

SHORTS



Dulwich Runners AC
Weekly Newsletter
April 28th 2021
www.dulwichrunners.org.uk

These are your SHORTS

Please send your reports, running news etc to:

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

DEADLINE 17:30 TUESDAY

Wednesday runs in groups of six from the clubhouse carpark & speed work Dulwich College. Clubhouse remains closed and there are no toilets or changing facilities but there is an outside bar - for post run drinks. pay by CARD ONLY

In your SHORTS this week !

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Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Like us on Facebook @dulwichrunners

Connect with us:



Good News !

Club runs & training have restarted...



Our Wednesday club runs in groups of 6 and Tuesdays speed work have started

Please see further on in Shorts for full details.

Dulwich Runners renewal 2021/22

For those of you that did not renew your club membership last year the new membership year started on April 1 so please contact me if you would like to renew now that things are looking up.

EA 2021/22 renewal

E.A. emails were sent on Monday 22 March
Contact me if not recieved.

The Dulwich Runners part of membership for those who renewed last year was automatically renewed at no

extra cost for an extra year expiring March 31 2022.

The E.A. renewal fee remains at £15 for the year, April 1 2021 - March 31 2022.

If you have any queries regarding membership please feel free to contact me.

Barry Graham

ANNUAL GENERAL MEETING ROUND UP

Yvette Dore, Club Secretary, writes: Many thanks to everyone who attended the Dulwich Runners AGM 2021 which took place on Wednesday 21 April. Rather than our usual setting of the Club House, this year's meeting took place via Zoom video conference due to Covid restrictions.

47 members joined the meeting virtually, which is on par with the numbers we see when we are able to meet in person. Ros chaired the meeting with her usual aplomb despite the novel circumstances, and delivered her Chair's Report covering both 2019 and 2020 in lockdown.

During the meeting, the Club's General Committee members for the coming year were formally nominated and voted into their roles, including two new Joint Chairs and four brand new Committee members.

Members also voted Chris Vernon to the position of Honorary President, with Ron Searle now conferred the role of Founding President.

The meeting featured two items of AOB, in consideration of initiatives on running safely and diversity and inclusion, and many thanks to Hugh French and Mark Foster for bringing these to the agenda.

After 15 years at the helm of the General Committee, this was the final AGM to be led by out-going Chair, Ros Tabor. It was fitting that the final piece of business was a round of applause from members in thanks to Ros for her enormous service to the Club and great care and dedication as Chair.

Your new General Committee is listed below, and there will be opportunity to find out more about them in coming editions of Shorts.

Committee Role	Who
Joint Chairs	Ebe Prill & Ange Norris
Treasurer	Graham Laylee
Secretary	Yvette Dore
Joint Men's Captains	Tom South & Ed Chuck
Joint Women's Captains	Ola Balme & Kay Sheedy
Membership Sec. & Shorts' Editor	Barry Graham
Social Secretary	Michelle Lennon
Publicity Secretary	Jonathan Whittaker
Joint Welfare Officers	Andrea Pickup & Tom Poynton (non-committee member)
General Members	Mike Mann, Eleanor Simmons, Ryan Duncanson

Welcome from Newly Appointed Joint Chairs.....

A massive thanks to Ros for guiding us for the last 15 years. We have big boots to fill but are all here to do our best for the club: for all members and prospective members. Part of the rationale behind having two chairs is for us to be as visible and approachable as possible. Ros did a great job of being present at club events and training nights, which is something we intend to continue.

Both of us have been members for many years, the club has been an important part of our lives and we have benefitted a

Ange Norris

With very little background of running but some general fitness largely from cycling, I joined DRs soon after moving to London as a way of getting to know some people. I was immediately hooked by the social side of running and happily saw my times improve.

Since then, there have been some ups and many downs (injury, major house renovation, having children) and for

Ebe Prill

I joined Dulwich Runners in late 2009, initially to find company training for next year's London marathon. Through the club I re-discovered my love for running and soon got involved in road running over shorter distances too. Track followed a year later and after that the 'joy' of cross country racing in the mud.

From there the years seemed to follow a natural rhythm of marathon campaign followed by track summer season and winter cross country. In always stimulating fellowship and competition in the running community and the club. I certainly had my share of the ups and downs of the runner's life, the elation of training in good company, of

lot from it. That is an aim we have for all members. Together with the rest of the committee, we will try to be as inclusive as possible so whatever running goals you all have can be achieved at Dulwich Runners.

If anyone has any ideas or issues, please do let us know. You can talk to us/message us at any time. We will be holding a committee meeting very soon and will publish the minutes in Shorts to keep you all up to date.

some years I was the member that only the 'oldies' knew. I'm now in my second wind of running and loving it. Cross country is my favourite; the mud, the challenging terrain, beautiful places to run and most importantly the DR team spirit. I've missed the club a lot in the last year which makes me value it even more. This strengthens my resolve to be part of keeping our community going.

achieving race goals, new PBs and being a (minor) part of successful teams for Dulwich. The downs being injuries and some terrible marathons (somewhat linked). The ups luckily easily outweighed the downs and at some point it felt natural to become involved in the running of the club, first as a general member on the committee, then for several years as joint men's captain together with Mike Mann.

The club has made me feel at home in this my second country, and the welcoming and inclusive spirit is something I would love to pass on and develop further together with Ange in our time as joint chairs.

DULWICH RUNNERS 2021 FIXTURES

Further info 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.

If you require info about events in Shorts, how to enter etc, contact your respective captains:
Men road: ebeprill@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

Wednesday Evening Club Runs

Groups of six, each with a leader, catering for different paces leaving the clubhouse carpark at 7pm...

Arrive by 6:50pm to register and organise which group you'll run with....

Please maintain social distancing at the start of the run in Burbage Road.

NOTE: clubhouse closed, no £1 club run fee, and no toilets or changing facilities available.

You can just turn up but arriving a bit earlier helps us sort out groups and place you in a suitable pace group. If this is your first run with the club please contact Mike Mann or Ebe Prill in advance. (email details below)

If for you are unable to sign, or if you have any Covid-19 symptoms in the days after your run, contact Ebe and Mike immediately. ebeprill@yahoo.co.uk - mcmann90@yahoo.co.uk

The groups are as follows.

sub 7 min mile pace led by Tom South
thomas_south@hotmail.com

approx 7.30 min mile pace led by Gower Tan
gower.tan@gmail.com

8-9 min mile pace (and slower) - groups led by Ebe Prill ebeprill@yahoo.co.uk
Mike Mann mcmann90@yahoo.co.uk

Standard run is 8-9 miles, slowest group will also have choice of 5 miles, depends on numbers on the night. If you're a new runner, we'll place you with others to run with at your preferred pace and distance.

Tuesday Speed Training

Tuesday evening grass/track sessions at Dulwich College. £2 per session.

Meet and pay at the green pavilion by the tennis courts, then please go to your allocated spot with your group leader.

