SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 2nd May 2012

These are your SHORTS, Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

– THE COMING WEEK –

Wed 02 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar

Thu 03 **Blackheath Assembly League start 7:30**
details

Tue 08 **Track Session with Steve Smythe** **see below**
Dulwich College Track 7 for 7:15 start
fee £2 pay to Steve

For previous editions of SHORTS go to:
http://www.dulwichrunners.org.uk/newsletter.html

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

DULWICH TRACK SESSIONS

Track sessions back at Dulwich.

The sessions start on the Dulwich College track. Please start warm-up at 7pm and the session will actually start about 7.15pm on the grass with the last 30 minutes on the track

Cost is provisionally £1 as long as you pay on thenight. £2 if don't pay on night. Subject to change if track hire costs aren't covered

Improve your speed & strength over all distances
Tuesdays with Steve Smythe are suitable for all abilities.

Over 30 runners attended the first Tuesday night session.

LUCKY VEST- This Wednesday

Don't forget to wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win £5 in the clubhouse that evening

NEW KIT NEW KIT NEW KIT

We now have lovely new vests and short sleeved T shirts for men and women
I'll bring them down to the club tonight
Vests £18 - t shirts £20
Ros

In your *SHORTS* this week !

2 Fixture List
3 Relays
5 Race Results
6 More to Milton Keynes than roundabouts !
7 Shakespeare was not to be !
11 Wednesday Night Map to print

And much more !

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

A brief look ahead

May 3 Assembly League Blackheath
May 6 1066 Relays
May 19/20 Green Belt Relays

full fixture list & info page 2

NEW RUNNERS ROTA

Thanks to **Kevin Wood** for taking out new runners last week. If you are listed to take out new runners, please can you 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. Thanks. – **Ros**

Clare Wyngard	02/05
Jose Barretta	16/05
Denise Brady	23/05
Stephanie Burchill	30 /05
Lindsey Annable	06/06

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so please remember to pay when you sign in. Thanks. – Ros

Wednesday Running Maps

On page 11 in SHORTS you will find a copy of the map for this weeks runs.

There will still be some available at the clubhouse , but it would help if you can print your own copy and bring it with you.

If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

CLUB FIXTURES 2011/12 - Club Champs , Xcountry, etc.

Date			Event		Venue
May	Thu	3	Blackheath Assembly League		Blackheath Park start 7:30
	Sun	6	1066 Relay		
		19/20	Green Belt Relays		
Jun	Thu	7	Victoria Pk. Assembly League		Victoria Pk, Hackney start 7:30
		9/10	Welsh Castles Relays		
	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	5	Battersea Park Assembly League		Battersea Park start 7:30
	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k TBC	S	Elmbridge TBC
Aug	Thu	2	Dulwich Pk Assembly League		Dulwich Park start 7:30
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
	Thu	6	Beckenham Assembly League		Beckenham start 7:15
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

Cabbage Patch 10 has been confirmed as **21 Oct**,

2012 Club Champs races in red S=Short L=Long

Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

MEN'S SURREY LEAGUE CROSS COUNTRY 2012/13

Dates and provisional venues have now been agreed for next season's Surrey League cross country.

These are:

20 October, Lightwater

10 November, Roundshaw Down

12 January, Cranford

9 February, Wimbledon Common

The dates for the women's fixtures will be the same, apart from the second one which is likely to be on 1 December. Venues to be confirmed, though the final match will be at Denbigh's Vineyard. – **Mike**

DULWICH RUNNERS 2012 CLUB CHAMPS

The races comprising the 2012 club champs have been selected. Dates for some of the races are provisional, based on this year's dates, and will be confirmed once information is available.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events. – ***Mike Mann***

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.

Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.

Just give me your name by 7:10

Don't just sit there salivating…join in ! – **Ros**

ASSEMBLY LEAGUE:

The next race in the Assembly League is at Blackheath Park on 3 May at 7:30pm. Blackheath Park is a road just south of Blackheath Station.

The nearest toilets are at the station, but there is space near the finish to leave kit, additional toilets which are larger and would be better for changing are at Greenwich Park, less than a mile form the start.

