day. Mike Mann started also but pulled out after one lap because of a hamstring injury. Andy found the 4 hills per lap with race pace recovery quite tiring and had little power left for the ups on the last lap.

M65 32 Andy Murray 39:47 (4th of 8 GB m65's, 3 to score for teams)

10k Road 09.09.18 Malaga Stadium/road

To save a lot of stadium time, 10k's this time were held together on the road, with around a thousand taking part. The course was dead flat, out of the stadium along some shorter roads before a main section on half of a seafront dual carriageway heading 3k towards town and then u-turning to return in the other lane. The weather was cool at the start but above 20 and humid by the finish. Andy was short on fitness and slowed in the second half.

M65 34 Andy Murray 50:01 (7th of 9 GB m65's, 3 to score for teams)

800m W65 Carranque Track

2nd Semi-final 10.09.18

Quite a controlled run, with a good finish but the time was some way outside of season's best.

4 Ros Tabor 3:06.52

7th fastest qualifier through to final 12.

Final 11.09.18

The other semi-final featured new GB w65 Alison Bourgeois just pipping USA record holder Sabra Harvey. The final saw Bourgeois take the lead at a fast pace, with Harvey chasing but several meters back. Ros started slowly, initially behind GB Liz Bowers, who had won her semi. Gradually working her way through, Ros passed a group ahead before the final bend and then put in a final effort to move from 5th to fourth in a good time.

4 Ros Tabor 2:57.15 (1 2:44, 2 2:46, 3 2:55)

400m W65 Universidad Track

2nd Semi-final 12.09.18

Ros's race was headed by Caroline Marler, GB's European record holder. Ros followed her and was briefly headed by Moorhouse (AUS) on the back straight but soon fought back to come a clear second to qualify.

2 Ros Tabor 79:66 (7th fastest of 8 through to final)

Final 14.09.18

The final went mainly to form, with a Canadian winning and Ros, not a regular

at this distance, unable to catch any ahead.

8 Ros Tabor 80:11 (7 78:00)



Half Marathon 16.09.18 City of Malaga track/road

The course was twice the 10k route from the previous week. Andy had a stomach upset leading up to the race, leading to low carb intake and an ache on the day. A warm morning in the mid twenties and a few impressive Kenyans to watch. Halfway was reached at a steady jog in around 58 minutes, soon after which Andy and others were delayed coming to the aid of a Mexican woman staggering and falling. The remaining distance was again taken at a steady safe pace.

M65 46 Andy Murray 2:04:11 (9th GB m65 of 9)

1500m w65 16.09.18 City of Malaga track

All 20 runners declared were put through to a single final.

It was clear that the two fastest (GB Bourgeois, US Harvey) would again be contesting gold, so Ros decided to stick in the slightly slower following pack of 4. After two laps Ros went ahead of this pack and slowly increased the gap to finish 3rd in a season's best.

3 Ros Tabor 5:55.79 Bronze Medal (1 5:33, 2 5:38, 4 6:00)

4x 400m Relay w65 16.09.18 City of Malaga track

GB was racing Australia and Germany, these three in the outside lanes with a slower w70 race inside them. Ros ran third leg, over 100m in the lead when she started and maintained speed well with no one around her.

1 GB (Bourgeois, Marler, Tabor, Saunders-Mullins) 5:05.83 (2 5:39).

Gold Team Medal (European record?)

The next major masters championship is the world indoors at Torun, Poland next March.

Beckenham Place parkrun club champs 5k

Saturday 15th September

A nice local venue for the club champs on a nice sunny morning on a nice flat parkrun course. All in all, nice, and the Beckenham volunteer force seemed to take the extra 40-odd Dulwich Runners in their stride. The first shock of the day for me was watching Belinda shoot off the start line at an incredible speed leaving everyone standing. She was being pulled along by Milo the dog; his enthusiasm had Belinda in a virtual sprint for half a mile. He faded after a while but I was soon wishing I had some sort of towing assistance myself.