**COST IS £2 PER SESSION PAYABLE WHEN YOU ARRIVE
TO HELP COMPLY WITH COVID 19 RULES CARD PAYMENTS ONLY, NO CASH
ALL MAJOR CARDS ACCEPTED - GOOGLE, APPLE, & SAMSUNG PAY.**

Two time slots booked, 6pm and 7pm with runners allocated to time slots and groups based on pace. Groups 1 & 2 will be on the track and adjacent field, swapping around after 30 mins. Meanwhile groups 3 & 4 will be on the two fields to the south, again swapping over halfway through. Following weeks groups will switch, groups 1 & 2 entirely on the 2 fields, groups 3 & 4 on the track and adjacent field. Some faster runners may switch to Crystal Palace track once it reopens, this may simplify the groups and allow a single 7pm time slot.

any questions contact Mike Mann: mcmann90@yahoo.co.uk

Training sessions at Dulwich College fields and track are continuing to be popular with up to 45 attending in the first 3 weeks since restrictions were eased and around 50 yesterday evening, 20 April

6pm Groups

1 Ed Chuck

Jack Ramm
Shane O'Neill
Andy Bond
Buzz Shepherd
Andy Inglis
Wayne Lashley
Tim Bowen
Ben Howe
Ben Smith
Tom Shakhli
Joe Walsh
Lewis Laylee
Matt Cooke

2 Andrea Pickup/ Tom Poynton

Ed Simmons
James Auger
Ross Rook
Clare Whittaker
Chris Nunn
Joseph Sentance
Nick Fiducia
Alex Loftus
Eugene Cross
Martin Belzunce
Fred Bungay

3 Anna Thomas/ Yvette Dore

Mark Foster
Hugh Balfour
Ed Smyth
Belinda Bell
Lucy Clapp
Lucy Pickering
Emma Ibell
Arthur Coates
Ola Balme
Mike Beadle
Eleanor Simmons
Christiana Campbell
Alex Key

4 Graham Laylee

Barrie Nichols
Lindsey Annable
Sadie Sholem
Harriet Roddy
Donovan Pyle
Ian Sesnan
Sonja Jutte
Mike Dodds
Clare Wyngard
Ajay Khandelwal
Michelle Lennon
Till Thomas

7pm Groups

1 Tom South/ Joe Wood

Joe Wood
Shane Donlon
Kay Sheedy
Steve Davies
Phily Bowden
Clare Elms
James Brown
Robert Eames
Chris Lawrence
Daniel Mann
Mike Williams
Rob Armstrong
George Rates

2 Gower Tan/ Ebe Prill

Grzegorz Galezia
Joe Farrington Douglas
Paul Greenhalgh
Ian Lilley
Lloyd Collier
Justin Siderfin
Austin Laylee
Ellie Balfe
Hugh French
Polly Warrack
Olivier Montfort
Dave Benyon
Thomas Ayre
Hugh Stobart

3 Katie Styles/ Cameron Timmis

Cameron Timmis
Catherine Buglass
Naomi Crowther
Miles Gawthorp
Steph Lundon
Emma Kelly
James Rimmer
Ryan Duncanson
Vicky Jessett
Murray Ellender
Laura Vincent

4 Andy Murray

Joe Brady
Mike Mann
Joanna Shelton
Dougie Keighley
Jenny Bomers
Barry Graham
Neville Webb
Sarah Mackenzie
Michael Nogas
Madison Newey
Lee Thompson

Happy hour training – 25 session ideas

From an article by Steve Smythe in Athletics Weekly - Jan 14, 2021

With UK outdoor activity currently restricted, AW results guru and coach Steve Smythe suggests some running sessions that can be done quickly and efficiently

Current UK government advice on exercising in England is to stay local, restrict outside training to once a day and to only train alone or socially distanced with one other person if they are not in your household or support bubble. (Click here to view the latest government guidance).

Here are some running sessions which can be done quickly and efficiently.

In theory, without clarification, one session could last three hours and anyone training for a possible marathon won't want to fully ease back on the training, but for everyone's safety when the virus is so prevalent it would be beneficial to keep time out training to a minimum.

Many runners used to high volumes of training are surprised just how fit you can get on a hour's training a day or at least maintain fitness if starting at a high level.

If you are used to longer sessions, then shortening the length might allow you to increase the intensity, but it is still important to ensure you have rest or at least easier days.

Make sure you do not have two intense sessions on successive days and limit them to three a week.

On speed sessions, we have listed standard distances but with tracks not available, it may be difficult to get precise measurements and you could instead do efforts by time. So instead of doing kilometre reps, for example, you could do a four-minute rep. That might mean a 15:00 5km runner will cover over 1200m while a 30:00 5km

runner might cover 600m.

With parks being so much more crowded than pre-covid, make sure you give others plenty of space and it might be worth trying to find a smaller lesser-known park or an area of common. I live near Greenwich Park but find it far too busy to train there and the nearby Blackheath Common with its wide expanses is much easier to train on and avoid people.

Below are 25 sessions that can be completed in around a hour and we give a rough level of intensity for each one but that is dependent on how hard you choose to push it. For instance, you might choose to increase recoveries or run a mile rep session at half-marathon pace instead of 10km pace which would significantly reduce the intensity level.

If you do choose some of the more intense sessions, note that you can do half hour to 45-minute recovery runs the following day and don't need to necessarily run for an hour every day!

Speed/speed endurance

1. 400m for speed (300m for less fast athletes). Intensity: 6

15 mins warm up, 5 mins of strides, 8 x 400m or 90 secs at mile (significantly quicker than 5km!) race speed with 90 secs recoveries or a rep every 3 mins, with 15 mins warm-down.

For variation: run first 200m or 45sec at 5km pace, but accelerate second 400m approx 5sec quicker.

2. 400m for speed endurance (300m for less fast athletes). Intensity: 7

15min warm up, 5min stride, 12 x 400m or 75-90sec at 5km race speed with 30-45sec recoveries or a rep every 2min, 15min warm-down.

3. 800m for speed (600m for less fast athletes). Intensity: 7

15min warm up, 5min strides, 5 x 800m or 3 mins at quicker than 5km race speed with 2min recoveries or a rep every 5min, 15min warm-down.

4. 800m for speed endurance (600m for less fast athletes). Intensity: 8

10min warm up, 5min strides, 8 x 800m or 3 mins at 5-10km race speed with 1min recoveries or a rep every 4min, 10min warm-down.

5. 1000m for speed (800m for less fast athletes). Intensity: 7

15min warm up, 5min strides, 5 x 1000m or 4 mins at quicker than 5km race speed with 2min recoveries or a rep every 6min, 10min warm-down.

6. 1000m for speed endurance (800m for less fast athletes). Intensity: 8

10min warm up, 5min strides, 8 x 1000m or 4 mins at 5-10km race speed with 1min recoveries or a rep every 5min, 10min warm-down.

7. Mile for speed endurance (1000m for less fast athletes). Intensity: 9

10min warm up, 5min strides, 5 x 1600m or 6min at 5-10km race speed with 1min recoveries or a rep every 7min, 10min warm-down.

8. 2000m for speed endurance (1600m for less fast athletes). Intensity: 9

5-10min warm up, 5min strides, 4 x 2000m or 8min at 10km race speed with 2min recoveries or a rep every 10min, 5-10min warm-down.