7:30, 3 May – Blackheath Park

7:30, 7 June – Victoria Park

7:30, 5 July – Battersea Park

7:30, 2 August – Dulwich Park

7:15, 6 September – Beckenham Sports Club

The Assembly League is an informal series of races in which we compete against other local clubs. Each race is around 5k. You don't need to register or pay to run. – **Charlie Lound**

Beckenham Relays: Wed May 9 7.30pm 3 x 2.6M

Though we have lots of other relay event around this time, we may as well try and get a good team out, especially in the women's race which we have traditionally have dominated though those running in Birmingham on Saturday should take it relatively easy. This one starting and finishing in Beckenham Place Park (not the old route) is a pleasant course over three legs of 2.6 miles.

If you fancy a run, please turn up before 7pm at Beckenham Cricket Club but first let Steve Smythe know on stevesmythe2006@yahoo.com so we can get a rough outline of how many teams we may

TED PEPPER 10K, 10am 7TH MAY 2012 venue has changed

The local Ted Pepper 10k, organised by Blackheath and Bromley Harriers, has long been a popular way for a number of DRs to kick off their early May Bank Holiday Mondays. Anyone thinking of doing the same this year should be aware that the venue has changed to a new, largely off road, course. It now starts, not where it has done for the past 30+ years in suburban Beckenham, but at the track in Norman Park, Bromley (near the start of the parkrun that we used for our 5k Club Champs a few weeks ago).

It is now too late to pre enter but I would imagine that they haven't yet reached their 250 limit and are still taking them – that's what I will be relying on anyway. The recent (and continuing) heavy rains may make trail shoes the best option if you have them.

Mike Dodds http://www.bandbhac.org.uk/ted%20pepper.html#map

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked below with *) are also designated as the county championship race for that distance.

Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:

Kent: http://www.kcaa.org.uk/road%20races.htm#prov

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

Kent Grand Prix and Championship Races

6 April	Folkestone 10 *
15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

6 May	Richmond Half Marathon *
13 May	Sutton 10km
10 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
11 August	Wimbledon 5km *

Dulwich lie 14th after 2 races in the Kent grand prix (Canterbury 10, Thanet 20) in both men and women's events – full results in spreadsheet sent with SHORTS

1066 RELAY, 6 MAY

Five teams are entered for the second running of this relay which starts in Pevensey and ends in Rye, with the route taking in 5 stages of unequal length. Some of the team and leg allocations have had to be adjusted and there will be a few further changes which will be sent to the participating runners shortly. Anyone not taking part but planning to support the relay should contact the Relayers Team which is arranging transport and a meal afterwards in Rye. ***Mike Mann***

GREEN BELT RELAY, 19-20 MAY

Members of the two teams entered for this year's Green Belt Relay, together with reserves, have now been selected and notified. In selecting teams we have sought to achieve a balance between those who have supported the event over the years and newcomers to the relay or club.

There are a small number of reserves for the mixed vets team and rather more for the seniors team, and we have asked reserves to keep the weekend free, if at all possible, as past experience indicates that we will need to draw on some of them. If anyone else, who has not put their name forward and is willing to stand as a reserve, particularly for the mixed vets team (age 40+), please contact one of us in the Relayers Team.

Several people have said

they would like to ride the Herne Hill Velodrome.
I have made a provisional booking for a Dulwich Runners session at 6;00pm on Saturday 12 May. We could adjourn to the Crown and Greyhound for a recovery drink afterwards. If you are interested, please email Steve – stevecook6@gmail.com
Fee should be £5 or less depending on how many people turn up. – **Steve Cook**

FRIDAY Track Sessions start 11th May
Dulwich College track
7pm for 7:15 Start

Please remember this is aimed at all levels so that whatever your current pace is this will help you to improve and gain those PB's we all love

No previous track experience required just a desire to improve your running. Changing and toilet facilities available. Approximately 1 hour duration with focus on improving **your** speed and technique. £2 track fee on the day

Put it in your diary to join Martin on the 11th May, this is the ideal time to start track work if you have done a spring Marthon and now looking at 10K's etc

We will look to organise our Festival of Running towards the end of Summer as in previous years, hopefully a bigger and better Festival this year. – **Martin Morley**

Vacancy: New Women's Captains Needed!

