



# SHORTS

Dulwich Runners AC

Weekly Newsletter

September 26h 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 26 Club Night, Edward Alleyn Club

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

### Sun 30 Middlesex 10k - Club champs, Victoria Pk, Hackney

### Tue 3 Crystal Palace track - details below

Like us on Facebook @dulwichrunners

## In your SHORTS this week !

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- 2 Fixture list, 2018 & race details
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*And much more !*

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

Connect with us:



## 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.

Newcomers should wait in reception area to be escorted to the track

## 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

## 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.

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

*A brief look ahead*

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

## NEW RUNNERS ROTA

Thankyou to **Mike Mann, Ange Norris and Eugene Cross** for taking 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

<b>Matt Ladds</b>	<b>25/9</b>
Alastaire Locke	2/10
Charlie Lound	9/10
Mike Mann	16/10

## 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 2018/19 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	30	Middlesex 10k (L)	Victoria Park, Hackney
Oct	13	Surrey League Xc Men	Richmond Park
	13	Surrey League Xc 6k -11am Women	Wimbledon Common
	20	Surrey Masters Cross Country Champs	Richmond Park
	20	SEAA Cross Country Relays,	Wormwood Scrubs
	27	BMAF Cross Country Relays	Long Eaton
Nov	3	Priory Relays	Reigate
	10	Surrey League Xc Men	Nork Park, Banstead
	10	Surrey League Xc 6k -1pm Women	Nonsuch Pk, Cheam
	17	London Champs	Parliament Hill Fields
	24	South of Thames 5 mile XC (S) (incorp. club champs 5M)	Morden Park
Dec	1	Kent Masters Cross Country Champs	Dartford
	8	SEAA Masters Champs	Horspath, Oxford
	15	South of Thames 7 mile XC	Beckenham Place Park
<b>2019</b>			
Jan	5	Surrey County Champs	Denbies Vineyard, Dorking
	5	Kent County Champs	Brands Hatch
	12	Surrey League Xc Men	Mitcham Common
	12	Surrey League Xc 8k -11am Women	Happy Valley, Coulsdon
	19	Vets AC Champs	Wimbledon Common
	26	South of England Champs	Parliament Hill Fields
Feb	9	Surrey League Xc Men	Lloyd Park
	9	Surrey League Xc 8k -1pm Women	Richmond Pk, Kingston end
	23	England National Cross Country Champs	Harewood House, Leeds
Mar	10	Virginity 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](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)

## 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](http://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](http://www.startfitness.co.uk) SurreyXCSF10

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

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

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

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

## 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/>

### I have an entry for the Cabbage Patch 10 10th October.

If anyone would like to have it for free I'm happy to try and transfer the entry over to them. Regretfully a case of Pneumonia and Pleurisy which required an operation and a long stay in hospital earlier this year has meant I can hardly jog a mile or two at the moment so running 10 miles is definitely unrealistic.

Let me know if you are interested.

My contact email is [neville@dulwich.co.uk](mailto:neville@dulwich.co.uk)

Thanks - Neville Webb



### Surrey League

We compete in the Surrey League and this is the club's main priority. There are 4 fixtures during the season starting on 13 October. Further details on times, location etc. will be posted by your captains nearer the time. Details on Surrey League fixtures can be found in Shorts and on the website. Please keep these dates free if at all possible. Our men currently compete in Division 2, but with good turnouts and performances from our strongest runners, we have a chance of promotion to Division 1.

### Distance

The men's Surrey League races are around 8km, while the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, ranging from around 8km in the autumn to 12km and over for the men later in the season, but normally not more than 8k for the women.

### Scoring

In the Surrey League, first 5 women for the club and first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible. ***Cross country races are not elite and are suitable for runners of all abilities***, and in the men's Surrey League there is now a B team competition where the second 10 runners score. These races are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance, from which you will reap benefits over a wide range of races.

### Surrey League entry

For the men's Surrey League, it would be helpful if all those intending to take part could inform their captains to enable as many as possible online entries to be made in advance. For the women's Surrey League, runners have to be entered in advance. The women's captains will contact everyone for availability. It is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

### Other Races

In addition to the Surrey League there are a number of other cross country races, almost all of which take place on Saturdays. For those who are keen, it is possible to find a race on most Saturdays during the season. Races include the county champs (including Masters), London Champs, 2 South of Thames races, South of England and National champs. There are also a number of other races for Masters. See the fixture list in Shorts and on the website.

### Which races to go for

There are cross country races on most Saturdays from early October until late February. Our main priority is the 4 Surrey League races, but other important events include the BMAF Masters Relays and the SEAA Masters champs. In addition we hold the Ken Crooke cross country champs which includes the Surrey League races and 2 other races, probably the South of Thames 7 mile race in December and the South of England champs in late January, so these are races to prioritise from an individual point of view.

Other races can be regarded as medium

priority, but you are encouraged to compete for your eligible county in the Surrey and Kent county champs and Masters champs. This year we are hosting the South of Thames 7 mile race and the South of England is back at its usual venue at Parliament Hill Fields. We would like a good entry in both these events. There are a number of other races which are not high priority, but are nice to do. These include the London Champs, SEAA relays and the Reigate Relays.