Basic speed session

9. short recovery. Intensity: 7

15min warm up, 5min strides, 20 x 200m or 40 secs at 5km race speed with 20sec recoveries or a rep every 1min (optional break of a few mins after 10 reps), 15min warm-down.

10. Russian steps. Intensity: 9

15min warm up then 4 sets of 7 mins of 15sec hard, 45sec easy, 30sec hard, 30sec easy, 45sec hard, 15sec easy, 60sec hard, 60sec easy, 45sec hard, 15sec easy, 30sec hard, 30sec easy, 15sec hard, 45sec easy, with 2min recoveries, 15min warm down.

11. Leg speed. Intensity: 5

20min warm up, 5min strides, 10 x 30 secs effort with 2min easy jog/walk recovery (start at 10km pace and try and go a few metres more on each effort).

Multi paced running

12. Steady with bursts. Intensity: 6

Run one-hour at a steady pace (approx a min. a mile slower than 1/2M race pace) but every 10 mins put a one-min burst at 5km pace but go back to original pace asap at end of one min.

13. Double acceleration. Intensity: 8

5min easy, 5min at steady, 5min at marathon pace, 5min at 1/2M pace, 5min at 10km pace, 5min at 5km pace and repeat all sections.

14. Two-paced section run. Intensity: 7

Alternating km or 4min of approx a min a mile slower than 1/2M race pace and just inside 1/2M pace.

15. Pyramid run. Intensity: 8

10min steady, 1min easy, 5min at 1/2M pace, 1min easy, 4min at 10M pace, 1min easy, 3min at 10km pace, 1min easy, 2min at 5km pace, 1min easy, 1min at mile pace, 1min easy, 1min at mile pace, 1min easy, 2min at 5km pace, 1min easy, 3min at 10km pace, 1min easy, 4min at 10M pace, 1min easy, 5min at 1/2M pace, 1min easy, 10min steady.

16. Three-paced section run. Intensity: 7

10min warm up, alternate one min. sections at 5km, 1/2M and steady (one minute a mile slower than 1/2M race pace) for 40min, 10min warm down.

17. Fast start run. Intensity: 9

15min warm-up then a km or 4min at quicker than 5km pace, a km or 4min quicker than 10km pace, a km or 4min quicker than 1/2M pace, then ease back sufficiently to recover but pick up last 5 mins to maximum effort.

18. Out and back run. Intensity: 7

Choose a point 30min or so away, run there at a relaxed, steady pace and turn after 33-34min and then try and get back before the hour with a much quicker second half (take into account wind direction and terrain).

Hill sessions

19. Short hills. Intensity: 5

20min warm up, 10 x minimum 30sec dynamic efforts with 90 secs slow jog/walk recovery, 15min warm down.

20. Long hills. Intensity: 8

15min warm up, 10 x 90sec steady efforts with 2min slow jog/walk recovery, 10min warm down. Note: if the hill is not that length, then carry on past the top of the hill to make up time.

21. Hill Circuit. Intensity: 8

15min easy. Continuous circuit (with a steeper uphill section and ideally longer easier descent) – ideally a 3min circuit to run harder up (minimum minute climb but keep a reasonable pace on the descent but monitor time on each circuit to check you are not slowing too much), maintain for 30min. 15min easy.

Steady running

22. Very hard. Intensity: 9

One hour at 1/2M pace.

23. Hard. Intensity: 8

One hour at marathon pace.

24. Steady. Intensity: 7

One hour at a minute a mile slower than 1/2M race pace.

25. Recovery. Intensity: 5

One hour at 90sec a mile slower than 1/2M race pace.

Hill sessions

For hill sessions - beware of doing too much too soon or you will find any running hard for a few days after.

Until your body has fully adapted, keep it controlled and be sure to a good warm up

For the Sydenham Hill suggest focussing initially on just half the hill.

ie 4 efforts of approx 30 seconds up to the gate on left then 6 efforts of approx 60-75 seconds from the gate to near the top

After a few weeks possible to introduce 4-6 full efforts but still include some shorter ones.

One suggested session if hill long enough could be

5 x 15 secs hills

4 x 30 secs

3 x 45 secs

2 x 60 secs

(1 x 2 mins)

all with slow jog recovery.

If you have a gentler hill - avoid running too fast downhill on a steep descent - you could run a circuit making sure the effort is harder on the ups. It could be 5 laps of around 400m (or 10 of 200m) - with one mostly up and one mostly down sections - keep an eye on time of each lap to ensure you're not slowing too much on your overall pace and to do that don't run the first few lap too fast.

2021 CLUB CHAMPIONSHIP AND 5K/10K LEAGUE

We did 2 events of the 2020 program, Beckenham parkrun February, Big Half in March. We plan to have a 1/2M and parkrun in the 2021 program but 2020 results will count in a combined 2020/21 club champs.

We aim to start with one of the Second Sunday of the month 5 mile trail runs in Wimbledon, May or later, then one of the Sri Chinmoy Battersea 5k races. Possible limits on numbers of runners allowed to run during the spring and summer, so you will get the option of doing any of the monthly 5 mile races and summer series of Battersea Park 5k races.

This includes Richmond Summer Riverside 10k mid July. If limits on numbers, alternative is Regents Park winter series, you can choose which race to do.

No details on these yet.

London Marathon is early October so we chose Paddock

Wood 1/2M early September.

We suggest a late date for Dulwich parkrun, runners can use any Dulwich parkrun once restarted.

All 2021 events provisional to be reviewed end of March. - the two 2020 events will also count:

9 May - (or any later race) Second Sunday of Month 5 mile, Wimbledon Common

late Jun/Jul Sri Chinmoy 5k, Battersea Pk (any race in this summer series)

17 July Richmond Summer Riverside 10k (or any race from Regents Pk winter series tbc)

late July/early Aug SOAR Mile

5 Sep - Paddock Wood Half Marathon

4 Oct - London Marathon (or alternative)

Suggest 30 Oct or 6 Nov - Dulwich parkrun, but any dates once parkrun starts.

Club Champs Update

Club champs includes 2nd Sunday of the month 5 mile trail races at Wimbledon Common from May onwards and the summer series of 5k races in Battersea Park which usually starts in June, but still no confirmation if these races will be held. Number of runners in races will be restricted and with wave starts while rule of 6 is in place.

If restrictions are lifted late June, these and other races will be confirmed.

Further details will be posted soon as known...many races could fill up rapidly once advertised

'5k and 10k League'

Any races over these distances completed in the first 6 months of 2021, whether traditional races, time trials with starts in waves or virtual races will count towards these.

Shorts will publish a monthly league table for the two distances. This league will be separate from the main club champs. We intend to use Opentrack for time trials and official times for regular races. Further details to follow.

DR 2021 Club Champs League

We have 2 leagues set up on Opentrack until the end of June. (Assuming we will be able to run normal races again by then – tbc)

We are trying this as part of the Club Champs 2021 whilst we can't do actual races.

You can upload your own run – run by yourself or with one other person

Any result from a virtual race

Any result from a 'real' race. If you prefer to use the result from the race, rather than your garmin, you will need to inform us for the time to be included in the league.

Enter as many times as you like to try and improve times. NB Each time you enter over-writes all previous entries. To enter go to – opentrack.run/competitions search for Dulwich Runners.