There were no enormous shocks at the front of the race but some good quality runs from Tim (new M30-34 course record) and Andy, improving his own M40-44 record by a second, but it doesn't count as he's 45 now - and the M45-49 record is even faster so another few seconds to find. Tom showed great

form to PB for parkrun (even faster than Dulwich) and Dan did well to hold off a similarly flying Ian (earning the Captains' Award as the culmination of recent excellent form), Des and Paul with Des on PB-form with easily his best run in a Dulwich vest. Charlie's form isn't bad either and he decisively passed me with half a mile to go to take the M50 battle. I asked my legs for a bit more but they replied, 'sod off you old git', or words to that effect. I did hope for better after a good track 5000m on Thursday but 36 hours obviously wasn't enough recovery time (managed to scrape the M55-59 course record though).

Rob was right there with me, running his best time for 5k, while Clare ran a fair time with the same post-5000m recovery as me, preserving her 100% 1st place record in 141 parkruns. James, Joe, Grant, Matt and Justin all ran excellently towards the top of their form, with Grant in particular running probably his best short distance race. New-to-Dulwich Eugene showed similar quality and Belinda recorded her best parkrun with Milo's canine assistance (I think he was a bit tired near the end though). Ebe's run was solidly to current form, same for Mike, but Hugh's was his best run this

year. Only 20 seconds spanned a great battle between Christina, Becca, Laura and Tereza, all running at or close to top form; Laura's time was a parkrun PB and very close to her road best.

A string of very good running-to current-form followed from Ola, Yvette, Colin, Matt, Cameron, Gideon and Bob, with Yvette the pick of the bunch equalling her Dulwich parkrun PB (and superior to her road best). The same theme continued for Joseph, Eleanor, Graham and Katie but chasing them, and closely followed by Coach Steve testing his injuries, was Jo with her best run for ages, close to her best short-distance form in recent years. Habitual club champs grand-slammer Barrie John also knocked out his best run this year, a minute ahead of Lindsey with her own decent run. Paul ran well, easily his best this year, while Peter remains a little short of his earlier season parkruns. Karina completed our 43-strong contingent with a middling run in her new-mum regime.

All the club champs awards and points are shown with the times in the accompanying table.

Tony Tuohy

Dulwich Runners' times in Beckenham Place parkrun 15.09.18

	Time	Points In Age Category M/F								Age Grade Points	Club Champs Awards
		m s	m40	m50	m60	f s	f40	f50	f60+		
Timothy Bowen	16.11	50								815	1st man
Andy Bond	16.26		50							848	2nd man
Thomas South	17.25		49							804	3rd man
Daniel Mann_	17.38	49								777	1st m40
Ian Lilley	17.42		48							809	Captains' award
Des Crinion	17.44	48								744	
Paul Devine	17.47		47							771	
Charles Lound	17.58			50						827	1st m50
Tony Tuohy	18.02			49						857	Man age graded
Rob Hollands	18.03	47								739	
Clare Elms	18.25							50		938	Overall age graded
James Burrows	18.39	46								725	
Joe Farrington-Douglas	18.42	45								728	
Grant Kennedy	18.55	44								705	
Matthew Cooke	18.58	43								708	
Justin Siderfin	19.16		46							738	
Eugene Cross	19.24	42								684	
Belinda Cottrill	[19.38]										(dog aided)
Ebe Prill	19.46			48						782	
Hugh Balfour	20.06				50					822	1st m60
Michael Fullilove	20.25			47						757	
Christina Dimitrov	20.47					50				712	1st woman
Becca Schulleri	20.55					49				706	2nd woman
Laura Vincent	20.59					48				710	3rd woman
Tereza Francova	21.07					47				702	Woman age graded
Ola Balme	21.23							49		781	1st w50
Yvette Dore	21.26						50			740	1st w40
Colin Frith	21.41				49					743	
Matthew Ladds	21.45	41								600	
Cameron Timmis	21.53		45							659	
Gideon Franklin	21.54			46						706	
Bob Bell	22.00				48					751	
Joseph Brady	22.24			45						669	
Graham Laylee	22.31				47					715	
Eleanor Simmons	22.43					46				668	
Katie Styles	22.47					45				657	
Joanne Shelton Pereda	23.28						49			659	
Stephen Smythe	23.29				46					680	
Barrie John Nicholls	23.41				45					697	
Lindsey Annable	24.40						48			670	
Paul Keating	25.07			44						592	
Peter Jackson	28.05				44					598	
Karina Burrowes	29.38					44				498	
		43	10	6	7	7	7	3	2	0	

