



SHORTS

Dulwich Runners AC

Weekly Newsletter

February 20th 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 20 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 23 English National Cross Country Champs - Leeds

Tue 26 Crystal Palace track

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our website: www.dulwichrunners.org.uk

In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 3 Marathon schedule and other goodies! etc
- 4 Race reports and times -club champs in full
- 7 Another World record for Clare !
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- 11 Club kit - New winter additions !
- 12 Social events etc
- 13 Wednesday map + Strava links

And much more !

Connect with us:



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

A brief look ahead

- Feb 23 England National Cross country Champs - Leeds
- Mar 2 Surrey League Xc - women @ Lloyd Park - 1pm start
- Mar 10 Club champs - Vitality Big Half
- Mar 16 Riddlesdown parkrun - club cross country champs

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)

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.

NEW RUNNERS ROTA

A big thankyou to **Colleen Williams, Mick ward, Tom Poynton and Lucy Clapp** for running with 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 asap. - Thanks. - Ros

Emma Ibbell

Paul Keating

20/02

26/02

Apologies from myself and Ros for the wrong map in Shorts last Wednesday !..

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
Feb	23	England National Xc Champs		Harewood House, Leeds
Mar	2	Surrey League Xc 1pm	Women	Lloyd Park
	10	Virginity Big Half	long	London
	16	Riddlesdown parkrun	DR XC champs	
	24	SEAA 12/6 Stage Relays		Milton Keynes t.b.c
Apr	14	Thames Towpath 10	long	
	28	London Marathon (or alt.)	long	
May	18	BMAF road relays- Sutton Park		Birmingham
	27	BUPA 10k		
Jun	10	Sri Chinmoy 5k	short	Battersea Park
	16	Eltham Park 5	short	Eltham
Jul	14	date tbc Sevenoaks Seven	long	Sevenoaks, Kent
	26	date tbc SOAR Mile	short	
Nov	3	date tbc Regents Park 10k	short	Regents Park, London

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: ebepriill@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

2019 Club Championships

The nine club championship races for 2019 have now been agreed (four long, five short) with four 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 tbc	Regent's Park 10k	short

Thames Towpath

10 April 14

This race fills up and sells out quickly each year, with already over 300 entered, of which 18 from Dulwich. If you intend doing this event then sign up ASAP

Cross Country club champs race Riddlesdown parkrun

16th March

This will be our last event of the xc club champs. Please note that as a club champs race, we should all wear our club vest. If you are new to parkrun, you must register on the parkrun website in advance, then all you need to do is turn up with your barcode.

Conditions vary greatly there according to weather so I'll give an update nearer the time. The course is a mix of grass, flinty path and a gravelly path.

Parking is in the front of Warlingham School, Tithepit Shaw Lane CR6 9YB, or out on the roads if this is full. Kenley and Upper Warlingham are the nearest stations.

There are toilets in the school next to the new block.

The event will greatly appreciate some volunteers so if anybody doesn't want to run and can volunteer please let Anne know. dulwichladiescaptain@gmail.com

NOTE: The date of the Regents Park 10k has been changed from 6 October to 3 November, because the October date clashes with the national road relays final.

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

Training

Already quite a few of Dulwich's best are sadly currently injured.

You can do lots of miles, run consistent training with great long runs and speed sessions and tempos but you won't get the benefit if you are unfortunate and get injured.

It is best to train slightly less and know when to back off than do a little bit too much and pay the price but sometimes injuries are unavoidable.

Personally I have found doing a higher proportion of training off-road and not bothering about pace on some of the runs

seems to help.

Though I put suggested paces on the training schedules, I think sometimes it is best to not to always strive for it, if you are tired or want to do a session off-road or over hills. ie running say 8:00 mile pace on a tougher more off-road route may be better for your legs and fitness than a 7:30 on flat roads. And while it is great to run with people with similar speeds, I do think sometimes putting competitive people together for runs means the runs can get too fast. Just because you can run fast does not necessarily mean you should be running fast, if you are going to pay for going a bit too fast in the following days and faster speeds in training increases

the chance of injury.

Many years ago, many of Britain's running clubs moved away from their more central bases and moved further out to get better training runs. Blackheath moved to Hayes and Cambridge H moved to Bexley.

Because I'm old, nearly all my runs tend to move out of London rather than into and I have never seen the attraction of moving towards the centre, which may be flat but tends to contain more roads, traffic, people, tourists and traffic lights even if it does have some nice parks.

I am convinced if I had done all my runs into London, I would now not be in my 50th cross-country season and embarking on my 44th year of marathon racing.

