



SHORTS

Dulwich Runners AC

Weekly Newsletter

April 10th 2019

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

Sun 14 Thames towpath 10 - club champs

Tue 16 Crystal Palace track

Like us on Facebook @dulwichrunners

Connect with us:



In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 4 Marathon schedule and upcoming races etc
- 5 Race reports and times -
- 7 Club kit
- 8 Social events etc
- 9 parkrun times
- 10 Wednesday map + Strava links

And much more !

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

our website: www.dulwichrunners.org.uk

DULWICH RUNNERS AC 2019/20 MEMBERSHIP RENEWALS NOW DUE

To run in any race at all as a Dulwich Runner or count in the Club championships then you must be a fully paid up member.

If your membership card/ details had expiry March 31 2019 on it then you will have received via email your renewal details for 2019/20.

Please do not post the form back, you can email it back with any changes etc, this will save on postage costs, paper etc

Preferred payment method is by Direct Bank Transfer and

the details are in the email.

You can also pay with cash at the club any Wednesday evening or any training session.

Please do not pay by cheque if at all possible.

If your current membership details have 2020 on them then this does not apply to you and you should not have received any renewal request.

If you have any queries about your membership then please contact me ASAP.

Thankyou to those of you that have already renewed
Barry Graham (Membership secretary)

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 drills from 7.10pm taken by Elkie Mace, main session taken by Steve Smythe starts 7.25pm and last 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@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)

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

A brief look ahead

Apr 14 Thames towpath 10 - Club champs

Apr 28 London Marathon - Club champs

May 2 Assembly League Victoria Park - 7.30pm start

NEW RUNNERS ROTA

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 asap. - Thanks. - Ros

Mike Mann	10/4
Andy Murray	17/4
Barrie John Nicholls	24/4

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.

Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. Copies will be at the clubhouse, but feel free to print your own and 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.

All maps also on Strava (you don't need an account)

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

DULWICH RUNNERS 2019 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**

2019		Race	Venue
Apr	10	Highgate Harriers Open	Parliament Hill
	14	Thames Towpath 10 long	Chiswick, London
	28	London Marathon (or alt.) long	London
	29	Blackheath and Bromley Open fixture	Norman Park, Bromley
May	2	Assembly League - Victoria Park - 7.30pm start	Hackney
	18	BMAF road relays- Sutton Park	Birmingham
	27	BUPA 10k	The Mall, London
Jun	3	Blackheath and Bromley Open fixture	Norman Park, Bromley
	6	Assembly League	t.b.c
	10	Sri Chinmoy 5k short	Battersea Park
	12	DinoDash Relay	Crystal Palace Park
	16	Eltham Park 5 short	Eltham
	17	Blackheath and Bromley Open fixture	Norman Park, Bromley
	26	Dulwich Runners MIDSUMMER RELAY	Dulwich Park
Jul	4	Assembly League	t.b.c
	14	date tbc Sevenoaks Seven long	Sevenoaks, Kent
	22	Blackheath and Bromley Open fixture	Norman Park, Bromley
	26	date tbc SOAR Mile short	t.b.c
Aug	1	Assembly League - Victoria Park	Hackney
	12	Blackheath and Bromley Open fixture	Norman Park, Bromley
	29	Assembly League - Beckenham Place Park	Beckenham
Sep	21	SEAA road relays	t.b.c
	28	England Masters cross country Inter-Area Challenge	t.b.c
Oct	12	Surrey League cross country (men)	t.b.c
	26	BMAF XC Relays	Long Eaton
Nov	3	Regents Park 10k short	Regents Park, London
	9	Surrey League cross country (men)	t.b.c
	16	British & Irish Masters cross country,	Southport
2020			
Jan	4	County cross country champs	t.b.c
	11	Surrey League cross country (men)	t.b.c
	25	South of England cross country champs	t.b.c
Feb	8	Surrey League cross country (men)	t.b.c
	22	England cross country champs,	Nottingham
Mar	21	England area 12 and 6 stage relays	t.b.c
Apr	4	National 12 and 6 stage relays	Sutton Park

Surrey League dates and venues to be confirmed

If you require information about any races in Shorts, how to enter etc then contact your respective captains:
 Men Xc: mcmann90@yahoo.co.uk Men road: ebepri11@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

2019 Club Championships

Here are the club championship races for 2019
 Four long and five short with two dates to be confirmed.
 To complete and qualify for the champs you must run at least 5 events, including at least one from each distance category.