Kent AC Club Championship 5000m

Thur 13th September

A guest spot at Kent AC's club championship night of 5000m races has become a prized item these days. Their huge membership ensures a depth of similar ability in each race making good contests as likely as in the most popular graded open meetings and this cool September evening also provided good conditions for fast times with hardly a breath of moving air. My own PB (16:21) dates from this event in 2012 and I've repeatedly run my fastest times of the year here, so was lucky to get a further invite along with the Elms girls (they get invited to anything, I think Buckingham Palace is next).

First of all, Clare had to be careful not to run herself ragged while warming up as she kept belting backwards and forwards across the track infield cheering on Lucy. Lucy's road PB a few months ago of 19:10 gave her an obvious target of going for sub-19 in her debut 5000m. Soon after the start she found herself following like-minded runners who provided perfect pace-making and seven sub-90 second laps later passed 3k in 11:10, five seconds inside level pace for 18:45. This was exciting stuff, with Lucy still looking completely comfortable (mind you, how can you tell? Both her and her mum always look inscrutable when my eyeballs would be hanging out) as she neared the sharp end of the race. At the bell a big PB was assured as Coach Steve informed her that another 90 seconds-or-so might get her inside 18:40. So what does she do? Only sidesteps the runners in front, turns on the afterburners and accelerates like

a train to an amazing 76 second last lap to finish the race in third place and go top 10 in the UK under-20 rankings; and she only recently turned 18. Inspirational stuff for us oldies to follow...

Race D

3 Lucy Elms 18:25.8 debut (PB 5k time), UK U20 10th

This year has been a very decent return to track racing for Clare. She has managed to top the W50 rankings at 800m, 1500m, mile and 3000m despite the fact she soon joins the W55 age group; so record-hunting must be on the cards for next year. Her only previous outing this year at 5000m was securing the Kent senior championship back in May in a very tidy 18:04; alas, by season's end this was spoiling her ranking list by placing her 'only' second to Elspeth Turner's very good 17:56. So the obvious target was to get inside this and she was soon knocking out 84 second laps for the first mile. She had a couple of blips having to round some slowing runners in order to maintain pace behind others but still only drifted slightly to laps in 85 through the middle (3k in 10:38) and latter parts of the race.

This wasn't clockwork though, it was real effort and the penultimate lap was out to 85/86 seconds before she rallied a little for the last to record her best track or road 5k time since her 17:30 from four years ago that ranks at number two on the W50 all-time list. The run has an age grading of over 99% and the Kent officials were suitably enamoured. I quote: 'Anyone watching that saw an elite performance tonight'. Legend indeed.

No legendary stuff was likely from me, but with two 5000s recording sub-17:10 in the last month I was dreaming of getting under 17 again for the first time

since 2015. After snaffling the inside lane at the start I followed Mark Lally of Beckenham RC at the front at what felt like a jog. One lap of this was enough for three Kent AC chaps who sped through with an injection of pace, which I closely followed, passing the first km in 3:27 and continuing the slightly faster speed through a second km in 3:22 (6:49 at 2k, on pace for 17:00). The pace slackened just a tad from here while I stayed in third or fourth place all the while, through 3k in 10:13 and with two laps to go we were still on pace for about 17:03. I was putting in plenty of effort but was having one of those rare (almost non-existent, to be fair) days where everything seemed to go right; I wasn't hanging on, knew I'd be there at the bell and was already gathering myself for the final lap. The leader did speed up for the penultimate lap and three of us nearly came a cropper as the guy in 4th rounded me and cut in too sharply, catching the feet of both me and the bloke in front.