### Entry for other races

For virtually all races other than the Surrey League, your captains must submit entries in advance, some times more than a month in advance. Details will be posted in Shorts and by email, asking those interested to put their names forward in advance of a deadline, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

### Footwear

You can often get away with road or trail shoes in early season races, but as the ground becomes heavier from late autumn onwards, cross country spikes or fell shoes become necessary.

### Contacts

For further information please contact your captains at:  
[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)  
 or [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Forthcoming Cross Country Relays

The BMAF Masters cross country relays are taking place earlier than usual on 27 October at its now regular venue of Long Eaton. This is one of our high priority events which the club has targeted and has had success in winning medals in recent years. We would like to enter some strong men's and women's teams, so please contact your captains before 10 October if you are available to take part.

Hot on the heels of last weekend's road relays, the SEAA cross country relays are scheduled for 20 October at Wormwood Scrubs. The women run 3 stages of 3km and the men 4 stages of 5km. If there is sufficient interest, we will enter teams. **Please contact your captains before 3 October.**

Mike Mann

## Surrey Masters Cross Country

These championships will be held at the usual venue of scenic Richmond Park, with autumn colours and rutting stags. All those eligible by county of qualification and age are encouraged to take part. Women and M60+ run 6km and M40 and 50s 9km.

**Please contact your captains by 10 October** if you would like to be entered. Unlike previous years, there are no entries on the day.

If you require any further information about any of these or other Xc races in Shorts then contact your respective captains: Men: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)  
 Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

# Race Reports & Results

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

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

## South of England Road Relays Crystal Palace

Sun 23rd September

### Men 5.8k (3.6 miles), women 4.8k (3.0 miles)

After Bedford two years ago and Crystal Palace last year the SEAA chose to keep us at the Palace again this time; the classic course at Aldershot is now drifting to a distant memory. Distances were once again well under the advertised; after convoluted course problems last year, the women got an improved straightforward two laps totalling 4.8k. The men got the same with a daft little 500m detour each lap that went down into, around and then back up from a car park - a pointless extra bit that only created congestion and marshalling problems.

Nevertheless, the organisation was at least thought to be improved on last year and the course provided a test at least as stern, or perhaps even more so, compared to good old Aldershot. Dulwich managed to match last year by fielding an excellent eight teams but unfortunately could not grab any of the hardware on this occasion. Our M60s had a good shot at equalling last year's bronze but finished a commendable 4th while serial medallists the W40s slipped back to 6th this time.

#### M60 4x 5.8k (3.6 miles)

Relays stalwart Nick was back with his usual reliable run, fastest of the team and an excellent 7th fastest of the race. Bob was well up to his recent good form and Hugh ran a blinder too putting the team in third. Coach Steve took over for the glory leg but is currently a long way from his normal self with back and leg issues; unable to race normally he could only watch as he was dropped to 4th with a mile to go. Difficult to put up with, but reiterates how hard it is to put together fully-fit veteran teams that can challenge

for medals.

#### 4th Dulwich Runners M60 1:42:04

Nick Brown 24:11  
Bob Bell 26:02  
Hugh Balfour 24:25  
Steve Smythe 27:24

#### Previous M60 record

2017 (Crystal Palace, hilly 5.05k): 3rd 1:26:00 (Brown 20:50, Williams 21:03, Laylee 22:17, Mann 21:50)

#### M50 4x 5.8k (3.6 miles)

The M50s won silver two years ago but too much quality opposition put us 9th this time. We front-loaded the team and were in the medals for two legs; I kicked off with a fair run (better than last week's Beckenham parkrun anyway) that came in 3rd and proved to be 8th fastest of the day. Charlie ran solidly too and kept us in 3rd but despite Ebe and Mark running good efforts true to current form we inevitably had to slide back. We fielded a 'B' team too and welcomed back Colin once again for his first race outing this year; somehow he managed to improve on last year's pace despite the longer and harder course. He was backed by Andy (trying to shake off his exertions in Malaga) and Mike (still well below par with injuries), while Gary ran a bit of a stormer, perhaps his best run this year.

#### 9th Dulwich Runners M50 'A' 1:30:18

Tony Tuohy 20:56  
Charlie Lound 21:43  
Ebe Prill 23:43  
Mark Foster 23:55

#### 20th Dulwich Runners M50 'B' 1:47:20

Colin Bailey-Wood 23:27  
Andy Murray 27:31  
Gary Budinger 27:43  
Mike Mann 28:28

#### Previous M50 overall record

2017 (Crystal Palace, hilly 5.05k): 7th Dulwich A 1:16:08 (Tuohy 17:44, Lound 18:41, Sullivan 18:15, Smythe 20:28). 14th Dulwich B 1:26:16 (Bailey-Wood 20:38, Budinger 23:37, Loizou 21:14, Hussey 20:47)  
2016 (Bedford, flat 3.61 miles): 2nd 1:30:40 (Smythe 23:00, Tuohy 20:40, Lee

21:14, Laylee 25:46) (Aldershot, hilly 3.8 miles):

2015: 7th 1:32:15 (Prill 22:48, Tuohy 21:23, Smythe 25:10, Beaver 22:54)

2014: 6th 1:30:17 (Smythe 24:13, Tuohy 21:08, Beaver 22:11, Prill 22:45)

2013: 5th Dulwich A 1:28:22 (Prill 22:41, Beaver 21:27, Loizou 23:15, Tuohy

20:59). 10th Dulwich B 1:35:45 (Greer 23:19, Smythe 24:30, Sullivan 24:10, Webb 23:46)

