



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

Tue 28 **Back at Dulwich College Track £2 per session**
Start with a warm up taken by Elkie Mace at 7:10pm then at around 7.25 main session taken by Steve Smythe, 1st part of session will be on grass, 2nd part track.

Like us on Facebook @dulwichrunners

In your SHORTS this week !

- 1 General information
- 3 Fixture list & race details
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And much more !

our website: www.dulwichrunners.org.uk

Connect with us:



DULWICH RUNNERS AC 2019/20 MEMBERSHIP RENEWALS OVERDUE

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

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

Please do not post the form back, you can email it back with any changes etc.

Preferred payment method is by Direct Bank Transfer and

the details are in the email.

You can also pay with cash at any club session.

No cheques please.

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

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

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

TRACK SESSIONS

Dulwich Track -

Please read "Track Training" opposite -->

Cost is £2 per session

Warm up taken by Elkie Macer consisting of various drills and stretches etc will start around 7.10pm..

The main session taken by Steve Smythe will start on grass and then on to track.

These sessions more suitable for all levels of ability than the Crystal Palace sessions. - page 2 for more details

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

----- EVENT HORIZON -----
A brief look ahead

May 27 BUPA 10k - The Mall, london

**Big thankyou to Matt Ladds & Tom south
for arranging a great Pizza evening**

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)

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.

Track Training

NB because the Dulwich track is in my view unfit for purpose, I have decided to have additional sessions on Tuesday at Ladywell or Crystal Palace.

As we have additional coaches now there will still be grass sessions for those that want it at Dulwich - I or someone else will set sessions but for those targeting fast miles or more speed, you might consider more traditional track sessions for the months of June and July building up to the club mile champs.

I will then plan for grass sessions in August and hill sessions in September.

The track sessions will start on June 4 - I will give more details next week. To get an idea of numbers, can you let me know if you intend to do the track rather than the grass session.

Steve Smythe steve.smythe@athleticsweekly.com

NEW RUNNERS ROTA

Thanks go to **Ebe Prill and Tom South** for taking out new runners lastweek

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

Ange Norris

Jo Shelton Perada

22/5

29/5

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>

MIDSUMMER RELAY 26 JUNE

Put the date in you diary now. - This event is the major fundraiser for the club so you all need to support it by either running or helping on the day. Please promote it and encourage entries from your friends, family and work colleagues. There is also a 1 mile fun run for children. Details and entry form are on the website. - Ros



We have a number of the entries for this important fundraising event in the club calendar, but very few so far from our own club, so please come forward if you are able to take part.

This is not an event targeted at elite runners but is open to runners of all abilities and recently joined members are encouraged to enter.

Don't worry if you are unable to put together teams of 3 as we can do that for you if necessary. The mile distance will provide good preparation for the Mark Hayes Mile in July (date tbc), the SOAR Mile on 2 August and other track meetings during the summer.

DULWICH RUNNERS A.C. SUMMER RELAYS AT DULWICH PARK



26.JUNE.2019

3 x approx. 1 mile lap

Entry forms and race details from
www.dulwichrunners.org.uk
or ros.tabor49@gmail.com

Entry: Race starts at 7.30pm
£15 per team
(Limited entries on the day)

7.00pm children's 1 mile fun run
£2 per child

www.dulwichrunners.org.uk

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



 @dulwichrunners



DULWICH RUNNERS 2019/20 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

2019		Race	Venue
May	27	BUPA 10k	The Mall, London
Jun	6	Assembly League - Leyton Jubilee Park	Leyton
	10	Sri Chinmoy 5k short	Battersea Park
	12	DinoDash Relay	Crystal Palace Park
	16	Eltham Park 5 short	Eltham
	26	Dulwich Runners MIDSUMMER RELAY	Dulwich Park
Jul	4	Assembly League - Crystal Palace Park t.b.c	t.b.c
	14	Sevenoaks Seven long	Sevenoaks, Kent
	19	Mark Hayes mile	Dulwich
Aug	1	Assembly League - Victoria Park	Hackney
	2	SOAR Mile short	Olympic Park, Stratford
	29	Assembly League - Beckenham Place Park	Beckenham
Sep	21	SEAA road relays	t.b.c
	28	England Masters cross country Inter-Area Challenge	t.b.c
Oct	12	Surrey League cross country (men)	t.b.c
	26	BMAF XC Relays	Long Eaton
Nov	3	Regents Park 10k short	Regents Park, London
	9	Surrey League cross country (men)	t.b.c
	16	British & Irish Masters cross country,	Southport
	23	South of Thames 5 miles	Morden Park
Dec	14 or 21	tbc South of Thames 7.5 miles	Lloyd Park
2020			
Jan	4	County cross country champs	t.b.c
	11	Surrey League cross country (men)	t.b.c
	25	South of England cross country champs	t.b.c
Feb	8	Surrey League cross country (men)	t.b.c
	22	England cross country champs,	Nottingham
Mar	21	England area 12 and 6 stage relays	t.b.c
Apr	4	National 12 and 6 stage relays	Sutton Park
Surrey League Xc dates and venues to be confirmed			