You will find – Dulwich Runners 5k League 2021
Dulwich Runners 10k League 2021

It has details of how to enter and upload your runs.

5k and 10k League

Jan 1 - 5k

1	Eberhard Prill	M55	1	20:54
2	Gary Sullivan	M60	1	21:19

Jan 1 - 10k

1	Eberhard Prill	M55	1	44:20
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Jan 7 - 5k

1	Eberhard Prill	M55	1	20:55
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Want your race results and reports in SHORTS ? please email them to barry@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

You are still welcome to send in any running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

The Seven Hills of Crystal Palace

12.6 miles (20.5 km) 1270 ft (387m) ascent

Hugh Balfour

This is a run I had dreamed up last year during the first lockdown, but due to injury and lack of fitness I only managed to have a go at it on Saturday. The basic idea is to run the seven roads that lead up to Crystal Palace Parade.

Hill 1. Dulwich Wood Park/ College Road.

I started the Rockhills roundabout at the top of Fountain Drive and ran down Fountain Dr and Kingswood Dr to the Paxton roundabout. Then ran the familiar climb up Dulwich Wood Park to the Parade. Turning right I ran along to the top of Gipsy Hill.

Hill 2. Norwood Park/Central Hill.

A gentle run down Gipsy Hill back to the Paxton roundabout where I turned left and ran past the shops, under the railway bridge and into Norwood Park. I made a brief detour to the loo then through the park and up Central Hill back to the top of Anerley Hill.

Hill 3. Crystal Palace Park.

I descended through the Park round the lake to the Penge entrance and then began the climb back up to the starting point. I stayed inside the park and came out of the Rockhills Gate by the caravan park.

Run Through Chase the Sun 5K

14/04/21

I signed up for the February edition of the Run Through 5K at Queen Elizabeth Olympic park to get an early season marker of fitness. Twice postponed due to restrictions, it finally went ahead on 14th April. This gave me a bit more preparation time. But with a couple of small niggles cropping up, I reduced running volume and increased cycling volume in the weeks leading up to it. As a result, I wasn't feeling overly confident. But anyone who has raced at QEOP before will know it is a fast course so I didn't rule out a good time.

Totally rested in the days before I decided not to look at my watch and be overly focused on splits. Starting in a line and going off every few seconds I decided to start myself about 20 places back from the front. I have to admit I was just really excited to be racing again and couldn't wait to get going, no matter the result. I went off at a pace I felt was sustainable, but this turned out to be wrong. At the 1km mark, my watch beeped for 3:20. Silly me. This was a bit too fast so I knew the subsequent 4kms were going to hurt a lot. I broke it down to make the suffering more manageable.

Bromley & Blackheath Spring Middle Distance Open Graded Meeting

11th April 2021

Clare Elms (W55) 1500m time 4.58.45 in an all female race, being nearly 40 years older than the other competitors!

Harrow A.C. 3000m Spring Open Meeting

22nd April 2021

In a select Mixed Veteran race with 16 runners Clare Elms (W57) was 4th and first woman with a time of 10.29.31, in very windy conditions. (Age grading 102.60)

I am happy enough with my two first track races and now looking forward to getting back to hopefully a more normal track season.

Hill 4. Westwood Hill.

I had wondered how my legs would feel at this stage, but I felt strong and ran quite quickly down Westwood Hill to the roundabout at the Kirkdale junction. This was the turnaround point and I paused for a gel and a quick drink. The climb proved quicker and easier than I had anticipated, so morale was high going back into the Park.

Hill 5. Anerley Hill. It was now starting to get a bit harder and I was having to dig in to maintain a good pace up the hill, particularly the last steep bit. The crowds along Westwood Hill also made running difficult, especially having to dodge the man carrying two metal chairs on his shoulder twice.

Hill 6. Gipsy Hill.

This was always going to be the killer, especially as I had left it to near the end. I had a good run back down Central Hill and through Norwood Park to the Paxton. I passed the bloke with the chairs again at the bottom of the hill and got an encouraging cheer from him. But Gipsy Hill is a long grind and was the only time when my pace went below 6min/km.

Hill 7. Kingswood/Fountain Drive.

The final descent down Dulwich Wood Park back to the Paxton led to the last climb back to the start, and a finish time of 1hr 52 min which was better than I was expecting.

Given that I am needing to do lots of hill training at the moment, this was a great route. But it was actually a lot more fun than I had anticipated. I am planning to do it again. If anyone would like to join me for all or some of it, on a Saturday afternoon, running at 8.30-9.00 min/mile pace then do get in touch.

My email is hugh@christchurchpeckham.info

The splits however didn't stray too much and by 4k I was still on for a good time. The wheels really started coming off then but most of the last KM is a slight downhill. When I rounded the corner with 200m to go I was dying and running ragged. I crossed the finish line and stopped my watch knowing it was a decent time.

A chip time of 17:37 is actually a road PB for me. A bit slower than my track PB but pleasantly surprised and not a bad place to be in, all things considered. The field was stacked with talent due to all the cancelled races and the first 5 finishers came in under 16 mins. Great to see Grzegorz looking strong and running a fast race in the 10k. The evening was wrapped up nicely with my first dinner and drinks out in a restaurant for a few months.

21 Des Crinion 17:37 3rd V35



The Little Half

Jack Ramm

In January of this year, both Ed Chuck and I were slightly out of sorts. I had spent a period away from London and returned a bit unfit and with a few niggles; Ed was recovering from a nasty bout of coronavirus. Also, do you remember January 2021? It was as though all our Januarys had come at once. In dire need of something to look forward to, and with the Big Half looking like a possible, we decided to set it as a target. A few months down the line the race was cancelled, but with training going well we decided to stage a DIY half marathon in Battersea park on the same day – Saturday 24th April.

We chose Battersea as a venue in part because, like many of you, we've done a few laps of Dulwich park recently and the prospect of thirteen more wasn't enormously appealing. It's also marginally flatter and quicker. The only real strike against is Battersea's notoriously spotty GPS. However, running coach Nick Bester, had measured the park for his own DIY half marathon effort back in February, marking start and finish points in chalk. The stage was, apparently, set.

Extremely kindly, Ed and I were to be joined by Andy Inglis and Shane O'Neill, who offered their services as pacers. Recent marathon hero Tom South came down to support, and my girlfriend, Fanny, agreed to lead us out on her bike.

We set off a little after ten with the aim of breaking 70 minutes. Ed had run 69:26 at Paddock Wood back in 2019, and my PB was 71:23 from the Big Half exactly one year ago. Our training suggested 70 was possible, but it felt very daunting to me. The route was 7.5 laps, chalk mark to

chalk mark, and the plan was to run steadily most of the way (just under 3:20/km) before speeding up on lap 7 with a view to just dipping under.

Inevitably, though, our first mile was run at about 10K pace. Things settled from there, and we got into a good rhythm, with Andy and Shane joining us on odd laps. Conditions were excellent; a beautiful morning with only a bit of headwind on the West to East leg to contend with. The first five or so laps skipped by.