We all staggered but got away with it and as we took the bell there were five of us still in it to win it. I heard Coach Steve hollering that 80 seconds for the last would gain a sub-17. I wasn't really thinking about that as by now I fancied myself to win the race and was itching to go. As we hit the back straight I moved out and kicked like mad to get a good gap, getting as far as the home straight before the standard fear- and lactic-driven panic of the slow-motion finish came upon me - got there though, with a 72 for that last lap, and I haven't run that fast in years. Dunno why really. Answers on a postcard please.

Tony Tuohy

Race C

1 Tony Tuohy 16:52.2 SB UK M55 4th
10 Clare Elms 17:43.6 SB UK W50 1st

Highgate Harriers / City of London Open

12 September

A becalmed setting at Parliament Hill welcomed a few Dulwich Runners for the season bookender. Having been at almost the same venue for a complete mud fest for the National Cross Country Champs in February it was pleasing to have a simpler task of a few laps of the track to negotiate with no worry about losing a shoe.

Becca and Joe were first up in the 1500m. Becca shouldn't have been running this as she had a 400m to follow but because Des was ill she bagged a spare space! Becca had been thinking about a 5:30 time based on her mile performance but with a 400m to follow she took it slightly easier to record 5:38. Joe started off very quickly doing the first 400m in about 72 seconds but then settled into a more sustainable rhythm and went under 5:00 in his first track outing.

I went in the next race having not done a 1500m since June but confident of a PB given some racing spikes and my mile time. I had some good competition with a kid attacking on the final 400m which helped me record a 69s last lap, a 5 second PB and a 20 second improvement on the same race from last year.

After a brief rest Becca was back on the track for a 400m racing with Ola's daughter Katie who was also doing two races in one night. Becca had the unfortunate lane 8 draw but still ran really well to duck under 74 seconds. Next up cross country! Katie Balme ran a great race in just over 62 seconds on her 400m official debut.

I then had to go home to pack for holidays but missed another series of strong performances from both Katie and Tim who chipped a few more seconds off his 5000m PB.

Jonathan Whittaker

1500m Race 1

Joe Farrington-Douglas 4:57.34 debut
Becca Schubidu 5:38.83 debut

1500m Race 2

Jonathan Whittaker 4:26.43 PB

400m Race 4

Katie Balme 62.42 debut
Becca Schubidu 73.85 debut

5000m Race 1 Katie Balme 19:20.24 debut

5000m Race 2 Tim Bowen 15:37.76 PB

Berlin Marathon

16 September

Everything was going well – too well. I had spent two weeks training in Kenya, spent time in Boulder, ran consistently in the last 6 odd weeks, got a new 5k and 10k PB, averaged faster and further on my long runs, tapered nicely and didn't get sick, managed to avoid injury, avoided the temptation of wearing new shoes and eating new gels – perfect. My friend and I got to the hotel on Friday night without a hitch and managed to secure the room until 3pm Sunday, so my airplane neighbour wouldn't have to suffer too much – great. Picked up numbers on Saturday and the whole ordeal only took about an hour, then checked out the walk to the start and happily discovered it was only about a 10minute stroll away – fantastic! Quick check of the weather before going to "sleep" (you never really get a great sleep, do you...) and I see that the temperature has been revised lower – another win, this is all too perfect, leave it to me...

On the morning of the race I felt pretty good, as rested as I could hope and ready to go. At the time it didn't seem a big deal but I ate more than twice what I would normally eat before a race or long run – I cannot tell you why... I get to the starting line and feel a little bloated but hope it will digest with the warm up – this doesn't quite pan out, warm ups are always a little tricky at major marathons. And then it's time to go and for the second mistake – probably the nail in the coffin. I set out "easy" but far too fast: 3:37... Slow down, Shane... 3:32... No, no... 3:30... FFS man... For clarity, this is fully 15s/km too fast – you'd be forgiven for thinking I don't run every day.