2012: 2nd 1:29:50 (Tuohy 20:58, Greer 22:51. Brown 23:01, Bailey-Wood 23:00):

B 15th 1:39:53 (Smythe 24:02, Webb 24:47, Murray 25:52, Mann 25:12)

2011: 13th 1:37:37 (Williams 22:54, Smythe 23:17, Oclereigh 26:20, Mann 25:06)

2010: 6th 1:31:36 (Smythe 22:04, Loizou 22:00, Mann 23:20, Murray 24:12)

2009: 5th 1:30:19 (Smythe 22:16, Brown 22:11, Williams, 22:41, Mann 23:11)

2008: 5th 1:30:35 (Smythe 21:36, Brown 22:41, Williams, 22:19, Murray 23:59)

#### M40 4x 5.8k (3.6 miles)

The M40s nabbed our best ever position of 5th last year but that was always going to be difficult to repeat with the likes of Andy Bond poached for the senior team and Steve Davies absent with his superb marathon just too recent. Dan is not long in the 40+ ranks and got us off to a typically quality start, followed by still-improving Tom with a really strong run that brought the team through to a high of 5th. Ian's run was also well up to his recent kick in form, only losing one place, and very lightly-raced Rob stepped in to round off the team, doing well to keep us in the top ten.

#### 10th Dulwich Runners M40 1:25:24

Daniel Mann 20:15  
Tom South 20:37  
Ian Lilley 21:01  
Rob Cope 23:29

#### Previous M40 overall record

2017 (Crystal Palace, hilly 5.05k): 5th 1:09:07 (Bond 16:44, Davies 16:46, Shephard 17:30, South 18:07) (Aldershot, hilly 3.8 miles):

2015: 8th 85:52 (Davies 21:23, Lilley

21:48, Collier 21:26, Lound 21:15)

2014: 15th 90:33 (Lound 21:43, Davies



22:27, Lilley 22:08, Hodge 24:15)  
 2011: 11th 90:24 (Lound 21:41, Hussey 22:30, Tuohy 20:53, Hodge 25:20)  
 2010: 14th 89:55: (Tuohy 21:20, Lound 21:34, Butler 24:25, Hussey 22:36)  
 2009: 15th 89:12: (Lound 21:25, Tuohy 21:13, Bailey-Wood 22:27, Murray 24:07)  
 2007: 11th 86:58: (Smythe 21:47, Agyei 20:19, Loizou 22:15, Williams 22:37)  
 2006: 10th 86:20: (Agyei 20:04, Loizou 21:17, Bailey-Wood 23:36, Brown 21:23, B: Mann 22:42, Ocleirigh 23:56, Brady 24:05)

### Senior men 6x 5.8k (3.6 miles)

With the club currently having a more than decent selection of senior men available (and corralling M40 Andy into the team) the long-shot aim was to emulate two years ago when we managed to qualify for the National Relays. We had our best quality team for years but even so our chances were slim - but possible. The Dublin Dynamo has had a couple of reversals lately on the track to new serial club record-breaker Ed Chuck but here ran an absolute belter of a first leg at 16:04 pace for 5k, plus the extra half mile and including two 500m hills and the two short ones - super strong running. But just as impressive Lewis, and then Ed, ran the next legs not much slower. Ed was only seven seconds down on Tim and thought he'd suffered on the second lap after going off too fast, but he brought us through to an amazing 19th place. However, this team were front-loaded too and drifting down the pecking order was now inevitable.

Even so, Andy turned in his own very fast run dropping only two places, but Jack's excellent effort, at his best form, finally saw the team succumb to the quality they were up against as we dropped to 30th. Wayne took over for the final leg, untrained lately for this sort of thing, got himself round as best he could, got over the line... and didn't hear the beep of the chip. Why? Because Wayne 'Comedy Gold' Lashley is the gift that keeps on giving... he'd forgotten to put the damn thing on. By now, qualifying for the National was not on the cards anyway, but the team being DQ'd as incomplete had the poor bloke distraught so any abusive commentary is stopping right here. Some open goals are just too wide. By the way, all donations to the crowdfunding site I've set up to pay for Wayne's 24-hour chaperone/carer will be gratefully received.

We even managed to get a B team out

with chaps who fancied the run; first man off Rob is in the form of his life and was easily the fastest of the team. James, Matt and Ed Simmons all had good solid runs with the team being completed by Joseph and Graham - both well out of age group...

Dulwich Runners SM 'A' 1:36:08 (last leg not inc.) Tim Bowen 18:33 Lewis Laylee 18:51 Ed Chuck 18:40 Andy Bond 19:11 Jack Ramm 20:52 Wayne Lashley ????

76th Dulwich Runners SM 'B' 2:21:18

Rob Hollands 21:13  
 James Burrows 22:10  
 Matt Cooke 22:22  
 Ed Simmons 23:16  
 Joseph Brady 28:31  
 Graham Laylee 23:43 (?) (27:00?)