But I was struggling come lap 6 and grateful to Tom's words of encouragement as we passed him. Ed, too, could hear that I was puffing, and he called out with support. 'Oh, my God!' I thought. 'He can talk normally!' Ed was going unbelievably well, surprising nobody who has seen him at track recently. Lap 7 began, and we were joined once more by Andy and Shane. As agreed, the pace sharpened. By the Peace Pagoda, a gap had opened and, passing the finish line for the penultimate time, Andy kindly dropped back to help me out. At Ed's urging, Shane was really flying around and, if I hadn't been about to pass out, it would have been great to watch these two racing it out. Ed has looked very fit in the last few weeks and I had expected him to pull away at this point, but I didn't want to go too easy on him either. I called out to Andy to see if we could try to work back to them. Andy brilliantly bridged the gap as we ran into the wind on the West / East leg. There was about a mile left. Having to speed up to get back in touch had the mysterious effect of making me feel better. I felt like I might have another gear, and, as we went past the Millennium Arena for the final time, with Andy and Shane dropping away to meet us at the line, I kicked.

I felt weirdly good as I ran to the corner and sprinted to the line. I stopped my

watch – 68.40. 'Wow!' I thought. 'How fast was that last lap?' When I turned around, Ed was being paced to the finish by Andy. Myself, Shane, Tom and Fan applauded as Ed came home in 68.55... But Ed kept going. Keen clock-watcher Ed had realised that his watch was reading short as he came down the home straight and therefore ran around the corner to make sure he had all 21.1K for Strava.

A word on this. Nick Bester had very specifically written that his half marathon had been conducted anti-clockwise, and we had followed suit. Further investigation, however, reveals that Bester had in fact run clockwise. "Monstrous," concluded Ed in a later text message. Various methods of adding up and taking away and "don't forget to carry the remainder" leads us to believe that we were anywhere between 50 to 300 meters short. As race director, I'm taking an executive decision: call it 40 seconds. Therefore 100% official times of:

The Little Half, Battersea Park,
Saturday 24th April 2021.

Ramm, Jack 69:20

Chuck, Ed 69:35

Clockwise, anti-clockwise, I think we can fairly say, "mission accomplished" on going sub-70. And regardless of the result, this was a fun morning out with a great group that felt, to me, like a mini celebration of things getting back to normal. We even had a coffee and some pastries afterwards! Massive thanks are in order to Tom South, Andy Inglis, Shane O'Neil and, of course, Fanny Guesdon (whose brusque dealings with dawdling roller bladers or those awkward "go left, no my left" dog walkers was much appreciated). My final thanks go to Ed, for being such an inspirational training partner, metronomic pacer, and good friend over the last twelve weeks.

Goodwood Motor Circuit Half Marathon

24 April 2021

Another run-up race to the spring marathon.

A bunch of runners from the Polish Runners in the UK group got together on the spur of the moment and decided to take part in the Goodwood Motor Circuit Grand Prix. The event offered all distances from 5km to marathon – so everybody could find something to their liking. I was thinking of running the full marathon, but Coach Steve discouraged me and recommended waiting patiently till Boston. So I did, and instead I signed up for the half marathon, which shouldn't disrupt my training plan too much and would be a good test of my form. My minimum plan was to improve my PB (83:53) from the Big Half two years ago, but I hoped to do a bit better than that.



I set off at the pace of 3:50 min./km and tried to hold on to it, speeding up only slightly on the downhill sections. I made a conscious effort not to overdo it at the early stages to avoid blowing up at the end. For a car racing track, the course was quite undulating. Over the whole



HM route the elevation gain was 72 m, but that normally does not bother me, because what I lose on uphill I normally more than make up for running downhill. But the main obstacle in the race was wind. The Goodwood Circuit is located on a flat open plain and, apparently, it is always windy on a large section of the course. There were some relatively sheltered bits, where I tried to make up for the seconds lost on the windy stretches.

Normally I don't use any nutrition during a half marathon (save for maybe one gel) but this time I wanted to practice a more systematic approach to nutrition, taking gels at quite short intervals. I took one 30 minutes before the race, then another one 40 minutes in and then one more after 20 minutes. I also had a caffeine shot left for the home run, but with 20 minutes left I decided against having it after all. On the last kilometre I had enough gas in the tank to speed up to 3:42 min./km.

The Goodwood Circuit has 4 km so you had to do 5 laps passing the start/finish area with quite a large group of supporters and friends and families of fellow runners. It was nice to see Marta, doing a leisurely marathon, slowly returning to more serious training.

Also, as there were 5 different races going on, you were running with somebody next to you, which encouraged interaction and mutual encouragement. Although there were quite a lot of runners there was enough space to overtake.

In general, running on a motor race track was fun. It was a great day out and the strong sun encouraged lying on the grass and absorbing the race picnic atmosphere.

Once again, RunThrough did a splendid job organizing the race. Social distancing was observed, the marshals were friendly and helpful, and the atmosphere was great. Having crossed the finish line you collected your medal, free T-shirt, flapjacks, corn snacks and drinks. You also got free pictures just a few hours after the event. The only minus was no beer to be bought anywhere near, so we had to limit ourselves to what we brought along.

48 Grzegorz Galezia 81:53 2nd in age cat.

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.



A *s a set of results – for men and women, and in the manner paced, this has to be the best set of London marathon results yet for Dulwich Runners with lots of PBs, and unofficially it looks like the women may have picked up team British bronzes and English silvers.*

The conditions were good - not too hot (as in early April) or cold (like it was a few days later) and not too windy. The usual like clockwork organised event had a few glitches such as for some reason the red start was delayed by well over a minute which caused problems for those hoping to meet up from those on other starts and meant the red start had to work their way through more slower runners than normal and the blue start runners found more people pushing past them than the normal when the two starts converged.

Generally, while running is an honest sport and you usually get back what you put in, it doesn't always apply to marathon running. While you can usually safely predict times for shorter events based on other races and training times, because of the extra

distance so much can go wrong on the day or even in the build-up. Consequently, while it was a good day for most, a few had disappointing results that does not reflect all the hard work they put in over the winter and a few injuries

also caused problems.

There were no problems for Tim, who became the fastest Dulwich Runner of this century with a superb piece of pacing. Thinking he may have gone too quick on the first half, he actually accelerated on the second half and moved his way into the top 100 for a massive PB of 2:32:46.

Alastair also ran a negative split and finished strongly to run his first sub-2:40 as he also goes from strength to strength.

Charlie Lound didn't pace it quite so well as he tried to break 2:40 and though missing his target, he just about hung on with a gutsy run – almost certainly his last marathon before he breaks the club M50 record next year to add to his M40 and M45 marks.

Since 2006, Charlie has run the last 12 successive years – 2:45, 2:43, 2:44, 2:41, 2:40, 2:45, 2:42, 2:40, 2:39, 2:39, 2:37 and now 2:42!

Steve Davies can now join the other three on the Championship start next year as he took four minutes off his PB as he continues to rewrite his best times.

Like Charlie, he also found the last few

miles tough, but finished very well with 43 seconds to spare on the qualifying time.