Note: All track fixtures on separate fixture list below

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

2019		Track races and meetings	Venue
Jun	2	Surrey Masters T&F Champs	Kingsmeadow
	3	Blackheath and Bromley Open meeting	Norman Park, Bromley
	17	Blackheath and Bromley Open meeting	Norman Park, Bromley
	19	BMC meeting	Eltham
	19	Mark Hayes mile	Dulwich
	21	Golden Stag Mile	Finsbury Park
	29	HHH open meeting	Tooting
Jul	14	VAC T&F champs	Kingsmeadow
	17	BMC meeting	Eltham
	22	Blackheath and Bromley Open meeting	Norman Park, Bromley
	24	VAC 5000m champs	Battersea
Aug	2	SOAR Mile club champs (short)	Olympic Park t.b.c
	12	Blackheath and Bromley Open meeting	Norman Park, Bromley
	14	BMC meeting	Eltham
	24	HHH open meeting	Tooting
Sep	11	Highgate end of season open meeting	Parliament Hill
	18	VAC 10,000m champs	Battersea

2019 Club Championships

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

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

Assembly League

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

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

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

Eltham 5 - club champs

Race now full:

https://www.eventbrite.co.uk/e/eltham-park-5-2019-registration-56553257315?fbclid=IwAR07ZzaqlZQ_7Z9aZi5zL6wpjd2aFk_97tjl-Q4kDEZyvGI2kk9NQCKG8ss

Vitality 10k Bank holiday Monday 27 May

We have one of our strongest fields entered this year, and also in the British 10K Champs for Men and Women, team and individually. Which is why our 12 club places are mainly selected on performance.

Selected runners are (Women): Marta Miaskiewicz, Hayley Seddon, Yvette Dore, Emma Ibell, Belinda Cottrill, Katie Styles.

(Men): Tim Bowen, Alastair Locke, Wayne Lashley, Tony Tuohy, Charlie Lound, Grzegorz Gałęzia.

Several more DRs have entered independently. I heard from these men, but there are probably more:

Edward Chuck, Stephen Davies, Daniel Mann, Edward Harper, Thomas South, James Burrows.

Good luck to all taking part!

England honours

Those of a certain age (35 plus to 70) might be interested there is an opportunity to run for England on the road.

<https://www.englandathletics.org/athletics-and-running/england-competitions/england-teams-and-selection/england-age-group-masters/>

It is certainly not like proper selection that Lucy achieved for running for England under 20s where they fly her out but it is an international opportunity of sorts This winter and spring the fastest five English runners in each age group across the Chester, Bournemouth, Manchester and Brighton Marathons were eligible and my Brighton M60 win means I have been selected to run for England I the Yorkshire Marathon in October.

Having done two not very good painful marathons in last two weeks, I'm not sure I want to do another this year as one a year is usually enough and there are quite a lot of costs involved but I will probably do it.

While the marathon teams are closed this year, there will be further opportunities later in the year to qualify for 2020 and there will be 10km and half-marathon teams to go for and I suspect we potentially could have quite a few who might make selection.

Steve Smythe

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

Thames River Relay Sunday 8th Sept.

Starts 9 a.m. at Dorney Lake, finishes at Kingston
Teams of 5 to run a marathon distance between them
Stages range from 4.4m - 6.5m.

A scenic baton relay alongside the Thames, mainly off road. It is for runners of all abilities.

See the website - http://www.stragglers.org/river_relay

It seems a long way off but it is popular so we have to enter early.

If you would like to take part let Ange know on Wednesday evening or reply to dulwichladiescaptain@gmail.com

Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, fell, xc, tri and track results etc, are welcome.

Hackney 1/2M 2019

So my last race in M45 after a fantastic spring of PB's from 5km up to Half was my local Half in Hackney. This relatively new event has become something of a monster, this year hosting more than 17,000 runners.

Having been one of the various Dulwich PB's (83'00) in the blustery but ultimately wind assisted Big Half in March my bar had been raised further than originally anticipated for this race, as the season plan had been to peak with a faster Half Marathon here. Again, I was running to a power target using my Stryd run power meter. I had averaged 347W (4.39W/kg) for Big Half so I knew that I would need to increase that to make sure of a PB. Hackney has a similar elevation profile to Big Half, fairly flat and less than 100m, so I decided a target of 350W (4.43W/kg) should be sufficient. Albeit ambitious.....

The conditions were perfect for the 9am start, around 14C and a bit cloudy. Set off carefully from the middle of Pen B as there is an incline in the first km or so which of course everyone goes too fast

up. Managed not to get drawn too badly into that but still a bit fast at 358W, and had to tell myself to reign it in. The next 12-13km were comfortable and around target effort. Heart Rate was looking sensible so no need to adjust power target. Then suddenly for some unknown reason in the 14th km I felt the heart rate go up and the pace drop and got into a minor panic. This is where PB's are won or lost, and it was choice time - pull myself together and keep the pace or let negativity take over and blow it. Luckily I talked myself out of the wobble and fortunately within a few minutes things felt normal again.