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.

The rules are simple -

220 miles - 11 runners to a team

Each runner must run once each day. (Varying distances and degrees of difficulty.)

It takes in some beautiful countryside, as much as possible off road on footpaths and towpaths.

more details - <http://www.greenbeltrelay.org.uk/index.htm>

We have one team entered so are looking for interested runners. If we have too many people we will try and get a second team. Give your name to Ange - on 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.

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 Feb 20	80 mins steady (a min a mile slower than goal mar. pace) but quicker last 20 mins
Thu Feb 21	12km of 1km steady, 1km HM pace, 1km mar pace x 4
Fri Feb 22	40 mins easy or rest
Sat Feb 23	National XC or parkrun
Sun Feb 24	2h relaxed fast steady pace (30-45secs a mile down on mar. pace)
Mon Feb 25	40 mins easy or rest
Tue Feb 26	1000m/800m reps
Wed Feb 27	85 mins steady (a minute a mile slower than goal marathon pace) but quicker last 25 mins
Thur Feb 28	10km of 1500m steady, 1000m marathon pace, 500m half marathon pace, 300m 10km pace, 200m 5km pace and back to steady - repeat 3 more times
Fri Mar 1	40 mins easy or rest

Sat Mar 2	Surrey Ladies League or parkrun
Sun Mar 3	Faster long run - 15 mins slow, 30 mins a mile outside mar pace, 30 mins at 30 sec outside mar pace, 30min at mar pace, 5 mins at faster than mar pace, 30min at 30sec a mile slower than mar pace, 30 mins easy (ie for 3 hour runner pace would be 8:15 for 15, 7::50 for 30, 7:20 for 30, 6:50 for 30, 6:40 for 5, 7:20, for 30, 8:00 for 30)
Mon Mar 4	40 mins easy or rest
Tue Mar 5	400m reps
Wed Mar 6	45 mins relaxed
Thur Mar 7	8km mostly at a minute outside goal HM pace but 1 minute every mile at HM pace
Fri Mar 8	40 mins easy or rest
Sat Mar 9	easy 20 minutes and strides
Sun Mar 10	Half 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.

Dulwich parkrun Club Champs

Saturday 16th February

The first Club champs race of the year was postponed a week and was a change of venue but most didn't lament the swap from Catford parkrun to the apparently faster three laps of Dulwich Park; nor the postponement, which saw freezing temperatures with snow on the ground improved to spring-like weather promoting the chance of fast times and consequently a phenomenal Dulwich turnout of 76 runners.

No surprises who was out in front as Ed produced another quality run although he'll be hoping he hasn't hit a plateau with more than half a dozen runs here now a few seconds either side of 15:40 with today's a frustrating two seconds short of his best. Andy's great form continued with his best time here and half a minute back Daniel and Steve had a great scrap, both producing sub-17s just short of their bests. The LockeStar showed me his customary late surge as we started the third and last lap, producing a very decent time, but not far behind at the death I found myself in the unaccustomed position (these days anyway, it's been quite a while) of having to summon my best sprint to re-take Wayne by the thickness of a vest after he'd steamed past with 200m to go - and the re-siting of the finish funnel complicated matters as my eyeballs-out effort launched me off-piste into the bushes just after the finish line.

Tom was having his own blinder a few seconds back to record his best time here. Jack was very out-of-sorts and was passed

on the last lap by a good few of the names above but anyone who's au fait with his recent results on the country knows this was a definite off-day. James, Des and Joe Twomey all ran within spitting distance of their top road form while Grant will thank his marathon training for a sizeable PB. Joe Farrington-Douglas did well to hold off the Dublin Dynamo, who was perhaps slowed a tad by pushing his Dulwich-vested young prodigy around in a buggy. Just behind, Eugene set a cracking PB while Justin was close.

Ebe ran his best parkrun for some time and did rather well to hold off a very good run from Marta, who is very inexperienced at the short distance.

Rob is on the up, improving by a minute on his recent time here, and led a succession of cracking Dulwich runs in the next ten seconds; Mike Fullilove hasn't been this quick for three years, Matt superbly smashed his PB by over half a minute (earning the Captains' Award), Gower by even more, Jamie's first time here is his parkrun best and Coach Steve was in amongst them as 1st M60 with one of his best parkruns for ages although would no doubt have been even quicker if he'd managed a warm-up after travel delays saw him just make it to the start in time. Very lightly raced Olivier somehow got within seconds of his best from years ago, consistent Mark was again sub-20, as was a brilliant run from Kim, her fastest for three years and now back to within a minute or so of her best. Solid runs followed from Jonny, Hugh (his best of five this year) and Belinda (a Millo-the-dog assisted PBI) just ahead of serial PB-chaser Michelle, on this occasion merely equalling her course best.