In her final marathon as a first-claim Dulwich Runner, and getting into amazing shape after her baby Rory was born late last year, she run a very even race and finished strongly – 42 seconds up on Charlie for that last 2km to make the dozen women off the non elite start.

Tom Marshall, rarely seen at club races, wasn't in the results on Tuesday so must have had a chip failure but may have done a PB 2:48.

Greg Hills confirmed his good form at Dartford and Paddock Wood with a well judged run and big PB 2:53.

Paul Devine, who almost chose to not race the event, until a late burst of good form persuaded him otherwise, ran a strong second half (in contrast to previous marathons) to set a PB 2:53.

He was a few seconds quicker than Mark Lacey, who wasn't far outside his PB and held on well but deserved better after good training.

Also in the Mid 2:50s was Mark Callaghan who set a PB with a strong set of even splits.

Michael Hutchinson, may be one of the best ever UK cycling time trialists but after a strong first half, he couldn't quite maintain a sub-3 tempo over the closing miles in a still promising debut. After a 2:55 last year in Frankfurt, Shane O'Neill was looking in far better shape this year but he had a very bad third and fourth 10km though did at least rally a little in the last 2km but was well over three.

Next in for the club was Helen Lister, who set a big PB and was two minutes quicker on the second half as she moved from fifth Dulwich woman to second in the closing miles.

Mel Edwards also finished well but unable to hold Helen's last 2km – which was even quicker than the likes of Charlie and Steve Davies, who were 20 minute quicker overall.

Ange Norris headed Mel and Helen for much of the race despite having had a niggle that had stopped her running and slowing, she still ran 3:08 and finished as third W55 and score top points in the Dulwich Champs and virtually match her previous PB, which was the senior women's club record 26 years ago!

Grzegorz Galezia smashed his PB with a strong even run. Steve Smythe, suffering from injuries after his 2:56 in Seville, just did enough to get a good for age time – his last 5 of his 36 London's have been consistently

mediocre – 3:12, 3:16, 3:14, 3:11, 3:13. Ebe ran a good steady run with faster second half and finished in the vicinity of a steady PB from Jim who was just up on Michelle, who also ran excellently to set a PB.

Both Yvette and Ajay paced it really strongly around 3:30 tempo. Interestingly, Ajay's importance is such that he is the only Dulwich Runner whose name is capped in the official results.

Lucy Pickering set a 15-minute PB with another well-paced run. Her fourth and final 10km was five seconds faster than her first.

Clare Cummings got her pacing even better in her first marathon and clearly can go faster judging by her closing splits.

The best negative split of all Dulwich Runners though came from Karina Burrowes, who was nearly five minutes faster on her second half.

Pat McMorrow, who had been 10

minutes up on Karina at halfway, found the second half much, much harder as did Barrie John Nicholls, who was actually reasonably even until a very slow final few miles Matt Ladds found it hardest of all as his last 10km was 46 minutes slower than his three previous ones.

Former first claimer Kevin Chadwick, now in Petts Wood colours, surprisingly failed to break three but did match his Berlin 3:03:29 PB to the second.

Sadly, two runners dropped out – Clare Elms and Fiona Askew and a few others failed to make it to the start line.

-Steve Smythe

Steve Smythe, who didn't particularly follow his own advice very well, produced this piece of advice for Athletics Weekly website last week. <https://www.athleticsweekly.com/blog/steve-smythes-36-thoughts-36th-london-marathon-60159>

100	Tim Bowen	2:32:46 (PB) 76:49, 75:57) (3:37 km, 5:50 1M av) (10km splits: 36:11, 36:40, 36:15, 35:52, 7:48)
288	Alastair Locke	2:39:15 (PB) (79:55, 79:20) (3:46, 6:04) (37:41, 38:07, 37:58, 37:31, 7:58)
426	Charles Lound	2:42:48 (79:27, 83:21) (3:51, 6:13) (37:19, 38:01, 38:27, 39:36, 9:25)
500	Steve Davies	2:44:17 (PB) (80:29, 83:48) (3:54, 6:16) (38:01, 38:20, 38:50, 40:08, 8:58)
684	Shona McIntosh	2:47:52 12W (mass) (83:33, 84:19) (3:59, 6:24) (39:34, 39:43, 39:42, 40:10, 8:43)
???	Tom Marshall	2:48:44 (chip failure? – not in results)
802	Stephen Pinkster	2:49:45 (former member entered as Dulwich, not paid up)
1053	Greg Hills	2:53:05 (PB) (85:56, 87:09) (4:06, 6:36) (40:45, 40:50, 40:05, 41:31, 9:54)
1075	Paul Devine	2:53:21 (PB) (87:03, 86:18) (4:06, 6:37) (41:13, 41:24, 40:38, 40:43, 8:51)
1089	Mark Lacey	2:53:28 (85:11, 88:17) (4:07, 6:37) (40:32, 40:22, 41:45, 42:24, 9:27)
1189	Mark Callaghan	2:54:22 (PB) (86:25, 87:57) (4:08, 6:39) (40:37, 41:21, 41:13, 42:05, 9:06)
2069	Michael Hutchinson	3:01:22 (PB) (88:45, 92:37) (4:18, 6:55) (41:45, 42:25, 42:14, 44:39, 10:19)
2237	Shane O'Neill	3:03:08 (86:16, 96:52) (4:20, 6:59) (40:00, 41:39, 44:03, 47:34, 9:52)
2467	Helen Lister	3:05:19 112W (PB) (93:41, 91:38) (4:24, 7:04) (44:06, 44:46, 44:19, 43:16, 8:52)
2538	Mel Edwards	3:06:02 117W (93:17, 92:55) (44:06, 44:25, 43:53, 43:57, 9:41)
2831	Ange Norris	3:08:29 146W (3 W55) (92:41, 95:48) (4:28, 7:11) (43:59, 43:58, 43:57, 45:55, 10:40)
3114	Grzegorz Galezia	3:10:39 (PB) (95:08, 95:31) (4:31, 7:16) (44:41, 45:35, 45:22, 45:38, 9:33)
3288	Steve Smythe	3:13:45 (92:21, 1:41:24) (4:36, 7:23) (42:56, 44:34, 46:07, 48:24, 11:44)
4813	Ebe Prill	3:21:43 (1:42:38, 1:39:05) (4:47, 7:42) (49:53, 47:47, 45:54, 47:46, 10:23)
5074	Jim Dowsett	3:23:25 (PB) (1:40:11, 1:43:14) (4:49, 7:46) (47:09, 47:51, 48:33, 49:30, 10:22)
5618	Michelle Lennon	3:26:51 669W (PB) (1:39:50, 1:47:01) (4:54, 7:53) (47:06, 47:39, 49:39, 51:28, 10:59)
6351	Yvette Dore	3:30:10 855W (PB) (1:43:53, 1:46:17) (49:27, 49:08, 49:06, 51:41, 10:48)
6436	Ajay Khandelwal	3:30:38 (PB) (1:44:54, 1:45:44) (5:00, 8:02) (49:15, 50:07, 50:17, 50:08, 10:51)
7131	Lucy Pickering	3:34:37 (PB) 1108W (1:47:03, 1:47:34) (5:05, 8:11) (50:59, 51:36, 50:28, 50:54, 11:41)
8455	Clare Cummings	3:41:10 (PB) 1563W (1:51:24, 1:49:46) (5:14, 8:26) (52:43, 53:01, 52:49, 51:49, 10:48)
9959	Alasdair Moore	3:47:44 (former member not paid up)
15088	Karina Burrowes	4:07:57 (PB) 3791W (2:06:48, 2:01:09) (59:33, 60:55, 58:29, 57:08, 11:52)
12348	Pat McMorrow	4:14:50 (1:56:03, 2:18:47) (6:02, 9:43) (52:58, 56:42, 62:07, 70:09, 12:54)
18767	Barrie John Nicholls	4:22:58 (2:06:47, 2:16:11) (6:14, 10:02) (60:37, 59:52, 59:47, 64:01, 18:41)
26752	Matt Ladds	4:55:00 (1:58:11, 2:56:49) (6:59, 11:15) (56:02, 56:02, 59:23, 1:45:13, 18:20)