### Previous senior overall record

2017 (Crystal Palace, hilly 5.05k): 76th 1:53:28 (Mann 17:00, O'Neill 16:33, Whittaker 17:59, Cotter 19:23, Prill 20:15, Brady 22:19)

2016 (Bedford, flat 3.61 miles): 31st 2:00:27 (L Laylee 19:42, Bowen 19:04, Locke 20:21, Devine 20:46, Davies 20:32, Lashley 20:02) (Aldershot, hilly 3.8 miles): 2015: 53rd 2:12:04 (Lashley 20:58, Bowen 20:45, Lacey, 21:35, Rook, 22:51, Burrows 23:18, Hollands 22:37)

2014: 72nd 2:22:28 (Devine 21:23, Locke 21:24, Harrison 21:46, Godber 25:38, De Belder 25:26, Smyth 26:51)

2012: 46th 2:08:53 (Shephard 21:26, Hill 21:30, Locke 22:24, Fairhall 20:13, Lound 21:51, Lashley 21:29)

2009: 61st 2:09:45 (Buzz 20:17, Tom M 21:23, Tony 22:13, Jose 23:47, Rob W 20:57, Ian F 21:08)

The Dulwich W40s have been our most consistent team in this event with multiple medal-winning exploits but this time had to settle for an unaccustomed 6th place. Clare was nursing a cold but pushed it hard to get ahead of long-time rival and ex-international Lucy Elliott, both W50s and finishing the leg with eventual 2nd and 3rd best times of the day; Clare's time was just 10 seconds short of the day's fastest. Andrea has only been able to train erratically this year with little racing but ran well to form, and so too did Emma and Ola but this time we were over two minutes short of the medals. Leading the B team was a superb run from Lucy P, not far short of her PB 5k pace on such a tough course. Following her, there wasn't much to complain about good performances from Lucy C, Yvette and Ros, all at or

above current form.

### 6th Dulwich Runners W40 'A' 1:19:20

Clare Elms 17:48  
 Andrea Pickup 19:44  
 Emma Ibell 20:31  
 Ola Balme 21:16

### 10th Dulwich Runners W40 'B' 1:25:37

Lucy Pickering 20:29  
 Lucy Clapp 21:40  
 Yvette Dore 21:11  
 Ros Tabor 22:15

### Past W40 record

2017 (Crystal Palace, hilly 3.75k): 4th Dulwich A 59:48 (Gelder 14:51, Pickup 14:45, Norris 14:31, Lennon 15:40). 10th Dulwich B 1:04:26 (Ibell 15:33, Pickering 15:53, Clapp 16:10, Shelton-Pereda 16:50 2016 Bedford, flat 2.85 miles: 5th 1:16:32 (Elms 16:45, Norris 18:38, Clapp 21:10, Pickering 19:59)

Aldershot:

(2015: 2nd 59:03: EG 14:28, AP 14:56, CE 14:30, NR 15:09)

(2014: 4th 61:28: NR 14:55, OB 15:26, RT 16:55, CE 14:15)

(2013: 3rd 60:20: CE 14:03, OB 15:24, NR 15:19, CO 15:34)

(2012: 2nd 59:42: CE 13:21, AP 14:58, OB 15:04, RT 16:19)

(2010: 2nd 59:44: CE 13:14, AP 14:52, RT 16:35, OB 15:03)

(2009: 3rd 61:07: CE 13:22, OB 15:15, AN 16:18, RT 16:12)

(2007: no tm: CE 13:24)

The club's fastest runners in the ladies' teams have tended in recent years to be 40-plus, but the senior team got a rare one over their older colleagues here by finishing with a nine second advantage. Roz Johnson has had to deal with some illness this year with inevitable inconsistent training but was by far our fastest; her run on the hilly course was easily at a faster pace than her 5k PB from last year. The rest of the team were much more closely matched; Kim's best times are pre-parenthood but she's inched back well with plenty of parkruns and was no slouch here.

Chloe ran a superb 3:11 PB at the Berlin marathon just the week before and yet was hardly hanging around on surely still-tired legs with another excellent run. Laura is currently on her own top form and closed the team with another speedy run.

PS - 18-years-old Lucy Elms was retained by her other club Blackheath for their senior team and helped them to 20th

place by showing her recent PB-level form with a superb 18:18. Just 30 seconds down on mum...

### 27th Dulwich Runners SW 1:19:11

Roz Johnson 18:37  
Kim Hainsworth 20:15  
Chloe Green 19:34  
Laura Vincent 20:43

### Past SW record

2017 (Crystal Palace, hilly 3.75k): 44th 1:01:05 (L Elms 14:07, Balfe 15:01, Vincent 16:18, Balme 15:39)  
2016 Bedford, flat 2.85 miles: 27th 1:15:27 (Hainsworth 19:05, Gelder 18:17, Lister 19:27, Pickup 19:08)

### Aldershot:

(2015: 37th 62:55: ME 14:34, KH 14:53, KC 17:04, SB 16:24)  
(2014: 37th 62:38: ME 14:30, KC 16:09, HL 15:51, SC 16:08)  
(2013: 40th 62:49: ChW 14:25, ML 17:37, KC 16:04, ME 14:43)  
(2012: 23rd 59:32: ChW 13:57, KH 15:18, ME 15:26, EG 14:51)  
(2010: 29th 63:09: ChW 14:21, KH 16:03, CT 16:11, SC 16:34)  
(2009: 27th 62:45: CL 15:12, LT 15:14, ChW 15:41, KB 16:38)

(2007: 24th 62:37: OB 15:02, TGL 15:46, NR 15:31, KB 16:18)  
(2005: 43rd 69:41: LP 15:52, KB 16:05, AO 16:34, OB 21:10 (extra loop)  
(2002: 8th 57:02: RB 15:22, AF 13:15, MP 12:55, RT 15:30)  
**Tony Tuohy**

**Steve Smythe** adds a good turn out though perhaps we should have had more women for such a local race. Clare confirmed her position as the club's most successful ever relay runner but there were many other encouraging runs in all the teams.