I start to get my pace under control and then around the 8k mark the story of my day really comes to the fore. I start getting stomach cramps, the mountain of muesli and bananas start repeating on me and I am fighting a gag reflex (bit graphic, sorry). For the rest of the "run" I fight this feeling and stitches – Steve comes flying by around 15km and I can see he's onto a good thing, at least he is doing the vest justice! As the pre-race target slips away it's quite a struggle to keep going at all but the support and course in Berlin is truly amazing – and I manage to kind of keep it together. The real kicker was that the stitch had become so brutal at the end that I was reduced to a walk under the famous Brandenburg Gate, luckily there were only about 2 million photographers here so maybe there is no evidence...

Plenty of things to learn from and mistakes not to remake! And importantly for the club this will be a Shorts of two halves - Chloe ran an awesome PB and did super well to pick it up in the last 5k and Steve D smashed it again, another super strong performance with meticulous pacing. If you wanna share some insight on that subject, Steve – please do :-)

Shane O'Neill

Goodwood Running Grand Prix

16th September 2018

With Barrie's New York marathon drawing ever closer organised 20 milers have been in short supply so he jumped at the chance to do this one. The event comprised a full marathon, 20 Miler, half marathon, 10k and 5k around the famous Goodwood Motor Circuit. All races started with an out and back section and then entailed running loops of the race circuit. Barrie had 8 laps to run for 20 miler and I had a mere 5 for my chosen distance of the half.

Barrie's race was half an hour before mine so I was able to cheer him as he set off and as he returned to start his 8 laps. Each race was started by STIG who high-fived the runners as they came back onto the main circuit.



Barrie had been worried about the race after so much missed training through long filming hours and illness. In fact his longest run had been a fifteen mile run some weeks before illness had struck. He

therefore decided to run this race as far as he could and then walk if necessary towards the end.

Despite having trained for the half I wasn't looking forward to the race either. I'd run the parkrun the day before feeling totally lacking in energy and short of breath. In fact I reached the 12 mile marker in the race and thought I'd had enough. You may well think that's nothing unusual but the mile markers were in fact in reverse so worryingly I'd hardly started!

Whilst the race felt like a long slog for us both, it did have a number of unique features. The airfield in the middle of the race track gave plenty of distractions as light aircraft took off and landed regularly and at quite close quarters given the small size of the aerodrome. The 5k and 10k also started after our races so the circuit suddenly became busy with new runners or should I say largely walkers! That gave some consolation that you were progressing faster than some of the competitors of the shorter distances.

The race marshals did their best to keep us going rattling tambourines and handing out water and energy gels on each lap. They had also placed a couple of loud speakers blasting out dance music on the first half of the track which broke up the monotony.

I passed Barrie on my first and fifth laps so was able to give him some much needed encouragement. He felt okay until about 6 laps in but then slowed dramatically. Apparently he was asked by a couple of people if he was okay! However he did top his age category so was pleased to have done that. I pretty much struggled all the way and had to grit my teeth and get around at a slow plod. The temptation to drop out was really strong particularly as it was so easy to do so.

After I finished I watched the other runners finish as I waited for Barrie. Chris Evans was running the half and finished just short of two and three-

quarter hours. I also had seen his fellow presenter Vassos Alexander on the course who was running the marathon at a pretty swift pace. Chatting to one of the marathoners afterwards she had measured the course as long at 26.6 miles which felt rather hard on participants of the full race but must have meant similar for other distances.



Afterwards we pretty much had the race track grounds to ourselves and had lunch sat on the terrace of 'race control' for the regular Motor races under bright blue skies. We decided a long drive back to London was far too much for Barrie's shot legs to cope with so we headed for the coast to overnight. That proved to be an excellent decision as we were blessed with beautiful sunshine for a recuperative stroll by the sea and swim in the hotel pool the next day.

Not a race we would rush back to but a novel experience and one that has given Barrie a bit of a confidence boost that at least he could get around New York.