Jim Dowsett writes,....

would just like to start by congratulating all the Dulwich runners who ran the marathon on Sunday! I know not everyone's race went to plan, but for the majority, there were some excellent performances out there on the streets! Well done all!

Mention must also be made to the support out on the course on Sunday! It really does make such a difference when you spot/hear a familiar face/voice! It just gives you that little lift that perks you up and spurs you on.

For me, there is always quite a few nerves on the lead up to the big day. Even more so this time as I thought training was going well until an injury 1 month out put a bit of a spanner in the works. It just sewed a bit of a seed of doubt in my mind as to whether I could achieve my target, but thanks to Helen (and others) and her positive comments (even lending me a book on positive thinking) it was just a minor blip.

The morning of the race, the weather conditions were just right (thank god it wasn't 25 degrees like 2 weeks previous) as I made my way along Blackheath to the blue start.

A few words of encouragement from Sharon and Natalie who were helping on one of the baggage trucks was a nice start to the day, and I said my good lucks to Grzegorz who I travelled up to blackheath with, and with a few number checks by the security, into the blue start I went. It always amazes me how some of these people who wear fancy dress outfits do it? This one guy had an ice hockey goalie outfit on, complete with massive foam shoes, body armer and Friday 13th Jason mask on, unbelievable. After indulging in the free tea/ coffee tent, and handing my baggage over to one of the volunteers on the trucks, it was time to assemble in the starting pen area, and get bombarded with various items of clothing as fellow runners started to throw their keep

warm gear to the sidelines. Add into the mix the last gasp runners urinating at every spare fence Panel space available, it was just a relief to get moving!

Over the start line we went (I didn't spot the royals) and it was time to weave in and out of the slower runners (not you Ajay, I did pass him) on my way to the red and blue merging point, were I was supposed to meet Ebe! We had made a plan the day before to meet at that point so he could run with me and pace me around the course. But the blue start seemed to get to the merging point quicker than the red (the red 3 hour pacer was going past when I arrived) so I just carried on staying over to the left hand side until he caught me up.

Originality, my target time was to go for 3h.15, but after an injury, I had to reassess for 3h.20ish , so a pace of between 7.30/7.40 minute mile was the order of the day, and it was going ok (through half way in 1h.40) until mile 18/19 around Canary Wharf when I just stated to struggle a bit. The two previous London marathons I'd run were the same, with me having a bad patch around that part of the course! This was compounded when I was passed by a bishop (now officially the fastest bishop in the gunnies W/R) dressed in full regalia passing me with his mate dressed as a monk!

I was starting to go backwards at that stage, so it was nice to hear a friendly voice from behind to give me a boost! It was Ebe, and it was just the tonic I needed to get me through the last 6 or so miles! Although at the time I could have just given up, I new he would of had none of that, and with a few words of encouragement in his German accent it was onward and upwards.

I'm not sure where I managed to get my new found energy from, but it's shows that the marathon is such a mental battle as well as a physical one, and those good vibes from Ebe's encouragement really did the trick, plus add into the mix the psychological boost, when you

start to pass slowing or walking runners, it really peeps you up.

Big Ben was finally getting closer, and under the 25 mile banner we went. Not far now, and a bit of a push on in pace for the last mile until you see that sign 400 meters to go, and the Finish gantry. Thank god for that! Over the line in 3.23.25 and a p.b as well.

A big thanks to Ebe for giving up his race to help someone else! I'll buy you a beer when I see you next! And also to coach Steve for not only his marathon plan, but all his time and efforts that he dedicates to the club for the benefit of others! You never know I might actually follow the plan properly one year and do it some justice.

Jim Dowsett 3.23.25

DULWICH RUNNERS LONDON MARATHON 2017 CLUB CHAMPS POINTS

	Cat.	Time	Age Grade Pts
Timothy Bowen	m s	2.32.46	806
Alastair Locke	m s	2.39.15	774
Charles Lound	m40	2.42.48	836
Stephen Davies	m40	2.44.17	814
Shona Mcintosh	f s	2.47.52	809
Tom Marshall	m40	2.48.44	755
Stephen Pinkster	m s	2.49.45	#N/A
Gregory Hills	m s	2.53.05	710
Paul Devine	m s	2.53.21	725
Mark Lacey	m s	2.53.28	712
Mark Callaghan	m40	2.54.22	730
Michael Hutchinson	m40	3.01.22	713
Shane O'Neill	m s	3.03.08	671
Helen Lister	f s	3.05.19	733
Melanie Edwards	f s	3.06.02	733
Ange Norris	f50	3.08.28	871
Grzegorz Galezia	m40	3.10.39	707
Stephen Smythe	m50	3.13.45	768
Eberhard Prill	m50	3.21.43	705
JimDowsett	m40	3.23.25	636
Michelle Lennon	w50	3.26.51	744
YvetteDore	w40	3.30.10	685
Ajay Khandelwal	m40	3.30.38	635
Clare Cummings	f s	3.41.10	612
Lucy Pickering	f50	3.34.37	726
Alasdair Moore	ms	3.47.44	#N/A
Karina Burrowes	f s	4.07.56	546
Patrick Mcmorrow	m60	4.14.50	590
Barrie John Nicholls	m60	4.22.58	588
Matt Ladds	ms	4.55.00	417

The good the bad and the ugly

Whilst Barrie was happy with his 8th London marathon, it didn't go quite as well as might be expected. After a good build-up marred only by a couple of busy weeks, he had produced some sterling performances, particularly in the PW Half. He hadn't let this get the better of him, though, and aimed to run with the 4:15 pacers and see how he felt. Such is the atmosphere of the marathon he claimed he wanted to be able to enjoy it.

I took up my usual position on Tower Bridge early to get a front of house view and see the elite. When Barrie came over near the blue 4:15 flag he was looking full of beans and energy. In fact, I almost thought he should have been running with the sub 4 pacers. The same thought must have crossed

his mind as he decided to pick up the pace after the bridge as he was feeling so good. All was going to plan until he said he suddenly started to lose pace and by mile 20 he was caught by the very same pacers he had left. He found this rather demoralising and had to fight tooth and nail to hang on for another couple of miles. However, the inevitable happened as they slipped away and he had a painful shuffle towards the finish. I had rather anxious moments waiting for him at the end as he took so long to complete the final 2k! He was quite the worse for wear when we finally were reunited at our pre-arranged meeting point.