A better course exists there at the Palace but whether a return there will happen is debatable - the officials don't like it which meant a severe officials shortage which caused some recording and supervision problems (runners starting early etc) and many teams complained about the time to get there from further afield.

While it is now clear, Graham should have got the A team berth after his two previous excellent championship relay runs, in the end I was lucky to be able to run and make it 12 years in a row in the Championships but it was not how it was envisaged 12 months ago when it looked like we could have a squad including

Gary, Chris, Steve Williams, Neville and a fit me challenging those who did run for places. Had just one of those five been fit and run we would have medalled easily which we should have done because the standard (and depth apart from the first very good two) was not the same quality when compared to all the other events there. Next year?

My first road relay at Crystal Palace dates back to 1972 and 46 years later, I finally got to race/hobble around the car park - albeit at about half the pace I ran at as a fit teenager.

While we did go home empty handed, It was great that we had teams in all 6 senior events and we have never been battling for a spot in the top 20 in a senior men's race of such quality at such a late stage in the race, and all the team are getting fitter and will do better and we have others who can challenge for places too.

### Reminder:

Tuesday track training has recommenced - the more - of all abilities - we can get to train hard together then the more everyone will improve. It helps if there is someone of a similar ability working hard alongside you.

## Surrey Hills Ultra 60km

A beautiful trail race along the Greensand Way from Haslemere via the Surrey Hills to Denbies vineyard in Dorking.. in biblical conditions.

A fast start at Haslemere with 60 other ultra runners found me in 4th place after the first hill, as some guys tore off at a hell of a pace. I reined it back in by deciding not to follow, but was still a bit quicker than what I planned to run. The first section around the Devil's Punchbowl is slow going with steep hills so I didn't want to burn my matches too soon.

12km in I passed a runner ahead who wasn't 100% sure of the route. I'd run a couple of recce's during the summer, so was confident in which way to go across the maze of footpaths on the Greensand Way. There were arrow markers at regular intervals, but sometimes it wasn't completely clear

and the last thing I wanted was the seed of doubt that I had gone off-course somewhere..

After I passed him, I was on my own without a soul around, so just pressed on wondering how far ahead the other guys were. Arriving at the 3rd feed station 35km in, I was told I was the first ultra runner through; the guys that were ahead must have taken a wrong turn somewhere and I had overtaken them.

The rest of my race was spent in growing fear & paranoia of being chased by the ex-leaders, so I just put the hammer down and buried myself for the last half. I didn't get caught and ended up finishing several minutes ahead of 2nd place. Very chuffed with the result, as I beat last years winning time by nearly 40 minutes. All those long summer runs and course recce had paid off!

1 Michael Williams

5h:48m:08

# Berlin Marathon Reflections

## Preamble (or even ramble)

It has been well over a week since I completed the Berlin Marathon. Most of you will be aware that I had a very good day at the office and I was very pleased with how the race panned out.

Obviously, I was delighted to achieve a 3 minute improvement to my previous PB at London in April (under the baking sun) to earn a time of 2:38:48 seconds as I sprinted under the Brandenburg gate towards the finish line. Many will have seen my race splits on the website and also on Strava (and in mentioning Strava, I have never been close to receiving so many Kudos hits - almost 100).

Going into the race I honestly did not know how I would do; okay, I had completed a very positive training schedule and I had PB'd quite surprisingly in July at the Soar Mile and was only a second off my Parkrun PB at Dulwich 3 weeks before the event. However, a week before the marathon I had caught a cold and as a consequence I decided to take it easier with my training during the taper; I still ran every day but was more selective on what I did - less volume but some intensity.

There is also something of the unknown with marathons. You can do all the training, have a great string of PBs, prepare perfectly. However, sometimes things just don't go well on the day and it's possible not to achieve what the training and efforts duly deserve. In this regard the marathon can be a brutal and unforgiving event.

## The Course

### My take on the course:-

- Course profile: broadly pancake flat, with long straight and wide avenues to get into a reasonable running stride and follow that blue line heading into the distance. I found that KM 41 was a bit twisty as you were approaching the street towards the Brandenburg Gate. My Garmin GPS went a little out of sync there such that my Strava stats show that I'd slowed down to 6:30 min/mile pace when I had not!

- Water stations: broadly every 5K, with water dispensed in plastic cups (not as good as London). At London, water stations are every mile (after mile 3) and you get small bottles which are easier to pick up and run with. (It takes some time getting use to picking up plastic cups and drinking from them).

- Support/crowds: broadly excellent although quiet in a few places (perhaps due to the earlier start) - not as boisterous as London which in April was 'wall-to-wall' support along the route.

- The route takes you through interesting historic sites through the City and finishes just past the iconic Brandenburg Gate, which you run through with 300m to go to the finish line.

- The start for Wave 1 (there are 3 start waves) is at 9.15am (broadly an hour

earlier than London and also you have the 1 hour time difference too, so chances are it will be cool at the start of the race).