16 Feb	Dulwich parkrun	short
10 March	Big Half	long
14 April	Thames Towpath 10	long
28 April	London Marathon (or alt.)	long
10 June	Sri Chinmoy 5k	short
16 June	Eltham Park 5	short
14 July tbc	Sevenoaks Seven	long
26 July tbc	SOAR Mile	short
3 Nov	Regent's Park 10k	short

REVISED CLUB CHAMPS RULES

A few changes have been made to the club championships rules which can be found here in full https://static1.squarespace.com/static/5a427faa8c56a85fe95229f9/t/5ca73e7f419202c6a737d0f1/1554464383624/DR_CLUB_CHAMPIONSHIP_RULES_2019_v0.2.pdf. The changes and include the following:

- separate men's and women's captains awards for some events depending on turnout and performances (para 1.3)
- changes to club vest rules to include events other than the marathon where charity places are available (para 1.6)
- new rule on running with dogs (para 1.7)
- new rule on number swapping (para 1.8)
- separate men's and women's captains awards for cross country championships (para 2.3)

Please make sure that you are familiar with these changes.

Thames Towpath 10

This is a reminder that in order to qualify for club championship points for the Thames Towpath 10, you must renew your membership beforehand. You should also make sure that you wear your club vest unless you have a charity place. Anyone who has entered and planning to hand over their number to another runner must consult the race organiser as well as their captains in advance.

Assembly League

A series of races from 3 to 3.5 miles on road or paths within parks and take place on or close to the first Thursday evening of the summer months against 12 other clubs.

These are extremely popular and all members are welcome and encouraged to participate whatever your standard or ability. They are free to enter, no pre-entry or registration needed, all you need to do is have a club vest, turn up and run.

All details in main fixture list and any further information will be here in Shorts as and when it becomes available.

MIDSUMMER RELAY 26 JUNE

Put the date in you diary now.

This event is the major fundraiser for the club so you all need to support it by either running or helping on the day.

Please promote it and encourage entries from your friends, family and work colleagues.

There is also a 1 mile fun run for children.

Details and entry form are on the website.

Ros



DULWICH RUNNERS A.C. SUMMER RELAYS AT DULWICH PARK



26.JUNE.2019

3 x approx. 1 mile lap

Entry forms and race details from
www.dulwichrunners.org.uk
or 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

Scan with
camera on
phone/device...
visit our site



 @dulwichrunners



Vitality 10k - Mon. 27th May

The club has 6 places for both men and women. If you would like to be considered for one of them, let your captains know asap. Entries are now open so we want to allocate the club places, leaving time for others to enter before the race fills up. See Ange, Ola, Ebe or Mike at the track on Tuesday or at the club on Wednesday, or email.

Masters Events - major events coming up

If we were to focus on one Masters event, most would probably choose the BMAF relays at Sutton Park May 18, with such a large percentage of good vets, we could do very well.

The club pays the fee and travel. We have previously medalled in the W35s, W45s, W55s and the M55s and should also have our best ever teams (on paper) in the M35, M45 and M65 but we need a far better show and turn out than we get in most events. Please put the date in your diary.

A full list of Masters events and a write up with pics of some DR Masters can be found here:

<https://www.dulwichrunners.org.uk/masters/>

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

Marathon Schedule

Here is my suggestion for a marathon schedule though those not targetting a 26-miler can follow a similar schedule but just do a lot less on the Sunday run.

Any one after extra miles can put in extra morning runs or before and after speedwork.

The key to a good marathon is a good long run and consistency but not getting injured.

Everyone is different but to me it means not doing too much on the road or running too fast on training runs on a regular basis and saving the real fast runs for the speedwork.