Unfortunately by that point it was clear the distance on my watch was longer than the race markers, so of course you start having to "do the maths". Luckily I had noted my 5k, 10k time and then my 15k time based on the timing mats (19'30, 39'07 and 58'35) and so knew I was on target for 20k at 78 minutes if I held my nerve and form. But then there was no 20k mat, and I started thinking I'd blown it. The 21k buzzed on my watch with what looked like a km left. I looked at my watch and saw 81 minutes..... was I going to make it? It's funny how your eyes play tricks.

It was about 500m to go and on my

left in the crowd I saw my friend Danny from my local parkrun who gave me the encouragement to attempt a "sprint finish". As I turned into the last 100m and onto the finishing straight mats I realized it was in the bag and relaxed. 82'28. Pretty shattered and as soon as I stopped I realized my toes were in agony. The Nike 4% Vaporflys are fantastic fast shoes that have helped me to 5 PB's this spring but they do not like my toes! Barefooted and tired I waited for a few mates to finish, took a few "Strava photos", then headed for a couple of well earned morning beers in the event village!

It has been a fantastic spring of running. There was no marathon this year due to new arrival at home but now I have the confidence to try in 2020 knowing sub 3' is a realistic goal. Oh and I am 50 next week so better Age Grades and category placings may be around the corner! I also want to say a special thanks to my Dulwich Runner friends (Ian, Paul, Ebe, Steve, Tim, Charlie, Rob, Alistair, etc the list goes on) who brought me into the club via the Thursday Hyde Park tempo sessions. These sessions improved me so much in 2018 and 2019 and of course also involve great company and chat!

<https://results.sportshive.com/events/6531817200406555648/races/460881/bib/6502>

145 Paul Collyer
17627 ran

82:28

Southern Athletics League Mile End

May 19

After her relay run the day before, Clare was not at her sharpest in the 800m but finished strongly.

The 1500m went better as she held back and then took the lead and won with a strong last lap. Her Kent team-mate was Amy Clements who had earlier won the 5000m and Clare finished ahead of 2:39 marathoner Amy for the first time in 5 years.

Steve Smythe

800 4th A Clare Elms 2:26.20
1500 1st A Clare Elms 4:54.56

Watford Open meeting

May 15

Clare was drawn in race 7 of 18 and unfortunately instead of being in a sensibly paced race, her 11 opponents average age of 13 blasted the start and despite Clare running one of her fastest ever 200 metres she was well behind all her opponents.

They all slowed and Clare caught a few and was still on for a very fast time at 600m but paid for the quick start and struggled a bit in the closing stages.

Steve Smythe

800m: race 7: 9th Clare Elms 2:23.95

Green Belt Relays

The annual Green Belt Relay is an event that many regulars look forward to. Despite this, we did struggle with a team this year due to it clashing with the BMAF relays and other work and holiday commitments. However, with just under 2 weeks to go, a friend from Riddlesdown parkrun was welcomed to the team and we were raring to go. Well almost! There was nearly a speedy trip to Greta Green on the Friday to validate some car insurance! No, I didn't understand it either and thought it was just an excuse. I did look out my best frock and hat, but alas, a phone call to RAC ensured it didn't happen.

So, after that potential excitement, what could go wrong on a 22 stage relay around London, with the start/finish in places that nobody has ever heard of and each runner navigating themselves with the aid of a map, some signs and sawdust. Each team has 11 runners who all have to complete a stage on Saturday and Sunday. Our final line up consisted of 2 rookies – Laura Vincent and my friend Sarah, 2 returning for a second year – Tom South and Dylan Wymer and a group of GBR

stalwarts – Steve Williams, Lucy Pickering, Martin Morley, (who has now completed all 22 stages) Anna Thomas, Louisa Pritchard, Andrea Pickup and me – Ange Norris.

The results –

We finished 20th overall out of 52 teams and 11th mixed team out of 38. Our time was 1:04:24:49, just 6:58:08 behind the first mixed team. That sounds like quite a lot, but not over 22 stages, especially as we were very almost a vets team (only Dylan is a senior), and also we were female heavy (NO, not heavy females!), with 7 out of 11 being female.

Most notable performance has to go to Andrea, as she won her stage on Saturday and broke the W45 stage record on both days. Last year she ran the same stage on Saturday, finishing in 1:10:56. This year she finished in 1:07:18, taking 40 seconds off the record.

Last year I carefully chose 2 stages for Tom that I thought he would enjoy and run well in. He did, but I received a fair amount of grief over it. (I quote – 'I started and finished at fine looking pubs and had no time to go in them.' Plus 'You gave me one of the hardest stages' True, but it's a complement to your running Tom.) Then he requested the same 2 stages again this year! He came

third on Saturday, one position up on last year with a PB, in a time of 1:03:04 for 10.65 miles. His time last year was 1:05:19.