20 miles

Barrie John Nicholls 4:19:23

Half marathon

Lindsey Annable 2:06:33

2018 Club Championships - Marathon

Notified performances in time order

	category	marathon	time	age graded points	temporary position points only age group points								
					ms	m40	m50	m60	fs	f40	f50	f60	
Tim Bowen	m s	London 22 Apr	2.33.02	806	50								
Stephen Davies	m40	Berlin 16 Sep	2.38.48	849		50							
Ed Chuck	m s	Eastbourne 13 May	2.41.43	760	49								
Shane O'Neill	m s	Boston 16 Apr	2.45.55	741	48								
Oliver Cooper	m s	Gt Manc 8 Apr	2.52.47	712	47								
Charles Lound	m50	London 22 Apr	2.53.16	792			50						
Tom South	m40	Brighton 15 Apr	2.56.57	725		49							
Marta Miaskiewicz	f s	Berlin 16 Sep	2.58.23	763					50				
Grzegorz Galezia	m40	Brighton 15 Apr	3.00.26	747		48							
Steve Rolfe	m s	Boston 16 Apr	3.06.51	658	46								
Rob Hollands	m s	London 22 Apr	3.07.52	658	45								
Daniel Mann	m s	Paris 8 Apr	3.08.26	667	44								
Des Crinion	m s	Gt Manc 8 Apr	3.09.05	651	43								
Helen Lister	f s	London 22 Apr	3.10.36	714					49				
Paul Collyer	m40	London 22 Apr	3.09.05	705		47							
Chloe Green	f s	Berlin 16 Sep	3.11.22	708					48				
Steve Smythe	m60	London 22 Apr	3.16.39	764				50					
Kristen Stephenson	f s	London 22 Apr	3.18.50	681					47				
Jonathan Whittaker	m s	Brighton 15 Apr	3.24.58	610	42								
Tess Bright	f s	London 22 Apr	3.26.33	656					46				
Stephen Pinkster	m s	London 22 Apr	3.33.04	587	41								
Emily Gelder	f40	London 22 Apr	3.33.07	670						50			
Tereza Francova	f s	London 22 Apr	3.33.56	636					45				
Matt Cooke	m s	Barcelona 18 Mar	3.36.04	576	40								
Lucy Pickering	f50	London 22 Apr	3.36.16	730							50		
Gower Tan	m40	Paris 8 Apr	3.36.49	622		46							
Christina Dimitrov	f s	Edinburgh 26 May	3.38.00	623					44				
Ellie Balfe	f s	London 22 Apr	3.39.51	621					43				
Eleanor Simmons	f40	Paris 8 Apr	3.40.34	633						49			
Yvette Dore	f40	London 22 Apr	3.41.25	656						48			
Adam Taylor	m40	Brighton 15 Apr	3.41.36	584		45							
Caroline Maynes	f s	Paris 8 Apr	3.42.00	619					42				
Michelle Lennon	f50	London 22 Apr	3.44.31	694							49		
Gideon Franklin	m50	London 22 Apr	3.44.57	638			49						
Russell Morgan	ms	Paris 8 Apr	3.48.11	545	39								
Clare Cummings	f s	London 22 Apr	3.50.47	587					41				
Laura Vincent	f s	Paris 8 Apr	3.53.49	584					40				
Hugh Balfour	m60	London 22 Apr	3.54.55	658				49					
Teresa Northey	f40	London 22 Apr	4.1.169	597						47			
Vicky Gashe	f40	Brighton 15 Apr	4.03.29	573						46			
Hannah Harvest	f s	Vienna 22 Apr	4.14.48	532					39				
Becca Schulleri	f s	London 22 Apr	4.23.28	514					38				
Annie Hackett	f s	London 22 Apr	4.26.10	509					37				
Claire Barnard	f s	London 22 Apr	4.34.14	494					36				
Claire Steward	f60	London 22 Apr	4.51.48	660								50	
Emily Warburton-Brown	f s	Berlin 16 Sep	4.59.40	455					35				
Gemma Sampson	f s	Brighton 15 Apr	4.59.40	2 nd claim									
					46	12	6	2	2	16	5	2	1