Overall, I would definitely recommend it as a PB course and it is faster than London (which can be congested, is quite twisty and the second half I find is harder than the first half with more inclines and the headwind heading west during the last 5 miles).

### How did it go?

In the lead up to the marathon my training had proceeded nicely. I had put in 6 solid 20 milers and in terms of volume I ran my first 100 mile week in training. There had been no injury problems. As mentioned above, I had a cold in the 2 weeks leading up to the race (which may be a blessing in disguise as it prevented me from perhaps overdoing it). I was at least rested and had a proper taper.

My hope for this race was to achieve a sub 2:40. (With marathons I set myself a series of targets - A - Sub 2:40; B - sub 2:42 PB; C - Sub 2:45; D -Sub 2:50; E Sub 3 hours etc, to keep myself focused if things don't go well on the day and at least I have something to aim for to get to the finish line).

In terms of the day itself, no problems getting to the start - chilly but clear blue skies. Berlin has an ultra efficient metro system. I was placed in start block A (out of blocks A - H) so only a few rows behind the elites and had plenty of space to get into my stride after the start gun went off. I managed my pacing reasonably well. I carefully monitor my heart rate (as well as pace) to make sure I'm not overreaching in the early stages. I was able to control my heart rate such that it remained within the low 150's through much of the marathon, only increasing to the mid 160's in my attempt at a sprint to the finish line at the very end of the race.

Overall, I was able to keep consistent pacing around 3:44 min/km and ran with a group for much of the race. The race itself was all a bit of a blur - I don't recall doing much site-seeing as such - the limited parts of the course I remember were passing the German Parliament building, running along the main avenue near the Berlin Zoo at 35K next to my hotel thinking that if I stopped now and jumped over the fences I'd soon get back to my hotel room to rest up, but I carried on. I also, of course, remember the finish. There were numerous bands along the route, pumping out an array of music as well as cheer leaders and dancers.

Of course, I do recall seeing Shane at the 15km marker who unfortunately mentioned he was not feeling great (with stomach problems).

As I mentioned above the marathon can be such an unfair event - an element of luck is required.

I was able to run with a group for much of the race who were targeting around sub 2:38 and I went half way at just under 1:19. By 25-35Km I was feeling reasonably strong and pushed on - by this time I was overtaking runners who were suffering as it was becoming warmer. This continued

through to the end, although, my slowest 5K split was at 35k - 40k where I had slowed down to 3:54 min/mile. By then my legs were tiring and I was getting to the stage I was close to home but still had 4 miles (over a parkrun) to run. Past the 40k mark and I sense that the finish line was not too far off so I was able to get back to my 3:45 min/km stride picking up the pace as I headed through the Brandenburg gate, managing a sub 3.25 min/km 'sprint' to the line.

So all done in 2:38:48 - 268th (23rd in age category)..

## Reflections

### My reflections of the race were:-

- 1) I was happy with how I paced it and monitored heart rate.

- 2) I slowed down during 35K-40K. Why? I think I need to work on what I need to do to keep a consistent pace.

- 3) I have never ran a negative split in a marathon, which is often regarded as the ideal way to pace the event - Paula Radcliffe did this at London when she ran the current standing world record which none of the current crop of female elite runners can get close to. Also, Eliud Kipchoge ran a negative split during his world record run during the race and that was with the last 17km's running a solo time trial. (1:01:06/1:00:34....half splits Incredible!). So, my learning is if I want to get better at the marathon further work is required on pacing strategy.

- 4) I relied on my Garmin GPS for pacing and this was not accurate - very early on I sensed it was a few seconds per KM off with my watch bleeping each 1km lap before the KM markers - at KM 22 it was a over a minute out of sync so I reset the lap button. I was not going fast enough to achieve sub 6 min miling (which was my intention).

- 5) It was pleasing that fellow Dulwich Runners Marta and Chloe achieved excellent PBs. Marta joined the sub 3 club with an excellently paced even half marathon split run. Chloe ran a great well paced PB and narrowly missed out on her sub 3:10 target. Shane ran a good race by most people's standards - a sub 2:50 is a great time. However, I know he was disappointed, did not get the time that he was hoping for and what his talent and training deserved. That said, he stuck at it to finish and I think the experience will bode well for the next one. Globetrotter Mark Callaghan, who I met at the expo the day before the race, ran a steady paced 'training' run after returning from illness to finish sub 3:30. Mark is now in Chicago preparing for the marathon there in less than 2 weeks time.

- 6) Also what a race to be part of with history made by Eliud Kipchoge....2:01:39...

### What's next?

No coach (I think) or coaching manual would recommend this but I'm planning to run the New York Marathon (Nov 4th) and Tokyo Marathon (March 3rd, 2019). My plans at this stage are to run New York at a gentler pace (wave to the spectators, high 5 the kids etc), enjoy the atmosphere and pick up the medal.