Dylan came second in his stage on Sunday and enthused about running all along the North Downs Way. In fact, everyone was positive about their runs, although Lucy was disappointed to add on an extra 1k to her Sunday stage. Anna was more pleased with her run on Sunday. She finished strongly as second female. She said she started off a bit too fast on Saturday, probably due to arriving with seconds to spare before the start. Steve fell on Sunday and finished dripping from various places on his body, but was still smiling. He tried to stop himself falling by grabbing hold of a fence, but unfortunately it was barbed wire!

This is an extremely well organised event that has all the elements anybody could want – it's inclusive with runners of all abilities; everyone can race as hard as they wish or not; it's scenic, taking in as much off road routes as possible – towpaths, fields, woods and tracks; it's friendly and supportive from your own team and others. I was hooked from the first time I ran it 10 years ago, but you really need to find out for yourselves. Sign up next year.

Ange Norris

Andrea Pickup adds...As many of you are aware I have been injured now for so long that I have become definatly fearful of putting on a number. Lack of fitness and continuing hamstring and hip problems, makes you want to hide away from races. So I decided to do GBR as no pressure, enjoyable and I could test where I was and hopefully get my mojo back. Also to



see if I could do two runs back to back without any serious consequences. Stage 10 I have done a few times before, and off I set feeling comfortable and running what I felt was within my comfort zone.

At about mile 3 the heavens opened and I got to the stage I could hardly see and was just having to concentrate on where my feet were going. It felt easy and I could see the final drag of the ploughed field to the finish which seemed to come around a lot quicker than previous times. I had to run, walk and slide this bit, as rain had turned it into a mudbath and was difficult to stay upright. But with plenty of energy to spare I finished 1st lady like a drowned rat.

I asked for stage 20 as it was flat on road and some trails and short just under 10k. So was hoping that any soreness in hip from previous day would cope with this. I felt very tired but strong and more important no niggle from hip.

Second lady and as no watch for either day went home just happy that had raced.

So great bonus to have Tom tell me that I had got stage records for both days. Not knowing what my times was it was for once a pleasant surprise that Saturday was nearly 4 minutes quicker than done stage before and Sunday 40.01

Hopefully road to recovery and some proper training.

Well done Ange for the amazing running that you do. a league above all of us but the incredible time and commitment that you put into the organisation



British Masters Road Relays Sutton Coldfield

Saturday 18th May

Back at Sutton Park, the spiritual home of road relays, for one of our main aims of the year, Dulwich managed to field an impressive five teams of men across age groups M35+ to M65+ but for once had just a single team of women - although their result was far from disappointing. All runners as usual were running the same course; for the second year a longer, trickier and hillier route that is closer to 3.17 miles (5.1km) than the old 3.0 (4.8km) and can be regarded as taking at least a minute to 1.15 longer to complete. At least we had a nice day and running conditions were good.

Our W55 ladies may have been our sole female team but were of course our main hope of collecting some bling. First off was Ros who is actually a few years out of this age group but nevertheless ran well to bring us home in 7th position and give Ange some targets ahead. Ange had a bit on her plate as she was due to drive south straight after the race to run her leg of the Green Belt Relay in the afternoon as well as take up her logistical organiser duties there; obviously likes a quiet life. Anyway, before all that she stormed round seven seconds faster than last year in the third best time of the day bringing us up to 3rd and only 18 seconds shy of the lead. That was more than enough in hand for Clare in her new age group after setting multiple new records since her birthday, who swept into the lead in no time and proceeded to solo away. With no pressure she cruised along pretty fast anyway, five seconds up on her time last year, and fastest of the day by over two minutes as well as beating all the W45s; in fact only three W35s were quicker. Gold for Dulwich, national champions by over three minutes, gold for Clare's fastest time and a bronze for Ange too. Not bad at all.

1st Dulwich Runners W55 1:04:20:

Ros Tabor 24:06
Ange Norris 21:29 (3rd fastest of the day)

Steve Smythe adds...Vets Road Relay

Clare did make history as she became the first athlete to set fastest laps in three different age groups (W35, W45 and W55) and be in the winning teams in all those age groups too. Ros also achieved something unusual as she was in the Dulwich team that last won this age group back in 2008.

I was hoping one day we would could get all our male masters out but despite plenty of notice and some excellent chasing from Ebe, the teams did not really do us justice but at least we did put out teams in the M35, M45, M55 and M65 for the first time. The women did win with their one team but one team of 3 is pathetic when we have about 60 women who could have run. Perhaps we will have to wait before they move to somewhere

Clare Elms 18:45 (Fastest of the day)

When reporting on the M55s I still can't help mentioning that it was this age group that won the Dulwich men's sole medal at national level, a silver in 2013. It may be heading further into memory but as long as Coach Steve, now M60, is still in the squad it will get mentioned. We had no illusions of emulating that feat but our 10th place in serious company 21 seconds faster than last year was worthy enough. Steve took the first leg and was disappointed to run getting on for 20 seconds slower than last year but at least gave me plenty to aim at...