Becca squeezed out a course PB too, just holding off a hugely impressive parkrun/5k PB from Lucy Pickering, twenty seconds faster than anything previous after

132 parkruns, followed in by Greg, not currently on last year's form. Another great improvement was Yvette's fine first sub-21, a brilliant run just holding off Miles, while Anna was just as good a few seconds back with the last of the Dulwich PBs, breaking 21 minutes herself for the first time, by just a single second. Phew, I'm running out of superlatives after that little lot.

After that there were a lot of solid enough times from runners perhaps a step down from their best times though some not too far away, like Chris C, Laura, Cameron, John, Ajay, Gideon, Alex, Lucy C, Cherry, Graham, Bob and Charlotte, all followed in by Jonathan's first tentative outing for his now-on-the-mend sprained ankle. Second claimer Jo Quantrill was 1st W60 but had to dig deep at the finish to hold off the feared finish of 1st W65 Ros.

Teresa just about held off a fit-looking run from Barrie John and Jo appears to be on the up again amidst marathon training, just in front of Jenny. Mike and Andy M ran in together, followed by Hugh F, a good recent improvement from Paul, and Midge. These were all just ahead of Helen, still keeping pretty fit while transporting her ever-growing passenger...

Sonia is a welcome new name; she ran in with Karina and both were not far short of their best parkrun times, as was Sharon's very good performance. Ameet and Colleen followed, and then Hannah keeping Clare Osborne company; a welcome return from Clare as she gets obviously fitter after a long time unable to run. Natalie and Tom S were next, and the huge Dulwich turnout was completed by long-time club stalwarts the Vernons, first Sue and then Chris, split by Lindsey keeping Clare W company as she gradually returns to fitness.

Tony Tuohy

Dulwich Runners' times in Dulwich Parkrun 16 Feb 2019

	PBs are best times for Dulwich course		Time	Points In Age Category M/F								Age Grade Points	Club Champs Awards
				ms	m40	m50	m60	f s	f40	f50	f60+		
2		Edward Chuck	15.38	50								835	1 st man
5	1st M40/45	Andy Bond	16.20		50							870	2 nd man
8	PB 2nd M40	Daniel Mann	16.56		49							810	3 rd man
9	3rd M40/2nd M45	Stephen Davies	16.57		48							864	1 st m40
10		Alastair Locke	17.09	49								778	
13	1st M50/55 course rec.	Tony Tuohy	17.16			50						895	Overall age graded
14		Wayne Lashley	17.17	48								777	
17		Thomas South	17.24		47							805	
24		Jack Ramm	17.44	47								734	
27		James Burrows	17.56	46								754	
28		Des Crinion	17.58	45								735	
31		Joe Twomey	18.01	44								727	
36	PB	Grant Kennedy	18.32	43								720	
40		Joe Farrington-Douglas	18.41	42								729	
42		Timothy Bowen	18.49	41								705	
45	PB	Eugene Cross	18.53	40								716	
49		Justin Siderfin	19.08		46							748	
51	2nd M55	Ebe Prill	19.13			49						804	1 st m50
52	3rd SW	Marta Miaskiewicz	19.17					50				769	1 st woman
54		Rob Cope	19.20		45							735	
55	3rd M55	Michael Fullilove	19.23			48						798	
58	PB	Matthew Ladds	19.25	39								674	Captains' award
59	PB	Gower Tan	19.26		44							753	
60	1st M60	Stephen Smythe	19.27				50					821	1 st m60
63		Jamie Nicol	19.30	38								666	
70		Olivier Montfort	19.39		43							723	
77		Mark Foster	19.54			47						753	
80		Kim Hainsworth	19.58					49				749	2 nd woman
86		Jonny Hough	20.03		42							689	
90	2nd M60	Hugh Balfour	20.07				49					821	Man age graded
104	PB (dog assisted)	Belinda Cottrill	20.24									-	
108	1st W50	Michelle Lennon	20.29							50		816	3 rd woman
110	PB	Becca Schulleri	20.33					48				719	
114	PB 2nd W50	Lucy Pickering	20.36							49		829	1 st w50
115		Greg Falconer	20.37					47				717	
125	PB 2nd W45	Yvette Dore	20.53						50			759	1 st w40
128		Miles Gawthorp	20.55		41							679	
132	PB	Anna Thomas	20.59					46				713	
136		Chris Cooper	21.05	37								621	
140		Laura Vincent	21.17					45				700	
150		Cameron Timmis	21.35		40							673	
153		John English	21.37			46						715	
160		Ajay Khandelwal	21.51		39							670	
161		Gideon Franklin	21.51			45						708	
169		Alex Haylett	21.59	36								619	
175		Lucy Clapp	22.11							48		779	Woman age graded
179		Cherry Newsam	22.15					44				664	
183	3rd M60	Graham Laylee	22.21				48					720	
190	2nd M65	Bob Bell	22.28				47					741	
203		Charlotte Sanderson	22.41					43				653	
208		Jonathan Whittaker	22.48	35								597	
220	1st W60 (2nd claim)	Jo Quantrill	23.18									-	
223	1st W65	Ros Tabor	23.22								50	891	1 st w60
245	3rd W45	Teresa Northey	23.40						49			664	
247		Barrie John Nicholls	23.41				46					697	
260		Joanne Shelton Pereda	24.06						48			647	
261		Jenny Ross	24.07						42			612	
267		Michael Dodds	24.15				45					659	
268		Andy Murray	24.15				44					687	
273		Hugh French	24.24		38							574	
280		Paul Keating	24.32			44						611	
290		Midge Cameron	24.46							47		698	
296		Helen Lister	24.57						41			596	
304		Sonja Jutte	25.22						40			595	
305		Karina Burrowes	25.23						39			582	
312		Sharon Erdman	25.33							47		627	
314		Ameet Patel	25.34			43						595	
328		Colleen Williams	25.59							46		605	
349		Hannah Harvest	26.50						38			550	
350		Clare Osborne	26.52							45		596	
365		Natalie Davys	27.11						37			555	
372		Tom Shakhli	27.37	34								483	
501		Susan Vernon	36.22								49	606	
511		Lindsey Annable	41.53							46		399	
512		Clare Wyngard	41.59							45		431	
521		Chris Vernon	51.25				43					365	
			76	17	13	8	8	14	6	6	2	74	