**Steve Davies**

### Race 5K splits below:-

split	time of day	time	diff	min/km	km/h
<b>5 km</b>	09:33:54	00:18:37	18:37	03:44	16.13
<b>10 km</b>	09:52:38	00:37:20	18:44	03:45	16.02
<b>15 km</b>	10:11:24	00:56:07	18:47	03:46	15.98
<b>20 km</b>	10:30:09	01:14:52	18:46	03:46	15.99
<b>Half</b>	10:34:13	01:18:55	04:04	03:42	16.24
<b>25 km</b>	10:48:51	01:33:34	14:39	03:46	15.99
<b>30 km</b>	11:07:33	01:52:16	18:42	03:45	16.04
<b>35 km</b>	11:26:27	02:11:09	18:54	03:47	15.87
<b>40 km</b>	11:45:55	02:30:38	19:29	03:54	15.41
<b>Finish</b>	11:54:05	02:38:48	08:10	03:44	16.14



# World Masters Athletic Champs, Malaga

4-16 September

My experience in these championships was even more mixed than usual, starting with a dnf but ending on something of a high note. The cross country, 6k in distance for my age category, took place on a warm breezy morning with dust flying about on the edge of Torremolinos and fortunately well outside the touristy part of the town. We had been warned that the course was quite challenging and so it proved, with some short sharp climbs and a few treacherous descents, mostly on stony ground, not ideal when carrying an injury. Having warmed up (slowly with my tendonitis problem), I decided to try the course out for a lap and take it from there. Feeling uncomfortable and limping, and well behind my normal pace and my usual adversaries, I cut my losses after the first lap.

After the cross country there was a break of almost a week in my race programme, so we headed off to Ronda, which at almost 800m in altitude was much cooler and fresher than Malaga. There is a gorge of over 100m bisecting the town which is connected by a deep bridge, from which there are fine views of the gorge and valley below. The valley below the town is great walking country and also excellent for running, though somewhat tricky for me as I had been advised to avoid hills. Nevertheless I did manage a couple of shortish runs, with my training runs totalling not much more than 10 miles over the whole trip. There were also some scenic walks in the mountains outside the town up to 1200m, with griffon vultures circling overhead.

Returning to Malaga a week later the weather had changed from hot and dry to more unsettled with stifling humidity, measured at 98% for my 5000m race in the evening (and it wasn't much better than this for Andy's 10k a few days earlier). Once again I had no great expectations of finishing, but I wanted to make the start line to avoid possible disqualification from the 1500m a few days later, as this distance was likely to be my best bet in my current state. Drenched after one lap, I ended up pouring water over my

head alternative laps, and my leg felt quite uncomfortable at times, but having managed 2000m I decided to persevere. This was my first 5000m of the season, but my road times earlier in the summer were some 45 secs faster. How much my slow time was due to the conditions and how much to my state of fitness I'm not entirely sure. All my 5000m races in European and World Masters champs have been held in less than ideal conditions, with Ljubljana in 2008 hot, Lyon in 2016 exceptionally hot, Aarhus in 2017 wet and windy and this one horribly muggy. I hope to find a 5000m race in good conditions one of these days.

The weather had improved somewhat by the end of the week, with slightly cooler and less humid conditions, helped by the fact that both my 1500m heats and final were scheduled for early morning. Not being able to warm up at race speed, I took the first lap of my heat fairly cautiously, saving my fastest lap until the last. Qualifying through heats can always be something of a lottery, particularly as I was drawn in the first one and only 2 qualified automatically from each heat plus the next 10 fastest. Fortunately the third and final heat was pedestrian in pace with only one qualifying outside the first two, so I made the final easily.

Before the final the next day, I was able to warm up at a faster pace, and outside rather than the indoor track in pleasant sunny conditions. It would have been less pleasant for the half marathon runners, including Andy, as the sun quickly became quite strong by 10am. I felt I had something to prove at least to myself, wanting to achieve a respectable time and not worry about my position, so I started at a decent pace at the back of a largish bunch for the early part of the race. I don't have an accurate record of my splits but I'm pretty sure I ran the whole race at around 90 second lap time. In the end I was reasonably satisfied with my performance which was over 10 secs faster than my heat, a season's best by just under a second, and markedly faster than all my outdoor times back home, which I guess is how it should be. Hobbling around for the rest of the day was something I could put up with. **Mike Mann**

6k cross country dnf  
5000m 22:01.96 13th  
1500m heat 5:55.59  
1500m final 5:45.06 12th





## Brockwell

317 Ran			
Pos	Gen		
41	40	Jonny Hough	21:29
60	4	Anna Thomas	21:58
142	22	Sharon Erdman	25:57
187	146	Alex Haylett	27:56

## Beckenham

205 Ran			
Pos	Gen		
32	31	Joseph Brady	22:19
42	41	Stephen Smythe	22:58

## Burgess

404 Ran			
Pos	Gen		
210	38	Michelle Key	25:42
401	256	Chris Vernon	47:54
404	147	Susan Vernon	51:09

## Bushy

1227 Ran			
Pos	Gen		
11	10	Paul Devine	18:06

## Cannon Hill

643 Ran			
Pos	Gen		
162	12	Susan Cooper	23:48

## Dulwich

364 Ran			
Pos	Gen		
23	1	Hayley Seddon	19:16
70	5	Victoria Read	21:17
113	103	John English	22:42
152	137	Hugh French	24:26
348	231	Mick Mead	35:11