NB Certified marathons throughout the year can count, so the above points are subject to change



Sep 15th

Beckenham Place

235 Ran

Pos	Gen		
1	1	Timothy Bowen	16:11
2	2	Andy Bond	16:26
5	5	Thomas South	17:25
6	6	Danie Mann	17:38
7	7	Ian Lilley	17:42
8	8	Des Crinion	17:44
9	9	Paul Devine	17:47
10	10	Charles Lound	17:58
11	11	Tony Tuohy	18:02
12	12	Rob Hollands	18:03
13	1	Clare Elms	18:25
14	13	James Burrows	18:39
15	14	Joe Farrington-Douglas	18:42
16	15	Grant Kennedy	18:55
18	17	Matthew Cooke	18:58
19	18	Justin Siderfin	19:16
20	19	Eugene Cross	19:24
22	2	Belinda Cottrill	19:38
24	22	Ebe Prill	19:46
25	23	Hugh Balfour	20:06
28	26	Michael Fullilove	20:25
31	3	Christina Dimitrov	20:47
33	5	Becca Schulleri	20:55
35	6	Laura Vincent	20:59
36	7	Tereza Francova	21:07
39	8	Ola Balme	21:23
40	9	Yvette Dore	21:26
45	36	Colin Frith	21:41
47	38	Matthew Ladds	21:45
48	39	Cameron Timmis	21:53
49	40	Gideon Franklin	21:54
51	42	Bob Bell	22:00
55	46	Joseph Brady	22:24
56	47	Graham Laylee	22:31
61	10	Eleanor Simmons	22:43
63	11	Katie Styles	22:47
78	14	Joanne Shelton Pereda	23:28
79	65	Stephen Smythe	23:29
84	69	Barrie John Nicholls	23:41
103	23	Lindsey Annable	24:40
110	86	Paul Keating	25:07
156	113	Peter Jackson	28:05
184	60	Karina Burrowes	29:38

Brockwell

350 Ran

Pos	Gen		
12	12	Tom Shakhli	19:46
33	32	Jonny Hough	20:55

Burgess

407 Ran

Pos	Gen		
25	25	Tom Wilson	19:29
27	1	Rosalind Johnson	19:32

Catford

182 Ran

Pos	Gen		
35	31	Edward Smyth	22:43
54	46	Gary Sullivan	25:04

Dulwich

340 Ran

Pos	Gen		
42	41	Chris Cooper	20:37
332	121	Susan Vernon	37:39

Fell Foot , Newby Bridge

232 Ran

Pos	Gen		
169	54	Sharon Erdman	32:21

Highbury Fields

289 Ran

Pos	Gen		
19	17	Paul Collyer	19:54

Nant Y Pandy

86 Ran

Pos	Gen		
85	46	Chris Vernon	57:25

Peckham Rye

244 Ran

Pos	Gen		
16	15	Rob Cope	20:18
19	18	Oliver Bottle	20:41
31	2	Emma Ibell	21:26
130	30	Michelle Key	26:44

Perth

289 Ran

Pos	Gen		
1	1	Edward Chuck	15:37

Riddlesdown

178 Ran

Pos	Gen		
17	3	Ange Norris	20:56

Western Springs

143 Ran

Pos	Gen		
60	54	Nick Bell	26:57

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.

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
 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 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



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



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

SOCIAL SPOT

P
O
T

Upcoming events.

Watch this space !



Instagram

Dulwich Runners are on Instagram....So if you would like to photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, or Jonathan Whittaker who will take care of it!