All you need is some enthusiasm and to be fairly organised. If you are interested or want to find out more speak to Kim dulwich.womenscaptain@yahoo.com

BUPA London 10km, Sunday May 27

Entries will be confirmed in next few weeks.
So far the men's 6 would be: Tony, Wayne, Tom, Mike W, Dave B plus 1 other
Women 6 would be Clare, Shona, Charlie, Andrea, Alexie and Ola

Ola Balme
Sports & Therapeutic Massage

Post-marathon Special £10 off

Massage can help speed up recovery after a marathon

What could you benefit from?

- Deep Tissue Massage
- **Massage to alleviate muscle fatigue**
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- ***Maintaining your fitness and well-being***

Ola is an experienced Sports Massage Therapist and club runner and has just run the London Marathon.

If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 0750 655 4004
ola.balme@btinternet.com

Race Reports & Results

5km Results for April 28th th

Dulwich

Tony Tuohy ran another sub-17 and Adrian Greer showed greatly improved form again to just get the better of Charlie Wood who ran a fine PB and won the women's race with one of the top 10 times nationally. Ebe Prill returned to form to set a PB

Some were claiming this course long which seems strange considering the number of PBs set. Worth noting Garmin's don't cope with circular courses particularly well.

3 Tony Tuohy	16:54 (course debut)
5 Adrian Greer	18:28 (PB)
7 Charlie Wood 1W	18:31 (PB)
8 Chris Loizou	18:41 (course PB)
10 Mike Mann	19:18 (course PB)
12 Ebe Prill	19:26 (PB)
19 Mark Foster	19:36 (course debut)
23 Duncan Wilson	20:47 (course debut)
24 Nicola Richmond 2W	21:00 (course debut)
29 Ian Sesnan	21:34
33 Graham Laylee	21:46 (course debut)
41 Clare Wyngard 5W	22:45 (course PB)
43 Ameet Patel	23:32
50 Michelle Lennon 7W	24:35

80 ran

Brockwell

17 Alistair Clarke	20:21
29 Jim Dowsett	21:34
56 Cameron Timmis	23:57
124 Mark Best	32:39

135 ran

Crystal Palace

Another win for Will.

1 Will Davis	18:45
20 Bob Bell	22:25

80 ran

Greenwich

8 Andy Murray	22:31

68 ran

Riddlesdown

Another win for Ange.

9 Ange Norris 1W	21:02

67 ran

Bromley

Congratulations to Steve Smythe for reaching the big 50! Not age but parkruns! Steve was one of the very first parkrunners at Bromley debuting in the third ever parkrun there when a select 38 took part. Who would have thought some 137 parkruns later that a turnout of 265 would be considered as relatively poor?

On a somewhat damp and overcast day in the middle of what seems to be the monsoon season, the day was illuminated by the recent women's course record holder Faye Fullerton. Not only did she leave the field standing, she gallopped away gazelle-like to a new course record of 16.27 and beat the rest of the field by a clear minute and a half. Not content with this, she continued through the finishing tunnel to complete another two laps!

A little further down the field, on not the best day for fast times, it was remarkable that three Dulwich Runners achieved pbs with the select Dulwich junior section taking two of these. Carrying on from last week's mini marathon, Alex and Oscar dipped under 19 and 20 minutes respectively taking 12 and 23 seconds of their previous bests.

Not to be outdone by the juniors, Mike Fullilove claimed a second successive pb and, in a battle to the line with Steve, took a massive 14 seconds off his previous best on his 42nd parkrun all at Bromley.

Well done to you all and thanks to Colin Frith for the time keeping and Clare Elms for the support!

6 Duncan Hussey	18.20
10 Alex Elms	18.49 (pb)
16 Steve Smythe	19.24
17 Mike Fullilove	19.24 (pb)
22 Oscar Hussey	19.40 (pb)
73 Marin Morley	22.19

Duncan Hussey

Clare Elms' 800m win from last week is on youtube
http://www.youtube.com/watch?v=NbXUgbAmFIk&feature=youtu.be&a

Milton Keynes Marathon: 29th April

On Sunday I ran my 1st ever marathon! It was a new marathon held in Milton Keynes and luckily the route left the city centre behind and followed canals and lakes rather than following the town's many roundabouts and straight roads!