Wed Apr 10	60 mins for London marathoners - 30 for Brighton
Thur Apr 11	45 mins with 10 mins steady, middle 30 mins just inside mar. pace, last 5 mins faster - 20 mins for Brighton with strides
Fri Apr 12	easy 30 mins or rest - 20 mins for Brighton
Sat Apr 13	parkrun or rest
Sun Apr 14	Thames Towpath 10 or Brighton Marathon or 16 miles with 3 miles at marathon pac

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



Weekend 18th & 19th May

A relay around London that starts in Hampton Court on Saturday morning and finishes about 6 p.m. at Kingston on Sunday.

220 miles - 11 runners to a team and each runner must run once each day. (Varying distances and degrees of difficulty.) Takes in some beautiful countryside, mainly off road, footpaths and towpaths. <http://www.greenbeltrelay.org.uk/index.htm>

We have one team entered and looking for more runners. If we have too many people we will try and get a second team. Contact Ange - any Wednesday at the club or email dulwichladiescaptain@gmail.com 1st come, 1st served.

NB. Vets - It clashes with the BMAF relays in Birmingham on the Saturday.

Suggested future long run weekends	
Sun Apr 14	Brighton Mar. or Thames Towpath 10
Sun Apr 21	12M easy if doing London
Sun Apr 28	London Marathon

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.

Manchester Marathon 2019

Like taking your driving test, trying for a marathon p.b. is (due to the inherent risk that it will end in disappointment) something it is better to tell people about after it has happened. It therefore speaks to the friendliness of this club that I lost count of the number of people I lied to through my teeth about not running a spring marathon. Sorry about that.

Having come within seven minutes of a sub three hour marathon at Abingdon last October, training over the winter had gone well. Then, drunk on optimism one evening in January, I did what I had said I wouldn't do in 2019 and signed up for another road marathon in the hope of finally running under three hours.

I previously ran the Manchester marathon in 2017, just before I joined the club. This was after the fiasco where the race was 380 metres short for a couple of years, and the other debacle where it took people between three hours and five days to get their bags back at the end. Despite these notable failings, I have found always found it a well organised and well supported race with a fast and flat course.

With good results at a local 10k and the Big Half suggesting that I should be on

form for a decent time, I made the trip north full nerves.

My race plan was simple: stick with the three hour pacer until 35km and then see if I could put some distance between us before the finish. Needless to say this went straight out of the window when said pacer started in the wave before me and promptly disappearing into the distance. Three minutes later my start wave set off.

The first 10k was nervy. The pace I was aiming for felt suicidal and I couldn't hit any kind of rhythm. This all-pervading sense of unease continued throughout the entire first half as I flipped between worrying that I had either gone off too fast, or that I had started too slowly. Going through half way at 1.28.00 didn't help assuage these nerves at all.

Some small relief arrived a couple of miles down the road when I caught up with the three hour pacer. Based on the crowd of runners surrounding him I thought it safe to assume that he was on pace and that, barring a disaster, I had some time in the bank. I shared a "fellow southerner" nod of recognition with a guy in a Clapham Chasers vest and we settled in amongst the group for the next few miles. He clearly had borrowed my race plan as at the 35km mark we both moved ahead of the group and started the long slog towards the finish.

The finish of the Manchester marathon is

at the end of a mile long straight designed, presumably, to maximise the views for spectators and the suffering of anyone actually running it. As my watch ticked through 2.53 and then 2.54, the finish line refused to get any closer regardless of how hard I tried to push my exhausted body.

Then, almost suddenly, I was over the line. The overriding sense of relief was swiftly replaced by an overriding feeling of nausea as I stumbled my way to the finish area, glad to have finally got the three hour monkey off my back. It would only be later that I realised I had taken over nine minutes off my personal best and only dropped 31 seconds between the first and second halves making it the best paced race I have ever run.

I had intentionally booked a late train back in case I either a) needed some time to recover or, b) could spend some time exploring Manchester. Fortunately it was the latter and a favourable breeze blew me and a number of other runners into a local tap room. The combination of locally brewed beer, not drinking (much) since February and the previous 26.2 miles was a potent one and I would like to apologise for all those on the 16.55 to Euston who put up with my snoring.