My own run was a welcome surprise, catching 12 runners and half a minute up on last year's 1st stage win, this time fastest on the 2nd stage but failing to capture an individual medal by falling 11 seconds short of Tommy Hughes (new M55 marathon world record 2:30:15!). Can't complain I suppose but still might. We were 9th by now and Mike took over with a very good run to lose only one place; 10th out of 30 teams, a commendable result. the M55s were spoilt with a B team making the trip too, Andy and Ian producing solid runs split by Ebe, restricted as regards speed at the moment but in fact running well.

10th Dulwich Runners M55 A 59:37;

Steve Smythe 21:11
Tony Tuohy 17:51 (4th fastest of the day)

Mike Fullilove 20:35

27th Dulwich Runners M55 B 1:15:30;

Andy Murray 28:48
Ebe Pril 21:22
Ian Sesnan 25:20

Our M65s turned in a decent performance with Bob starting off in 7th place, but the pick of our trio was an excellent run from Hugh for the day's 7th fastest that deserved more than moving us up only one place. Barrie's solid run was good enough to consolidate that position.

6th Dulwich Runners M65 1:10:46;

Bob Bell 24:12
Hugh Balfour 21:31 (7th fastest of

the day)

Barrie John Nicholls 25:03

The M45s all ran well although Charlie was ruing getting his pacing wrong early on and running out of steam - he's certainly worth a bit more than his 18:33. Steve's excellent 17:31 was certainly a match for his best time here on the old course three years ago (16:28). Mark ran really well and was well up to his best form while Andrea, on a bit of a comeback trail, definitely ran better than expected after recent injury woes.

19th Dulwich Runners M45 1:17:28;

Charlie Lound 18:33
Steve Davies 17:31
Mark Foster 20:34
Andrea Ceccolini 20:50

While not expecting anything in terms of a high placing, we did well to field a team in the six-man M35s. However, the real revelation was recent recruit to Dulwich Lee Fedden. With a 2:38 marathon last October and an even more impressive 73:02 half marathon in March he was keen to try himself out at an unfamiliar shorter distance and obliged with a top quality run that hasn't been equalled in this event by any previous Dulwich man. His 4th place on the first stage had him complaining that he failed to make 3rd but was anyway good enough to finish 10th best of the day, a seriously good performance in this company. Our five other chaps following were bound to be on a hiding after that, the brunt of which was taken by James on the next stage who had to drift back 15 places while in fact running well. Martin also ran well and had the distinction of actually gaining a couple of places on his leg while Ross, Gary and a slowly-coming-back Jonathan all did their best against tough opposition.

Tony Tuohy

30th Dulwich Runners M35 2:01:31; Lee Fedden 16:16 (10th fastest of the day)

James Burrows 19:10
Ross Rook 19:46
Jonathan Whittaker 20:21
Martin Double 21:05
Gary Budinger 24:53

local like Beckenham on an evening and then we will get good teams out.

The excellent M35 run of Lee Fedden making his relay debut deserved other people of a near similar level even if everyone who did run did their best. Steve D and Charlie could also have had better support.

With a few from Tim, Wayne, Andy, Buzz, Alastair, Daniel, Tom, Paul D, Rob H, Lloyd, Mike W we could do better and medal for the first time in both M35s and M45s. I appreciate there were reasons while some could not run but surely not everyone was unavailable to support the club in what should be the most important team event for anyone in the club aged over 35.

Copenhagen Marathon

19 May 2019



- classic defeat in a 10 km race (after a 20 mile warm up)

Since in Brighton I was robbed of my sub-three runner title (as one of our club Toms put it), I decided to have another go at the 3-hour barrier in Copenhagen.

The CPH course was nice and flat, winding around the city, sheltered from possible head wind from the sea (which I learnt to hate after Brighton). I thought 5 weeks was enough to fully recover from the previous marathon. I didn't do any proper training in the meantime. Just one solo track session, a few shorter runs, and two half marathons, including one finished at 1:26 on a hilly and windy course. In Copenhagen there was no wind but the weather again was a factor - humid air, blazing sun and 21 degrees in shade obviously had to play a role. I started the race a bit aggressively - I ran nearly every kilometre 5 to 10 seconds faster than the pace required for the 3:00 finishing time. I wanted to avoid a situation where I miss the target by ten seconds or so.

The 3:00 time space was very crowded. It made things difficult as some of the course ran through some bottle necks and there were several acute turns. A couple of runners got tripped and fell flat to the ground. At the water stations you had to elbow your way through to grab a cup of water. I gulped down one cupful at every station and poured another one on my head

and shoulders. It helped for the next few hundred meters until the water evaporated. The 3:00 pacer team knew what they were doing. The four of them were running forming sort of a skirmish line, and you didn't have the dilemma whether you should stick to the pacer near you or chase the one with the same balloon who's five hundred metres ahead. They also pointed to the obstacles in the course and interacted with the crowds.