Unfortunately the weather was appalling with rain, winds and feeling very cold. I'd love this to this to be a tale of how much I enjoyed it but I could sum up my experiences in one sentence…the toughest mental and physical challenge ever!! Naively before the race I didn't think it would be this hard…what I hear all you experienced marathon runners cry?! I'd trained and knew I'd be knackered at about mile 20 but I never imagined how exhausted I would be long before that nor how much I'd want to give up. It was enjoyable up to 10 miles, I felt tired at 13 and the next 13 miles were a mental battle.

I stopped checking my watch and just willed myself to keep on running! Wind, rain and the cold didn't help but I think I made the rookie error of being over optimistic about what pace I could maintain and also getting swept along with the crowd at the beginning. I finished in 4hrs 04mins 42secs chip time (4hr 06min 39 sec gun time). I didn't walk….this I am proud of! Immediately after the race whilst I was struggling to get my frozen fingers to undo my shoe laces I swore never again.

However 24 hours later I have put my name in the ballot for London 2013. Oh what a short term memory I have! Next time through I will go into it with eyes wide open…..and get my pacing right!

Winning times:
Men: Dave Mitchinson 2:41:51 (chip) 02:41:54 (gun)
Women: Yvette Grice 3:00:23 (chip) 03:00:35 (gun)

Milton Keynes marathon: positives and negatives

So for all of you who are considering doing a marathon other than London next year, here's the pluses and minuses of the race:

Positives

- ✓ Well marshalled with lots of drinks stations
- ✓ A smaller marathon so no bottle necks of runners
- ✓ Scenic route going past canals, lakes and forests
- ✓ It was billed as flat. It mainly was but did go up and down numerous underpasses which seemed like mountains on tired legs!
- ✓ A fair number of supporters given the weather

Negatives (could be due to weather / 1st year teething problems)

- Disorganised in parts – only part of the stadium was open so there was a bottleneck of people trying to get to the toilet and shelter from the rain before the race. Also it was very slow to get your baggage off the buses afterwards
- Poor goody bag which contained very little including a special K bar…I wanted more than 80 calories, I'd just run a marathon! No space blanket was provided despite most runners shivering.
- Some parts of the route were sparse with supporters which is a negative if you want constant support

Anna Thomas

World and European 100km Championships, Seregno, April 22

Emily Gelder had an excellent excuse for not running for us in the national team event in the London Marathon as she was selected to run for Great Britain in the World and European 100km championships in Italy.

Emily had a very strong run timing 8 hours 8 minutes and 8 seconds and she was the leading Briton and finished a superb 13th in the world and sixth in the European Championships. NB her run is the equivalent pace of running 3:26 marathon pace for 62 miles!

Sadly, Emily is New York for work next week and can't run for us in the Vets Relays and felt she had recovered well from her 62 mile race.

Not the Shakespeare Marathon –29 4 2012

Claire Steward writes: Having booked hotel accommodation, driven to Stratford-Upon-Avon, sorted out an early breakfast and made our soggy way to the finish area, Clare and I then had to contend with trying to locate the changing facilities (we gave up and made our final preparations in the loos), hunting for the bag store, then making our way back to the start, attired in plastic rain ponchos and oversized tee-shirts to be dumped as we set off.

We had earlier met up with Jozef who was plodding around in Wellington boots having driven up in the morning, and as we huddled alongside our equally bedraggled fellow runners for the 09:30 start of Rotary Shakespeare Marathon and Half Marathon, there was a brief announcement advising us to listen for further information, than at about 09:25 we were advised that due to dangerous conditions on the far part of the course in the second lap, the marathon was cancelled and we would all run the half marathon.

I know these things are sometimes going to be unavoidable but it seemed somewhat insensitive to drop this bombshell without any word of apology or acknowledgement that after putting in all the training required for running a marathon they were giving us two minutes notice that it wasn't going to happen. It was frustrating enough for me, but at least I had the consolation that I had my London experience to look back on, but for Clare and Jozef, all that training now seemed wasted and we had to rethink our strategy for running half the distance.

Pushing our way closer to the front we didn't have much time to dwell on it, and hyped up on adrenaline and pent-up anger we shot off at the gun, with Clare running a record-breaking first mile. The conditions for the first few miles were reasonably benign but around 8 miles the wind picked up, the rain was lashing down and it was a real struggle to make any headway at all.

Trying to shelter behind other runners made no difference at all and when we turned off the road onto a pathway we found ourselves sploshing through ankle deep puddles or skating in the mud along the edges. I have to admit that by the finish I was almost relieved that we didn't have another 13 miles to complete.