## Gladstone

199 Ran			
Pos	Gen		
27	4	Becca Schulleri	21:33

## Gunnersbury

479 Ran			
Pos	Gen		
161	140	Andy Murray	24:46
162	22	Ros Tabor	24:46

## Highbury Fields

381 Ran			
Pos	Gen		
29	28	Paul Collyer	19:56

## Hilly Fields

290 Ran			
Pos	Gen		
27	27	Ian Lilley	21:22

## Horsham

500 Ran			
Pos	Gen		
2	2	Edward Harper	17:22

## Mile End

316 Ran			
Pos	Gen		
224	170	Peter Jackson	28:33

## Peckham Rye

300 Ran			
Pos	Gen		
34	3	Michelle Lennon	21:26
39	35	Gideon Franklin	21:41

## Riddlesdown

153 Ran			
Pos	Gen		
1	1	Dylan Wymer	16:24
27	2	Ange Norris	21:46

## Sale Water

217 Ran			
Pos	Gen		
1	1	Edward Chuck	16:47

## South Norwood

138 Ran			
Pos	Gen		
1	1	Andy Bond	17:37
10	1	Belinda Cottrill	19:59
35	33	Bob Bell	22:41
56	8	Carys Morgan	25:05
96	73	Tom Wilson	28:59

## Wormwood Scrubs

128 Ran			
Pos	Gen		
54	47	Barrie John Nicholls	24:39
57	9	Lindsey Annable	24:54

**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 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 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



# SHORTS!

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



Most kit is usually available  
Wednesdays at the club from Ros  
[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

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](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



# 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](mailto: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](mailto:ola.balme@btinternet.com)

[www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)

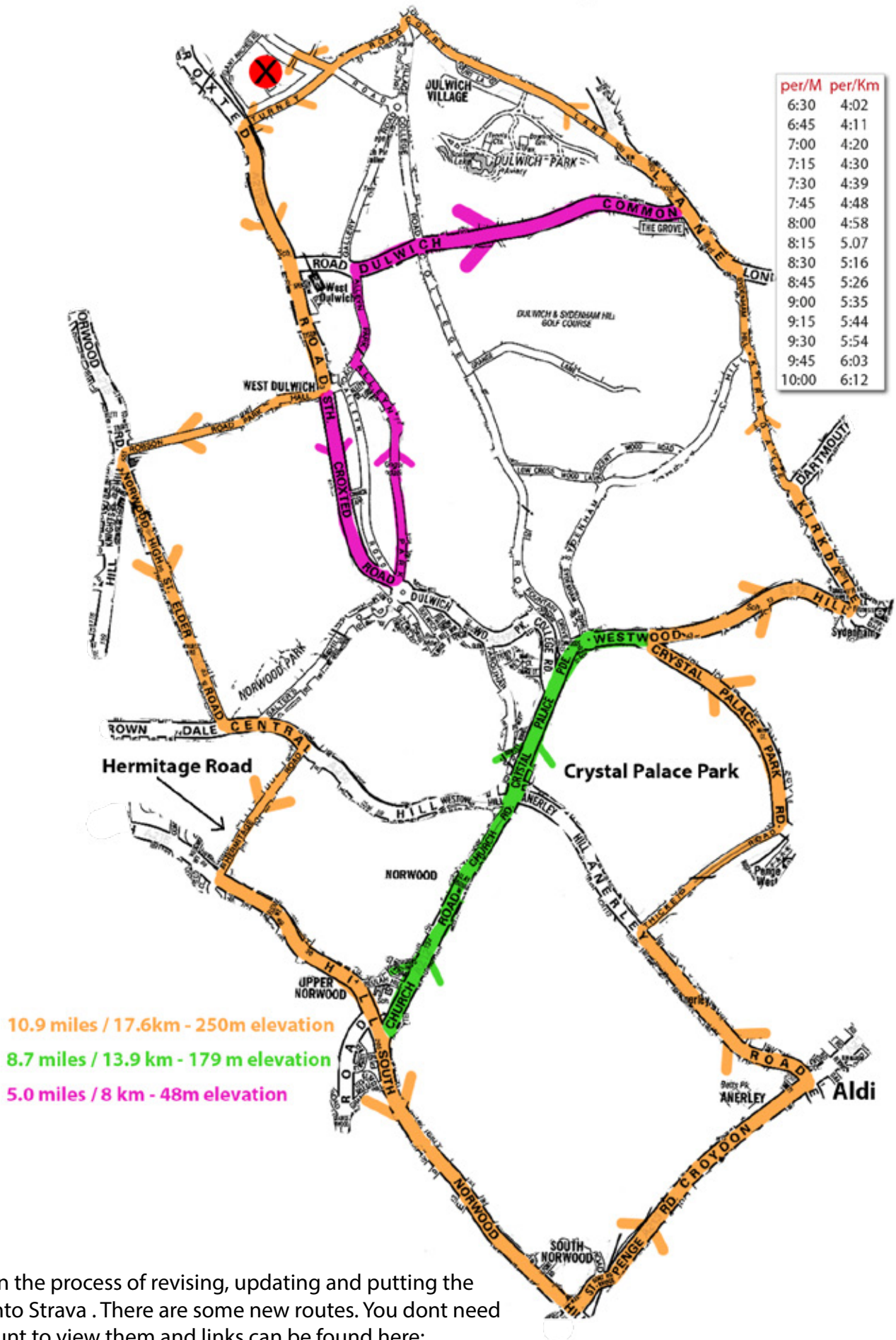
## Algarve Running Challenge

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



We are in the process of revising, updating and putting the maps onto Strava . There are some new routes. You dont need an account to view them and links can be found here:

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