MODs Mark Chapman summed up the ups and downs of the marathon with the statement when he was interviewed en route 'it's amazing and horrible at the same time'. And despite the horrible Barrie still found it an amazing experience. The crowds were out in force and in loud voice to boot. Many were holding motivational

banners from the more amusing 'No pain no champagne', 'If Trump can run America, you can run the marathon' to the more tear jerking 'You don't know me and I don't know you but I am proud of you all'. The DR support was fantastic as ever and Barrie was given a loud cheer by former member Di Morgan who was manning a water station. His big highlight was to receive his medal from the future King of England, Prince William.

We went to his charity party Bloodwise afterwards where he had a massage as per usual and we enjoyed a welcome cup of tea and sandwich.

So will Barrie be entering next year's race is the big question? That was put beyond doubt as he claimed he still wanted to reach ten marathons before he retires from this great event. No pain no champagne as they say.

-Lindsey Annable

Barrie John Nicholls 4:22:58

VL Mini-marathon

U17M 3Miles

Seventh and final mini marathon. End of an era. But for the oncoming track season, would have been much faster two months ago but least it was a 15 second PB. His Bromley Team won the Inter-London challenge comfortably.

-Duncan Hussey

Inter London Champs
29 Oscar Hussey 16.37
144 ran

Paris Marathon

Being part of the club is definitely paying off (finally got my half marathon monkey off my shoulder at Paddock Wood also)!

3150 Paul Vivash 3:18:18 (PB)
42473 finished

Hamburg Marathon

In an extremely foolhardy move I managed to sprain my leg two weeks out from Hamburg marathon. I'd love to say this was unavoidable but I am never one to be able to resist the lure of the trails, or big hills. Thus having found myself on a rather nice work jaunt to Oviedo, I naturally had to run up and down Mount Naranco. It was the down that was the undoing...

After a couple of torture sessions, it was with some joy that the Physio announced that I would probably be able to still run the race, but to be prepared for it to hurt a lot.

Hamburg lived up to its reputation and despite all forecasts to the contrary, the first two miles happily coincided with a heavy hail storm. It then proceeded to alternate between glorious sunshine, rain and hail for the next couple of hours. The legs coped admirably until mile 16 and then they really were not at all happy. I had to slow down to complete the course and was really delighted in the circumstances to still get a PB. I'm quietly confident that elusive 3:45 is in there once the legs are back on track.

Side note: I don't necessarily recommend having to walk around an airport immediately afterwards...

Laura Vincent 3:50:21

DULWICH RUNNERS KIT

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



DULWICH RUNNERS' SHORTS - All sizes available
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



Bufs-snoods - only £6
An ideal face covering !

Socks only £5



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



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

! Available now !
Women's "Racer Back"
vests - £25

For all club kit enquiries: ros.tabor49@gmail.com



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 & hoodies. Just click 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 Summer Map C

8.2M / 13.1km

6.5M / 10.4km

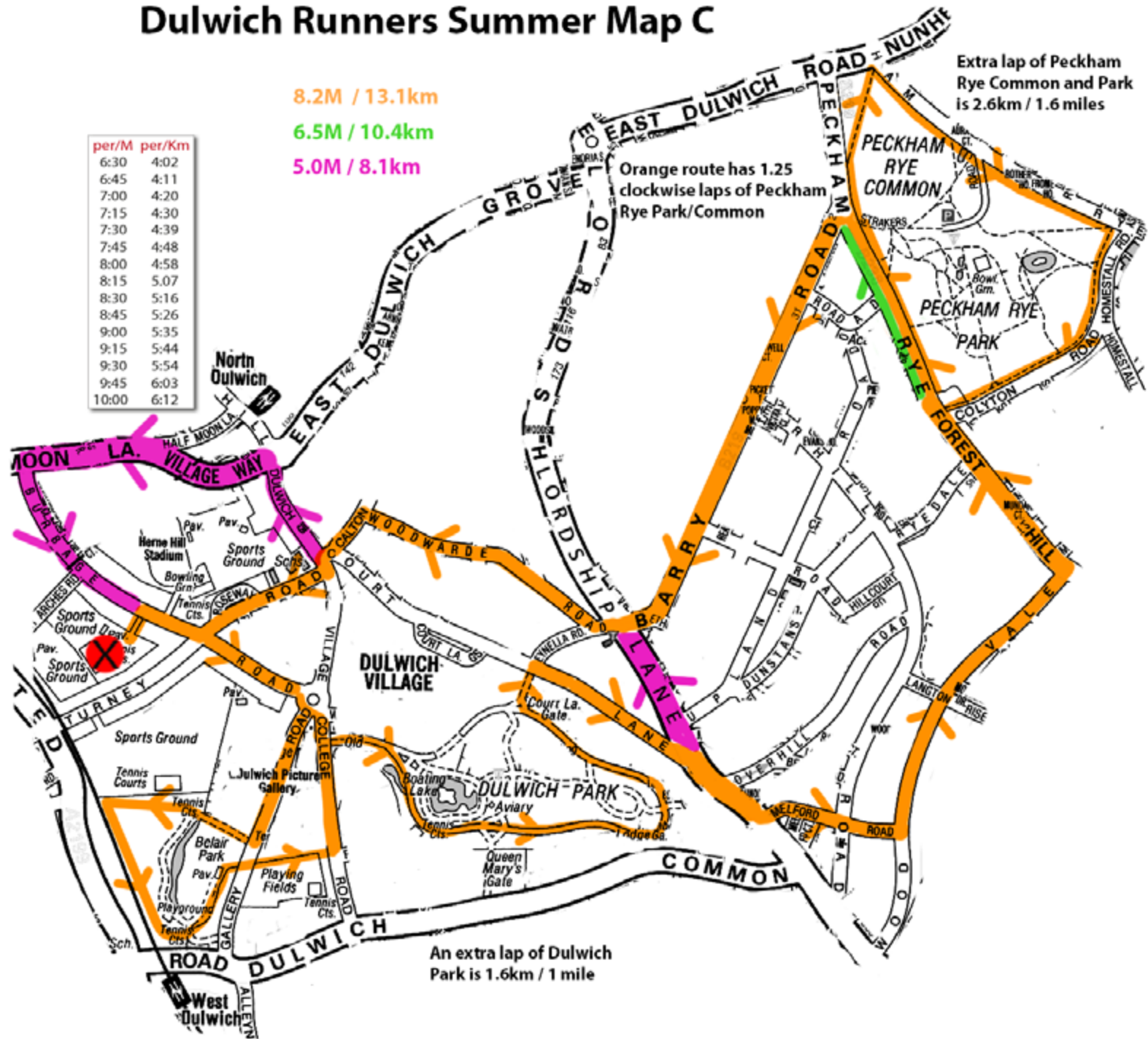
5.0M / 8.1km

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

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

Orange route has 1.25 clockwise laps of Peckham Rye Park/Common

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



All maps on Strava (you don't need an account)
<https://www.dulwichrunners.org.uk-wednesday-night-routes>