After dashing back through a sea of mud to the bag-store I tried to find Clare, she was looking for me, the marquee was crammed full of shivering runners and spectators alike and finally I gave up and set off back towards are hotel, literally bumping into an equally bedraggled and frozen Clare.

Back at The White Swan we stood dripping on the doormat, and as we took off our muddy shoes, the lad from reception appeared with huge bath towels for us and carried our bags back to our room where we enjoyed hot showers, hot chocolate and the breakfast croissants that we hadn't managed to eat before the race.

If you ever visit Stratford, stay at that hotel, the service was magnificent. The results are listed under two separate races as the chips were allocated for two races and they don't seem capable of amalgamating the results (so I have done it for them).

After ascertaining that I was 1st FV55 out of the marathon entrants, it was pleasing to see that none of the half marathon entrants ran quicker – I'm looking forward to receiving the prizes for both races!

Results show position for marathon entrants, (overall position), chip time.

157 (299)	Jozef Danko	1:38:55
206 (414)	Claire Osborne	1:42:08 (1st FV55)
354 (769)	Clare Steward	1:50:27

2,492 finishers in total (749 marathon entrants)

Southern Vets league, Eltham, April 27

Clare Elms showed good speed to win the 400m easily in 64.9, which places her third in the UK W45 rankings.She then ran a solo 3000m to win by a minute and her 10:38.0, though she is capable of much quicker, was the fastest by a W45 outdoors this year and faster than the world masters indoor title was recently won in.

Ros Tabor also scored maximum points on the track, despite a hamstring injury. She won the W60 400m in 80.5 and then the W50 3000m in 12:52.7. Ros already tops the UK W60 rankings at 3000m this year and her 400m also ranks her third W60. She also got a third in the W60 triple jump with a 4.78m jump and that helped Cambridge H to a joint win.

W35: 400: 1 Clare Elms 64.9
W35: 3000: 1 Clare Elms 10:38.0
W50: 3000: 1 Ros Tabor 12:52.7
W60 400: 1 Ros Tabor 80.5

Shakespeare half marathon, Stratford Upon Avon, 29th April:

Clare Osborne writes: The fact that I'm writing about this half marathon will come as much as a surprise to those who thought I'd spent the last four months training for the Stratford Upon Avon marathon, as it was to me, standing at the start line minutes before the race start, being casually informed over the tannoy that the marathon was cancelled due to the badly water-logged route.

"But it's okay..." the announcement continued, "…. you can all run the half marathon instead which is in much better condition..." . Then they babbled on about the mayor opening the race or something. But I was reeling from shock, along with several other fellow marathon competitors.

We didn't have much time to recover as the gun fired within minutes. I was running a distance I hadn't planned to! I was so angry I fired off the start line not reigning myself back until about 3 miles when some common sense kicked in. The first few miles weren't too bad, the rain and wind had all but stopped and I decided I was going to go all out to grab myself a pb as compensation for the unfairness of it all.

Alas, the wind and rain came back with vengeance around mile 9, when we were forced to run into a headstrong wind in lashing rain. I feared I'd be knocked sideways if it changed direction and generally made little progress. It was back to cross country days as we were faced with running through umpteen ankle deep huge puddles, either that or tempt fate on the slippery muddy edges.

At mile 12 we turned into a busy road and, like many other competitors, I wanted to try to begin to expel the last of my energy as we headed towards the finish. However, as the cones only allowed about a foot width of road for the runners, overtaking anyone involved dicing with death, jumping in and out of the oncoming traffic.

By this point, I'd resigned myself to just finishing the thing. I was rather exhausted and there was part of me that was somewhat relieved that I wouldn't have to make the agonising decision as to whether to continue another 13 miles in these conditions, being soaked right through, but knowing that that was the distance I'd trained and driven 108 miles for!

My parents, Aunt and Uncle had spent the weekend in Stratford Upon Avon and had sensibly decided not to venture out into the filthy weather to wave us off at the start of the race, opting to choose a spot along the marathon route to stand and support later on.

It was a pity that the race information to spectators seemed as appallingly handled as it was to the competitors and they spent some time standing on a rather quiet marathon route in the pouring rain. I dreaded to think how many marathon competitors failed to hear the casual message over the tannoy (only repeated I think once before the gun fired), but fortunately my family made it to the finish minutes before I came in.