Ed Harper

Chip time: 2.56.31
10k: 41.40
HM: 1.28.00
30k: 2.05.10

Lots of races....

Having recently recovered from the Tokyo marathon, I was tempted with a series of races over the past week: 3 races in 4 days.

The previous Friday I had completed the Serpentine LFOTM and the Saturday before that Dulwich Parkrun; both satisfactory sub 17 performances. So it was now 3 further races in 4 days.

First up was the Assembly League at my local park in Beckenham. The organisers do this for free and in their spare time, so full gratification, appreciation and kudos there as always. As an aside, I read an article about the Barkley Marathons recently, which took place last week, and it occurred to me the general feel of the AL series has some similarities to this much larger/more gruelling event in the US. (Perhaps a post for another time).

The route and race was all fine - off road trail, similar to the South of Thames course ran earlier in the year. I ran steady enough; although not listed on Power of 10, I may have achieved an unofficial 5k Pb at 13:25 (approx), or perhaps the course was a tad short to the 5k distance published on the AL Facebook page.

As us runners are all in it together the accuracy of the course should not be a point of frustration unless those competing were getting ready for a sprint finish up the hill towards the mansion only to see the finish funnel on the grass near the South West Gate of the park. (That did not both me; I was glad to see the finish). Nevermind, onto the next one.

Rest day on Friday.

On Saturday I had an application for the VP Open 5 miler - a rarely raced distance these days. Two figure of 8 laps of Vicky Park. Getting there by public transport took longer than the actual run.

It was nice to see Andy and Ros at the start and finish. I was targeting a time of around 27:30. Flat course - should be doable, or so I thought. I managed to keep track of pace well for the majority of the race but suffered against a headwind along the southern carriageway of the park after the sharp turn (at the South West Gate) heading eastwards, this causing me to slow down by 10-15 seconds a mile. So, when it came towards the end of the second lap I realised I did not have enough of an engine, crossing the line in 27:50.3 (rounded up to 27:51 on PoT).

Nevermind, a PB for 5 miles (unless you count what I have ran in 10k or HM races). First V40 and 8th overall. I even won a medal at the results presentation (to my surprise as my name was called out whilst chomping on a chocolate brownie).

Ros and Andy were both pleased with their efforts on the day from a brief conversation afterwards.

And then on to Sunday. I had an entry for the Paddock Wood Half; travelling with the Beckenham group including Will Cotter, Selma and Mark Lacey. Will and I were entered to run, Mark and Selma were providing the support.

From the club Ed, Tim, Tereza and Michael Fullilove were also taking part.

I don't need to explain the course or organisation as this is a familiar event for most members. Of note is that it was the 30th year and some of the prior winners were invited to join the event. The conditions were perfect - minimal breeze, cool and overcast.

Fast times were anticipated and were truly

delivered by Mr Chuck and the Dublin Dynamo. Ed surpassing his excellent Big Half performance, with a brilliantly paced sub 70 PB (although perhaps not so much TV courage). Tim, full with cold and medication, came home in an excellent sub 73 minutes. Pure class.

I had a good run, although nowhere near the level of my esteemed colleagues, coming home a few seconds the wrong side of 76 minutes. At one stage I thought I was on for a sub 75 but at mile 8 I realised I was losing pace and gradually slowed down. (I tried my best in the last mile to see if I could dip under 76 but that was not to be as I approached the railway bridge with 400m to go). Not a PB (or even a course PB) but a satisfactory run. With hindsight, I would have given Saturday's adventure a miss and focused on this race.

Will, Michael and Tereza had excellent runs - all achieving PBs. Will broke 90 minutes for the first time and Tereza achieved a PB by over two minutes. Michael was also pleased with his 87 minutes on the day, bagging a PB by almost 3 minutes (going by PoT), also breaking 90 minutes for the first time.

Another personal PB achieved on the day was our exit out of Paddock Wood itself. Because I had parked at the school, away from the closed roads and the course, we were were able to get away pretty speedily.

I'm going to take it easier over the next few days...