Everything was going great during the warm-up 30km. But then the classic problem started. I will not go into details of what was going on in my head but after around 20 miles I started to struggle with the ambitious pace. Despite regular fuelling up and drinking, I realized I could not keep up the pace. Over 3 km or so I realized I wasn't not going to make it and, for the first time in a race, I threw the towel in. Spending all your sweat and blood to finish in 3:03 or 3:04 was not worth it. I slowed down to a jog, which was not pleasurable either, but at least I was not dying a slow death and did not bring myself to the brink of exhaustion.

I'm not quite sure why I blew out. Maybe 5 weeks was not enough to recover? Maybe the two half marathons, including a hard one, took the toll? Or maybe with the training I've done I've reached a certain threshold after crossing which speeding up even by five seconds caused a crash landing. Obviously, there were other factors - like the hot weather, sharp bends, crowded field, but I think they were of secondary importance.



Anyway, as for the event itself - I strongly recommend it - maybe not for a PB, but as a sightseeing race - by all means. The crowds were wonderful. Loud support. Lots of music. Clapping to the rhythm of funky music, confetti guns etc. The English language life coverage was



provided by Geoff Wightman himself. The

40th anniversary medal was really good quality, your deposit bag was a proper good-quality rain-proof bike backpack. Past the finish line finishers were welcome by hectolitres of Erdinger-frei beer, coke, hot chocolate, and lots of other goodies. If you ran your PB you could ring a dedicated



bell. You could take a shower, have a dip in the refreshing harbour water, or just enjoy a nice cool-down in a sprinkler fountain provided for the runners pleasure.

You also got instant pictures from the course and the finishing line completely free of charge!

Finishers could also get a complimentary meal in a few Copenhagen restaurants.

All in all, the Telenor Copenhagen Marathon is definitely a recommendable event.

Tip-top organization, interesting course, great spectating - everything you expect of a great race.

537 Grzegorz Galezia 3:09:42
37th in category (approx. 11,500 ran)

2018 Club Championships

Within age groups after 4 events [Marathon scoring open until 24 nov]

	Short					Long					Bonus for no. of events	TOTAL 5 events max inc. 1.S,L
	5k Dulwich 16 Feb	5k Battersea 10 Jun	5M Eltham Pk 16 Nov	1M Stratford 2 Aug	10k Regents Pk 3 Nov	1/2M Big Half 10 Mar	10M Towpath 10 Apr	Marathon London or other 28 Apr	7M Sevenoaks 14 Jul			
Women Senior												
Marta Miaskiewicz	50					48	50	50			4	202
Kim Hainsworth	49					45	48				3	145
Tess Bright						44	47	46			3	140
Laura Vincent	46					40	46				3	135
Ali Campbell						50		49			2	101
Hayley Seddon						47		48			2	97
Alice Williams						46		47			2	95
Rebecca Schulleri	48					42					2	92
Anna Thomas	47					43					2	92
Belinda Cottrill	37						49				2	88
Jenny Ross	43					39					2	84
Claire Barnard						36	45				2	83
Hannah Harvest	39					38					2	79
Karina Burrowes	40					37					2	79
Chloe Green						30		38			2	70
Elkie Mace						49					1	50
Cherry Newsam	45										1	46
Roz Johnson								45			1	46
Christina Dimitrov								44			1	45
Charlotte Sanderson	44										1	45
Jenny Shutt							44				1	45
Annie Hackett								43			1	44
Helen Lister	42										1	43
Michelle Key								42			1	43
Sonja Jutte	41										1	42
Katie Styles						41					1	42
Women V40												
Yvette Dore	50					50	50	50			4	204
Teresa Northey	49					47	47	48			4	195
Joanne Shelton Pereda	48					46	48				3	145
Eleanor Simmons						49		49			2	100
Sharon Erdman	47					44					2	93
Clare Osborne	45						46				2	93
Colleen Williams	46					45					2	93
Emma Ibell							49				1	50
Stephanie Lundon						48					1	49
Vicky Gashe								47			1	48
Women V50												
Michelle Lennon	50					50	50	49			4	203
Lucy Pickering	49					49		48			3	149
Lucy Clapp	48					48	48				3	147
Midge Cameron	47					47					2	96
Ange Norris								50			1	51
Ola Balme							49				1	50
Lindsey Annable	46										1	47
Clare Wyngard	45										1	46
Women V60												
Ros Tabor	50						50				2	102
Claire Steward						50	49				1	100
Susan Vernon	49										1	50
Elizabeth Begley						49					1	50
Men Senior												
James Burrows	46					46	49	46			4	191
Edward Chuck	50					50		48			3	151
Alastair Locke	49					48		47			3	147
Des Crinion	45					44	46				3	138
Joe Twomey	44					43	48				3	138
Eugene Cross	40					40	45				3	128
Joe Farrington-Douglas	42					38	44				3	127
Grant Kennedy	43					42		39			3	127
Tom Shakhli	34					41		41			3	119
Matt Ladds	39					33	43				3	118
Greg Falconer	37					35	41				3	116
Alex Haylett	36					31	38				3	108
Lee Fedden						49		49			2	100
Jack Ramm	47						50				2	99