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

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

Algarve Running Challenge

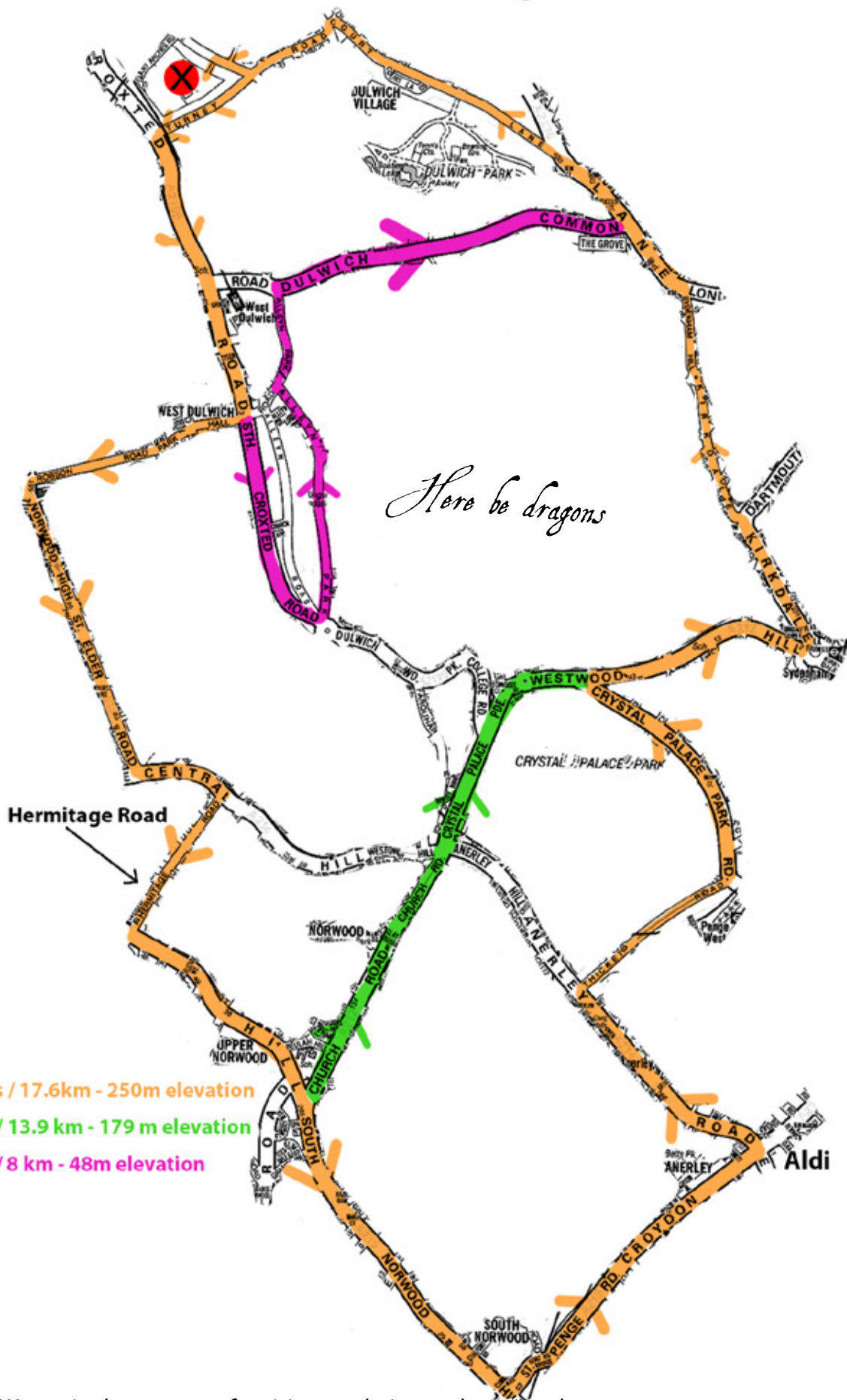
7-11 NOVEMBER

For those of you interested in some warm weather training and racing this autumn, this year's Algarve Running Challenge takes place between 7-11 November. Accommodation and races are in Monte Gordo at the eastern end of the Algarve in Portugal and it is organized by Track & Field Tours.

Mike Mann

Dulwich Runners Winter Map 1

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 revising, updating and putting the maps onto Strava. There are some new routes. You don't need an account to view them and links can be found here:

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