Steve Davies.

8	Edward Chuck	69:26
26	Timothy Bowen	72:52
50	Stephen Davies	76:07
209	Michael Fullilove	87:43
256	William Cotter	89:35
315	Tereza Francova	92:04

DULWICH RUNNERS CLUB KIT



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces and hoodies.
You just click on the link to the Dulwich Runners shop and purchase directly.
<https://www.pbteamwear.co.uk/athletics-clubs/dulwich-runners.html>
any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1/4 Zip Top

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Socks	£5 pair
Bufs/snoods	£6 each

Most kit is usually available Wednesdays at the club from Ros ros.tabor49@gmail.com



Socks only £5



Bufs/snoods - only £6



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Sizes: small, large and Xlarge

SHORTS!

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



The Beast from the East !
It's on the way!.. be prepared...
get yourself a bobble hat £15
ros.tabor49@gmail.com



HOODIES CLEARANCE
ONLY £10 each

SOCIAL SPOT

P *Upcoming events.*
O Watch this space !....
T

Rehydration !

After your run come up to the bar and have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also available)

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004

ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk



Instagram

Dulwich Runners are on Instagram....So if you would like to 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!

If people mention [@dulwichrunners](https://www.instagram.com/dulwichrunners) on their posts then we can easily repost pictures on the main Dulwich Runners account of key achievements that you want to share, or cover club races that neither Jonathan or Yvette are at.



April 6th

Banstead Woods

261 Ran
Pos Gen
50 4 Ange Norris 23:01

Beckenham Place

195 Ran
Pos Gen
5 5 Stephen Smythe 19:22
49 7 Claire Barnard 24:11
114 74 Peter Jackson 28:20

Brighton & Hove

434 Ran
Pos Gen
7 7 Ian Lilley 18:39

Brockwell

434 Ran
Pos Gen
9 8 Jonny Hough 19:25
28 2 Lucy Pickering 20:40
65 6 Anna Thomas 21:43
113 103 Graham Laylee 23:07

Bromley

752 Ran
Pos Gen
139 123 Colin Frith 22:35

Burgess

467 Ran
Pos Gen
251 52 Claire Steward 26:00
465 296 Chris Vernon 54:42
467 171 Susan Vernon 54:43

Catford

192 Ran
Pos Gen
11 2 Kim Hainsworth 20:07

Clapham Common

789 Ran
Pos Gen
319 281 Ian Sesnan 24:57

Crystal Palace

352 Ran
Pos Gen

6 6 Eugene Cross 19:59
15 15 Tom Wilson 20:38
22 2 Yvette Dore 21:10
44 3 Emma Ibell 22:16
189 148 Michael Dodds 28:14
336 139 Clare Wyngard 40:32

Dartford Heath

104 Ran
Pos Gen
10 1 Tereza Francova 21:00

Dulwich

390 Ran
Pos Gen
36 35 Edward Simmons 19:39
38 37 Michael Fullilove 19:40
86 83 John English 21:10
106 8 Charlotte Sanderson 21:49
204 173 Ajay Khandelwal 25:17
346 253 Mick Mead 31:12

Gladstone

207 Ran
Pos Gen
83 14 Jenny Ross 24:49

Gunnersbury

566 Ran
Pos Gen
304 79 Karina Burrowes 27:32
306 227 Matthew Ladds 27:33

Leicester Victoria

382 Ran
Pos Gen
88 8 Marjorie Epton 24:16

Peckham Rye

337 Ran
Pos Gen
12 12 Ebe Prill 19:41
14 14 Rob Cope 19:51

Richmond

503 Ran
Pos Gen
143 122 Barrie John Nicholls 24:53
490 184 Lindsey Annable 45:07

Western Springs

72 Ran
Pos Gen
24 21 Bob Bell 25:05
35 28 Nick Bell 27:49

For your results to appear here ...

you need to update your parkrun profile to show you are a current member of DR AC.

Dulwich Runners Winter Map 1

All routes go anti-clockwise

10.9 miles / 17.6km

8.7 miles / 13.9 km

5.0 miles / 8 km

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