Dulwich parkrun stats

226 different Dulwich Runners have run the parkrun.

Steve Smythe

All time men top 10

1 Ed Chuck	15:36
2 Lewis Laylee	15:55
3 Buzz Shephard	16:16
4 Andy Bond	16:20
5 Tim Bowen	16:26
6 Shane O'Neill	16:34
7 Steve Davies	16:35
7 Ed Hill	16:35
9 Tony Tuohy	16:43
10 Wayne Lashley	16:44
11 Daniel Mann	16:45
12 Alastair Locke	16:52
13 Charles Lound	17:01
14 Tim Taylor	17:10
15 Paul Devine	17:15

Women

1 Clare Elms	18:03
2 Elkie Mace	18:06
3 Charlie Wood	18:31
4 Alexie Shaw	18:34
5 Mel Edwards	18:45
6 Kim Hainsworth	18:53
7 Hayley Seddon	18:55
8 Marta Miaskiewicz	19:17
8 Chloe Green	19:17
10 Ros Johnson	19:22
11 Ola Balme	19:41
12 Ellie Balfe	19:52
13 Helen Lister	19:52
14 Cara Oliver	20:14
15 Niciola Richmond	20:14

M40 top 3:

Buzz Shephard	16:16
Andy Bond	16:26
Dann Mann	16:56

M45 top 3

Andy Bond	16:20 (2nd)
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quickest of all M45s)

Steve Davies	16:35 (3rd)
quickest of all)	
Tony Tuohy	16:54

M50 top 3

Tony Tuohy	16:43 (fastest of all M50s)
Dave Beaver	17:19
Ebe Prill	17:58

M55 top 3

Tony Tuohy	17:16 (fastest of all M55s)
Chris Loizou	18:23
Adrian Greer	18:27

M60

Mike Mann	19:18
Steve Smythe	19:27
Hugh Balfour	20:07

M65

Mike Mann	21:25
Bob Bell	22:28
Barry Evans	24:05

W35

Elkie Mace	18:06
Ros Johnson	19:22
Alexie Shaw	19:26

W40

Cara Oliver	20:14
Nicola Richmond	20:14
Victoria Read	20:32

W45

Ola Balme	19:41
Victoria Read	20:44
Michelle Lennon	20:48
Emma Ibell	20:48

W50

Clare Elms	18:03 (fastest of all W50s)
Michelle Lennon	20:29
Lucy Pickering	20:36