Edward Harper						47		44		2	93
Timothy Bowen	41							50		2	93
Steve Rolfe							47	43		2	92
Rob Hollands						45		45		2	92
Jamie Nicol	38						39			2	79
Ross Rook						34	42			2	78
Alex Bazin						32	40			2	74
Wayne Lashley	48									1	49
Oliver Cooper								42		1	43
William Bancroft								40		1	41
Ed Simmons						39				1	40
Robert Yates						37				1	38
Stephen Pinkster						36				1	37
Jonathan Whittaker	35									1	36
Men V40											
Tom South	47					48	49	49		4	197
Andy Bond	50					50	50			3	153
Daniel Mann	49					49		48		3	149
Gower Tan	44						48	43		3	138
Hugh French	37					37	45			3	122
Stephen Davies	48							50		2	100
Grzegorz Galezia						45		47		2	94
Paul Devine						47		44		2	93
Rob Cope	45					44				2	91
Justin Siderfin	46					42				2	90
Olivier Montfort	43					43				2	88
Cameron Timmis	39						46			2	87
Martin Double						38	47			2	87
Jonny Hough	42					41				2	85
Miles Gawthorp	41							42		2	85
Christopher Cooper	40					39				2	81
Tom Wilson								46		1	47
Paul Collyer						46				1	47
Alex Loftus								45		1	46
Gary Clarke						40				1	41
Ajay Khandelwal	38									1	39
Spencer Sutcliff							37			1	38
Men V50											
Ebe Prill	49					49	49	49		4	200
Charles Lound						50	50	50		3	153
Gideon Franklin	45					47		47		3	142
Paul Keating	44					46	48			3	141
Michael Fullilove	48							48		2	98
Mark Foster	47					48				2	97
Tony Tuohy	50									1	51
John English	46									1	47
Ameet Patel	43									1	44
Paul Hodge								37		1	38
Mike Crilly								37		1	38
Men V60											
Stephen Smythe	50					50		50		3	153
Graham Laylee	48					49	50			3	150
Bob Bell	47					48	47			3	145
Barrie John Nicholls	46					46	48			3	143
Andy Murray	44					47	49			3	143
Hugh Balfour	49									1	50
Michael Dodds	45									1	46
Chris Vernon	43									1	44
117	74	-	-	-	-	73	46	43	-	228	
Best 5 count for year inc. 1 each short, long. 5 inc. one short and long needed for completion medal.											
Marathon points are temporary											



May 18th

Beckenham Place

270 Ran

Pos Gen

23	1	Kim Hainsworth	19:42
154	32	Clare Osborne	26:35
189	54	Claire Steward	29:08

Brockwell , Herne Hill

383 Ran

Pos Gen

25	25	Jonny Hough	19:40
50	49	Gower Tan	21:04
97	8	Lucy Clapp	22:49
128	113	Hugh French	23:49
239	52	Sharon Erdman	27:00
373	127	Clare Wyngard	38:27
374	247	Michael Dodds	38:29

Bromley

728 Ran

Pos Gen

103	95	Colin Frith	23:03
341	270	Peter Jackson	28:13

Burgess

482 Ran

Pos Gen

457	306	John O'Byrne	38:59
482	167	Susan Vernon	50:29

Catford

270 Ran

Pos Gen

3	3	Edward Harper	17:47
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Crystal Palace

361 Ran

Pos Gen

85	77	Paul Hodge	23:11
160	22	Helen Lister	25:55
232	176	Tom Wilson	28:09

Dartford

245 Ran

Pos Gen

2	2	Buzz Shephard	17:56
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Dulwich

425 Ran

Pos Gen

1	1	Edward Chuck	16:18
16	2	Hayley Seddon	18:47

18	16	Tom Shakhli	18:51
22	20	Alex Loftus	19:03
62	5	Yvette Dore	20:28
67	6	Michelle Lennon	20:38
71	64	Matthew Ladds	20:47
75	67	John English	20:51
133	115	Graham Laylee	22:26
206	39	Joanne Shelton Pereda	24:32
254	62	Natasha Chivers	26:19
262	198	Olivier Montfort	26:37
264	66	Karina Burrowes	26:40

Hastings

342 Ran

Pos Gen

1	1	Andy Bond	16:26
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Highbury Fields

320 Ran

Pos Gen

38	36	Paul Collyer	21:45
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Henstridge Airfield

140 Ran

Pos Gen

2	2	Joe Farrington-Douglas	19:35
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Kingdom

136 Ran

Pos Gen

13	2	Tereza Francova	22:13
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Osterley

319 Ran

Pos Gen

229	85	Lindsey Annable	32:14
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Peckham Rye

384 Ran

Pos Gen

39	1	Emma Ibell	21:21
83	5	Teresa Northey	23:13
127	115	Justin Siderfin	24:33

Southwark

394 Ran

Pos Gen

39	2	Belinda Cottrill	20:39
189	163	Paul Keating	26:35

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

DULWICH RUNNERS 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

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

SOCIAL SPOT

P
O
T

Upcoming events.