W55

Clare Wyngard	23:26
Stephanie Burchill	25:29

W60

Ros Tabor	21:50 (2nd fastest of all W60)
Clare Steward	22:32
Elizabeth Begley	28:03

W65

Ros Tabor	21:34 (fastest of all W65)
Claire Steward	24:02 (2nd fastest of all W65)
Susan Vernon	30:36

More than 50 runs at Dulwich

200 Mick Mead
107 Simon Burnett
122 Segun Osuntokun
121 Claire Steward
96 Ajay Khandelwal
73 Graham Laylee
73 Daniel Mann
69 Stephanie Burchill
68 Mike Dodds
67 Jenny Ross
64 Chris Goodman
63 Rob Cope
62 Ebe Prill
62 Paul Vivash
59 Duncan Wilson
55 Ian Sesnan
54 Steve Davies
53 Colleen Williams
50 Paul Devine

Most overall parkruns (of those who have run Dulwich)

363 Bob Bell
322 Mike Dodds
312 Tom Wilson
304 Graham Laylee
279 Chris Vernon
277 Clare Wyngard
275 Belinda Cottrill
269 Claire Steward
249 Colin Frith

Runthrough Race the Moon 10km and 5km

Wednesday February 13

*Steve Smythe writes...*almost perfect conditions on a flat 2.5km loop around the London Stadium. A well organised but expensive race who were quick in getting their results out but still had not had them processed for Power of 10 a week later. Only problem is lap is quite narrow and lapping was a problem even for those doing the 5km.

Hayley Seddon won the women's 10km in a PB 38:03 (chip 37:59) while both Des and Rebecca also set PBs.

Clare Elms won the women's 5km though technically she was trying to dead heat with daughter Lucy, who she was trying to help to a fast time.

Clare got 18:02 on chip - only a second down on her flat out run at Serpentine last month and she felt fairly easy as she was focussing on aiding Lucy, who took a whole minute off her PB. At the end of the evening Clare and Lucy were sitting in second and third in the overall UK women's rankings 10km

12 Des Crinion	36:34 (36:32) PB
1W/20 Hayley Seddon	38:03 (37:59) PB
7W/60 Rebecca Schulleri	41:57 (41:50) PB 5km
1W/9 Clare Elms	18:06 (18:02)
2W10 Lucy Elms	18:07 (18:04) PB

Metaswitch Open Lee Valley

February 16

Steve Smythe writes... not feeling 100pc (and it kept her from competing in the next day's masters event that Tony and Ros ran at), Clare decided to have a go at the 800m.

It was her first indoor 800m since winning the World masters title in Budapest five years ago and slightly short of speedwork, she was not sure she could run but was reminded what the world masters record was (2:27:55) pre race.

Clare was in all women's race of 7, and the other six were all 40 years her junior.

She was last initially in the first lap and went through in 36 seconds bang on target.

She moved through a bit on the second lap and was on for a good time in around 72 seconds. On the third lap, she closed on two ahead, who did slightly get in the way and the third lap was a bit slower.

One of the pair pushed on on the last lap and Clare followed with a good kick and even performed a good dip at the finish. Finishing third in the race, she took almost two seconds off the world record - her third in less than three weeks.

She was pictured with Dwain Chambers after the race with Chambers setting a UK M40 60m record.

3 Clare Elms 2:25.89 (World W55 record)

The race video is at

<https://www.athleticsweekly.com/event-news/dwain-chambers-breaks-uk-masters-record-at-lee-valley-weekly-round-up-1039920812/>



Clare with Dwain Chambers

South of England Masters, Indoor Champs Lee Valley

Sunday 17th Feb

*Tony Tuohy writes...*With recent triple world record breaker Clare Elms now suffering from a cold it was left to Ros and myself to fly the Dulwich flag on the Lee Valley indoor oval as we worked towards the national and World Masters Championships in Poland in the coming weeks.

400m

First up was Ros needing to find out where she was at 400m and she'll hope to improve a bit from here - but now being at the very top of her age group things are bound to be a lot tougher.

3 Ros Tabor 83.51 1st W65 (gold medal)

800m

I was running another trio of races as a

tough workout in the space of a couple of hours in the hope of advancing my form after a very poor start the previous week. Determined to get the 800m right I set off with the whole M50/55 field running away from me and was still dragged to the first 200m lap in 34-something, on course for halfway in 69 or so.

Realising this was a sure-fire recipe for disaster I throttled right back to a 36 and passed 400m in about 71 seconds, still stone last but feeling in control for a change. Another 36 (600m in 1:47) meant I could actually accelerate for the last 200 and reel in two M55s ahead, landing the bronze medal. I'm no 800m runner but for once got the effort distribution right; a decent start to the day.

7 Tony Tuohy 2:22.66 3rd M55 (bronze medal)

1500m

An hour and a half later I started the 1500m and in complete contrast found myself off the front from the gun, so a solo time-trial it was. I settled into a comfortable steady pace of about 77-78 seconds per 400m (on course for 4:50) and reached 400m to go with enough in hand to try kicking a bit faster and was pleased to manage a decent 73 and a final time only about 3 seconds

short of the best I managed last summer.

1 Tony Tuohy 4:46.06 1st M55 (gold medal)

3000m

Ros had in mind to try for something in the low 13s; she fell a little short of that but ran solidly and now has her markers and will hope for improvement in the next month.

7 Ros Tabor 13:35.22 1st W65 (gold medal)

3000m

About 50 minutes after the 1500m I lined up for the 3000m to complete my 'workout' with legs now feeling a tad tired. Another controlled run was called for and a first km in 3:25 was a good enough effort and meant I could push on a bit for the second km in 3:23. I managed a similar pace for the last km but a final flurry for the last 400m resulted in a not-bad 3:19 to finish the day with another race speeding up rather than slowing down. These times are unlikely to get me a sniff of the medals in Poland but are at least a move in the right direction.

6 Tony Tuohy 10:07.27 1st M55 (gold medal)

Verona Half Marathon

My weekend in Verona started with a flight cancellation due to a strike, a late arrival on Saturday afternoon, and pain killers at 7 on Sunday morning. Perhaps, I thought, coming to the city of Romeo and Juliet by myself was jinxing me.

When I lined up for the start of the Half Marathon, about 3 hours later, I was determined to be positive and not be deterred.

My main objective, when I registered for this race, was to beat my old personal best (1:35) and feel strong until the end of the race, to give me comfort that this wouldn't be too far from my marathon pace when I get to Brighton in 2 months' time.

It was a nice, sunny and cool day, and around 5,000 people took part in this well organized race. Verona is an amazing place with its roman arena (if you like opera and



classical music, you have to try this), old palaces, bridges, city gates and ancient walls and, of course, in Shakespearean memory, the houses of Romeo and Juliet

(best appreciated if you are into tragic love stories).

The race, all in the city centre, goes through the most beautiful sights and crosses the Adige river six times, but yet it's a fairly fast, flat course. The course was lined with people having their Sunday stroll, and cheering incoming runners. It was easy for many spectators to walk just a few hundreds meters and see the runners many times.

I started faster than I hoped, feeling good, but I was a bit worried that my hamstrings pain would come back to me, so I was very careful. The central part of my race was a little bit slower, but still well within the 1:35 pace. Over the last few kilometers I picked up the pace, enough to see the 1:30 pacers' balloons ahead of me, but not enough to catch them.

Well, now I have an objective for the Big Half in London in less than 3 weeks!

527 Andrea Ceccolini 1:30:44
4,964 finishers

Serpentine AC Last Friday of the Month 5k

25 January 2019

Half fit Tim writes... Having failed to get the dog to eat their invites, 10 Dulwich Runners turned out for Paul Devine's idea of a birthday celebration: Serpentine AC's Last Friday 5k race. Coach Steve was on hand too: always getting to the next corner ahead of the runners, without a care for the usual laws of physics.

Andy Bond was first across the line for the club having picked up (and quickly dropped off) his 2018 age-graded winner's trophy at the start of the race. Birthday boy Paul was gunning for a top new age grading and went for it from the start: he slowed a bit after 2k but soon remembered the contents of his bag and dashed for the line - making it in time to distribute the birthday treats to the rest of us. In the midst of a heavy training week, Daniel managed a tidy 17:37 just ahead of Steve 'Pacer' Davies. Ian Lilley finished next having adopted a conservative approach to race strategy.

Clare Elms was out hunting for (at least) sub 18 but she couldn't quite hang on to her (and her pacer's) fast initial

pace - nonetheless a superb time at 18:01 and 97% age grading: a good warm up session ahead of her incredible indoor performances. Also in very fit form Paul Collyer showed the benefits of his non-marathon training as he ticked off an even first 4k before storming away on the last km to come in for a very nice 6s PB and tantalisingly close to sub 18 - on the way, surely. Rob Cope was also getting back to form with a handy sub 20min while LFotM stalwart, Steve Williams was on par with recent times.

Your correspondent was only really there for the biscuits which he scoffed with unsurprising speed; running fast only ruins your appetite, you know.