Watch this space !.....

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](#) on their posts then we can easily repost pictures on the main Dulwich Runners account of



Instagram

key achievements that you want to share, or cover club races that neither Jonathan or Yvette are at.

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

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)

Dulwich Runners Summer Map E

per/M per/Km

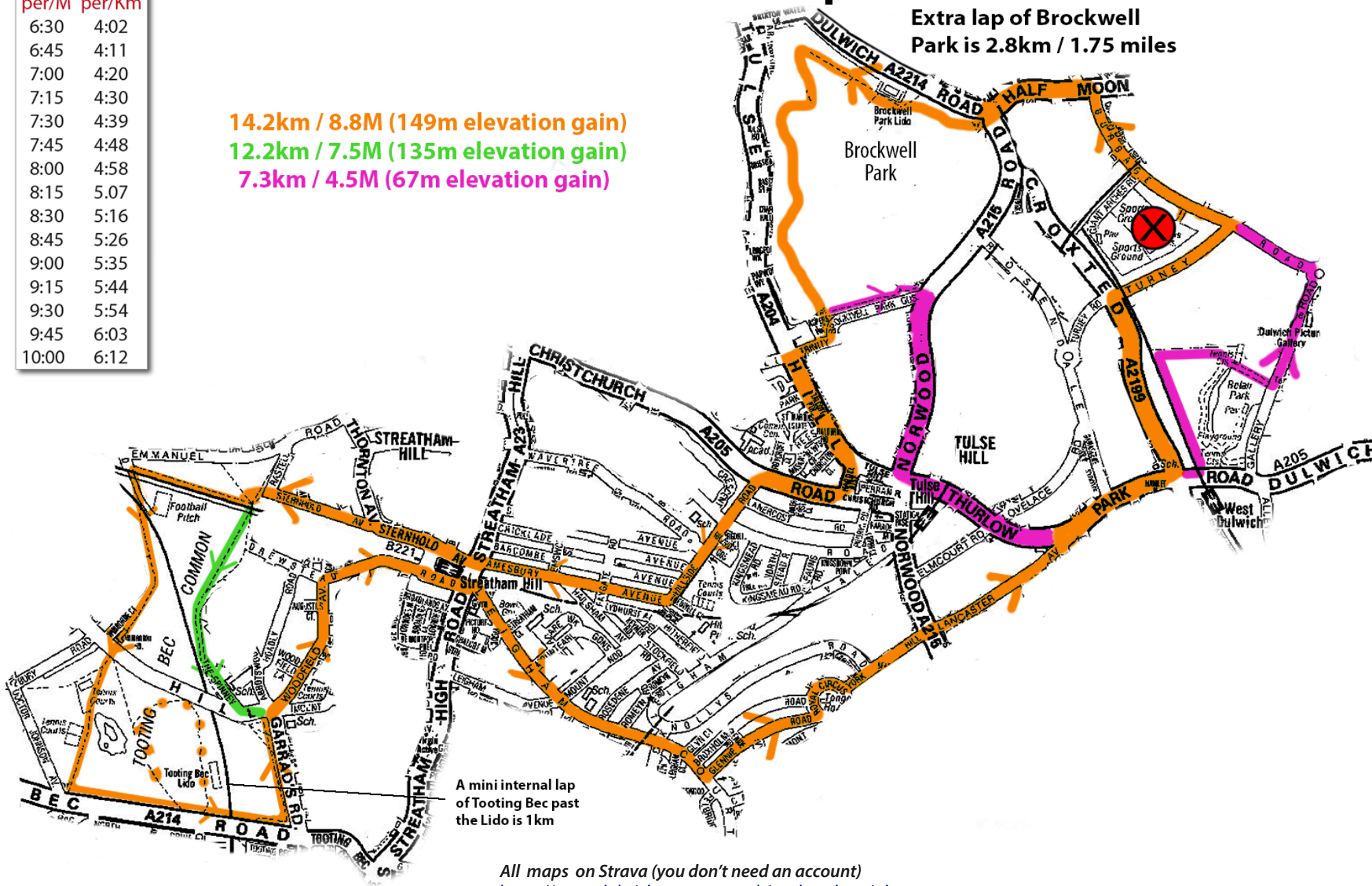
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

14.2km / 8.8M (149m elevation gain)

12.2km / 7.5M (135m elevation gain)

7.3km / 4.5M (67m elevation gain)

Extra lap of Brockwell
Park is 2.8km / 1.75 miles



A mini internal lap
of Tooting Bec past
the Lido is 1km

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