Tim Bowen

With apologies for the late running of this (news) service, the results on the day were:

7	Andy Bond	16:29
20	Paul Devine	17:25
23	Daniel Mann	17:37
30	Stephen Davies	17:44
31	Ian Lilley	17:45
42	Clare Elms 1W	18:01
46	Paul Collyer	18:06 PB!
62	Tim Bowen	18:51
105	Rob Cope	19:44
170	Steve Williams	21:49



Feb 16th

Brockwell , Herne Hill

386 Ran

Pos Gen

20 20 John Dudding 20:14

Beckenham Place

194 Ran

Pos Gen

116 28 Claire Steward 28:23

117 89 Peter Jackson 28:25

Clair

180 Ran

Pos Gen

4 4 Edward Simmons 19:24

Clapham Common

777 Ran

Pos Gen

280 240 Ian Sesnan 25:19

Catford

165 Ran

Pos Gen

13 13 Gary Sullivan 20:56

Crystal Palace

404 Ran

Pos Gen

21 21 Tom Wilson 20:21

Dulwich

523 Ran

See club champs report for times etc

It was great to see so many familiar faces at the Dulwich Runners Championship 5k on Saturday at the Dulwich Parkrun. Thank you for your support on the way round as you overtook me. It was much needed and appreciated. What a shame there were just a handful of runners from the Club as I crossed the finish line. Dulwich Runners should be encouraging the older and slower members of the Club in their quest to take part in Club events. A group photo was taken before four Club members had finished. The ethos of Dulwich Runners (or any club) is to support each other, especially the older members and those returning from injury or illness, as well as new members. So please bear this in mind at the next Club Championship event. Sue Vernon

Highbury Fields

334 Ran

Pos Gen

21 21 Paul Collyer 19:59

Riddlesdown

171 Ran

Pos Gen

19 1 Ange Norris 21:29

Warszawa-Praga

57 Ran

Pos Gen

2 2 Grzegorz Galezia 18:56

For your results to appear here ...

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



Surrey League

We compete in the Surrey League and this is the club's main priority. There are 4 fixtures during the season that started on 13 Oct 2018. Further details on times, location etc. will be posted by your captains nearer the time. Details on Surrey League fixtures can be found elsewhere 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, the first 5 women for the club and the 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, all those intending to take part should inform their captains to enable as many as possible online entries to be made in advance. Men and women have to be entered in advance. The women keep their numbers for the entire season and this system is being introduced for the men from this season. This means that runners should return their numbers to their captains after the race, or take them home, in

which they must remember to take them to the next race. The Surrey League 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 other cross country races, most of which take place on Saturdays. 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, and the other 4 races that make up the Ken Croke cross country championships (see below for further details). In addition runners are encouraged to compete in the Surrey and Kent county and masters champs.

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 SEAA relays and the Reigate Relays.

Entry for other races

For virtually all races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email, requesting those interested in participating 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. You will need to make sure that you buy cross country spikes, as opposed to track spikes. Spikes come in different lengths ranging from 6mm to 15mm and can be screwed in. As the ground becomes heavier longer spikes will be needed, particularly on heavy course such as Parliament Hill and Lloyd Park in the winter months. Fell shoes are studded and have more grip than trail shoes. They are suitable for most ground conditions apart from ice. Cross country shoes can be bought at a number of retail outlets including Run & Become (Victoria), Runner's Shop (Beckenham), Intersport (Herne Hill), Runners Need and Sweatshop (various locations) or Wiggle online. Most offer a 10% discount to those with club or EA membership.

Ken Croke championships

2018/19 the Ken Croke cross country championships will include the 4 Surrey League races, London championships, South of Thames long race, South of England championships on 26 January 2019 and the Riddlesdown parkrun in March 2019 (date tbc after the road club championships have been sorted). To qualify you will need to complete 5 events, including 3 Surrey League races.

Update

As a result of the late change to the women's Surrey League programme, with the January fixture cancelled and switched to March, the women need only to complete 2 Surrey League fixtures, though still 5 in total in order to qualify. The qualifying rules for the men are unchanged.

Contacts

For further information please contact your captains at: dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk or ebepri11@yahoo.co.uk

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



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



Bufs/snoods - only £6

Socks only £5



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.

My name is Katie and I work for ESPH, the health, fitness and physiotherapy centre on Lordship Lane.

We know that this time of year a lot of your members will be gearing up for marathons, 10ks or just the summer season. Our team of first class physios and sports massage therapists treat runners regularly, helping them to prevent injury, and then to recover quickly when disaster strikes.

We thought would reach out to you and offer your club 15% off an initial Physio consultation, we can also offer your runners a free session at our Total Pilates class which they can access using a code online.

If you think either of these opportunities would of use to your members, please let me know and I can get them set up for you.

Thanks very much and I hope to hear from you soon!

Katie Paterson
Marketing Manager

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Dulwich Runners

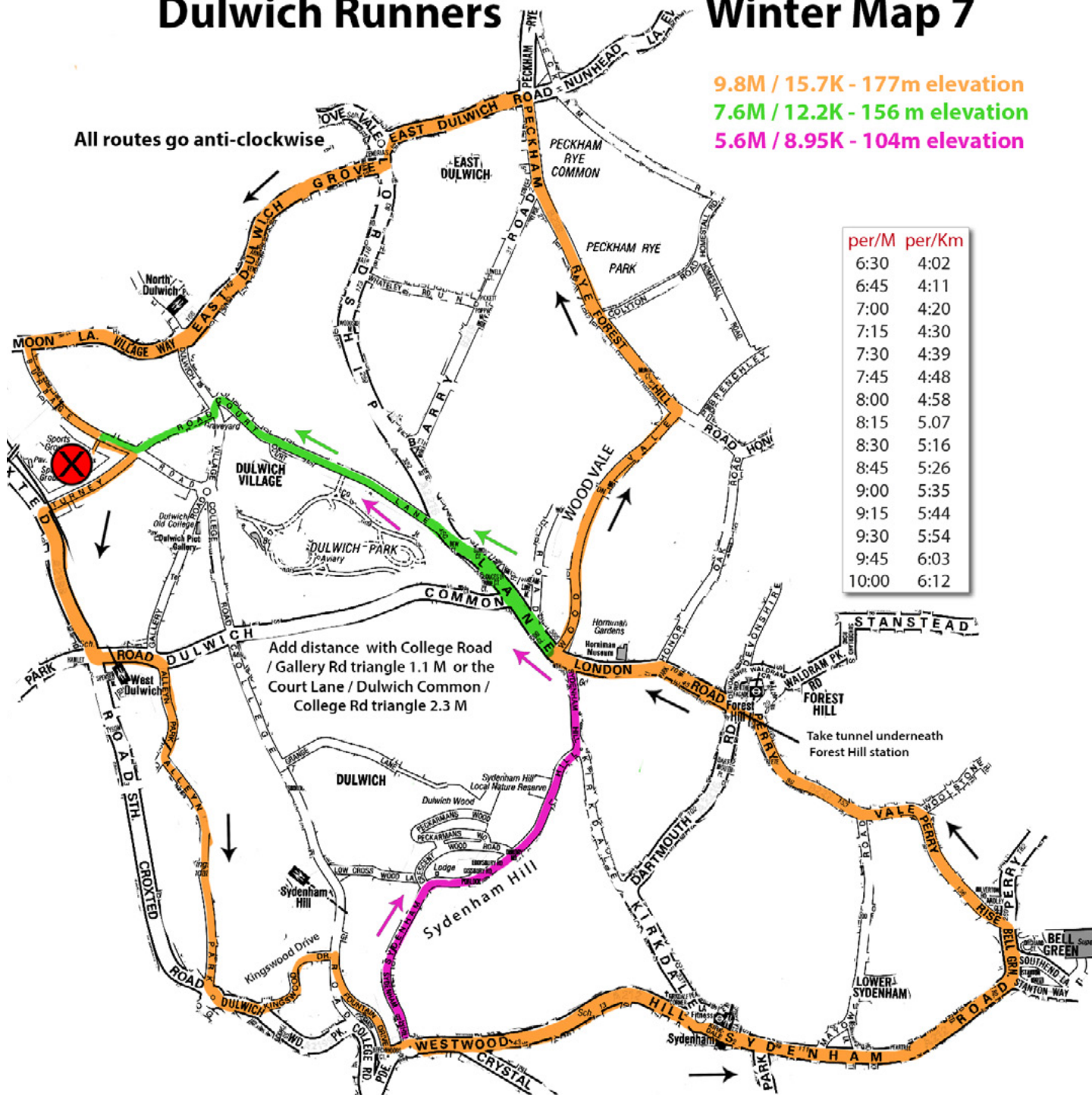
Winter Map 7

All routes go anti-clockwise

9.8M / 15.7K - 177m elevation

7.6M / 12.2K - 156 m elevation

5.6M / 8.95K - 104m elevation



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

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