It could only get better from then on. A free cup of tea was much welcomed and I counted myself lucky as I spotted several worse off competitors in the marquee, literally shaking with hypothermia. I couldn't be bothered to find the female changing tent, with no signage anywhere it was just too much effort when barely warmed up, so changed in the toilet.

Claire spotted and grabbed me as I started to head back to the hotel. Jozef had sensibly headed off home when he finished. The staff at the White Swan hotel were magnificient – Claire and me were somewhat celebrities: "the marathon girls" they called us and handed us fluffy white towels as we arrived back bedraggled in their immaculate reception, and letting us keep our room free of charge for showers and to change and recover after the race. An absolute blessing in hindsight.

Vets AC, April 25

A solo run in bad conditions.
3000: 1 Tony Tuohy 9:37.4

Serpentine 5k, April 27

James Godber 17:47
Steve Williams 18:51

Tonbridge AC Open Athletics Meeting - Tuesday 1 May

Beautiful spring weather and fantastic facilites meant that this monthly open athletics meeting was very well attended with races spilling over their scheduled times from the outset. Not having set foot on a track this year, it was with some intrepidation that I was put in the same race as Oscar and many of his U13 and U15s colleagues.

Although they were very pleasant about it and we shook hands beforehand, it was not surprising that they left me for dead and I was last after 100m. Experience soon told as I overtook the whole field and lead for the majority of the race, only to be beaten in the last 10m by 13 year old who demonstrated he had a change of pace whereas I didn't.

A good outing all in all, with Oscar just missing his pb by 0.3 secs and me missing my estimated time by 0.1 seconds. At least I can say that I have now completed one track session!

2 Duncan Hussey 4.50.10
6 Oscar Hussey 5.17.1

By the way, in addition to TAC's meetings, Blackheath & Bromley have recently announced an expanded set of four open meeings taking place at Norman Park with first one being held on Monday 28 May. See www.bandbhac.org.uk for further details.
Duncan Hussey

Goudhurst 10k 29th April 2012

It was Steve Smythe's 50th run at Bromley Park Run on Saturday. It was sheer coincidence that in the absence of the actor of a similar name, I was given responsibilty for starting the race and the timing.Despite this I think it all went ok?

The next day I decided to try my hand at twice the distance. The weather, like most places in the UK, was pretty bleak before the start but it did brighten up a bit. However the course due the recent heavy rain was changed to an out back 5k route times two. Apart from one slippery grass section this was on tarmac.

The course in the rain and wind had a few testing climbs so it was challenging.I had hoped for around 45 mins but considering the course and conditions I was happy to finish in 46.57 (chip time) in 55th (2nd V55) place out of 223 finishers.
The winner breezed home in 33.55.

Colin-Facebook Status "in between injuries"-Frith

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Duncan Hussey

British Masters Relays, Sutton Park, May 12

Work and family reasons have stopped us getting as good as teams as we could have in some events and a pity that some others will run in some relays but not ones that could give the club national medals.

We still will field competitive potential medal winning teams in the W45 and W55 events and potential top 10 teams in the M55 and M45 events.

Looking ahead to next year already, we could field four from six from Nick Brown, Adrian Greer, Steve Williams, the two Steve Smythes and Chris Loizou and a few others which would be a surefire medal winning team.

London Marathon
Steve Smythe younger report

Just to confirm it was the Steve Smythe who likes to race every few years who did the report on London last week and not the Steve Smythe who likes to race every few days.

Coincidentally, by chance we saw our chiropractor a few days before the race with consecutive treatments. We were the only two Smythe's in the race and we are both Stephen James Smythe of Dulwich Runners. Next year we will both be in the M55 age group and the elder one now lives in the same road I used to live in.

The elder Steve last beat me back in the 1986 London, when I thought I had a good excuse of having run the Thanet marathon a few weeks earlier where I had injured myself. This year having hardly done any training through January and February and started training in March, I was quite happy to be beaten by him as long as I got under three hours again. In my 36th year of marathoning, I am fairly complacent with them now and know as long as am healthy, I get enough long runs in, pace it properly and get the fuelling and gel strategy right, and persuade myself it's not that big a deal, I usually can predict my time down to a few minutes either way.

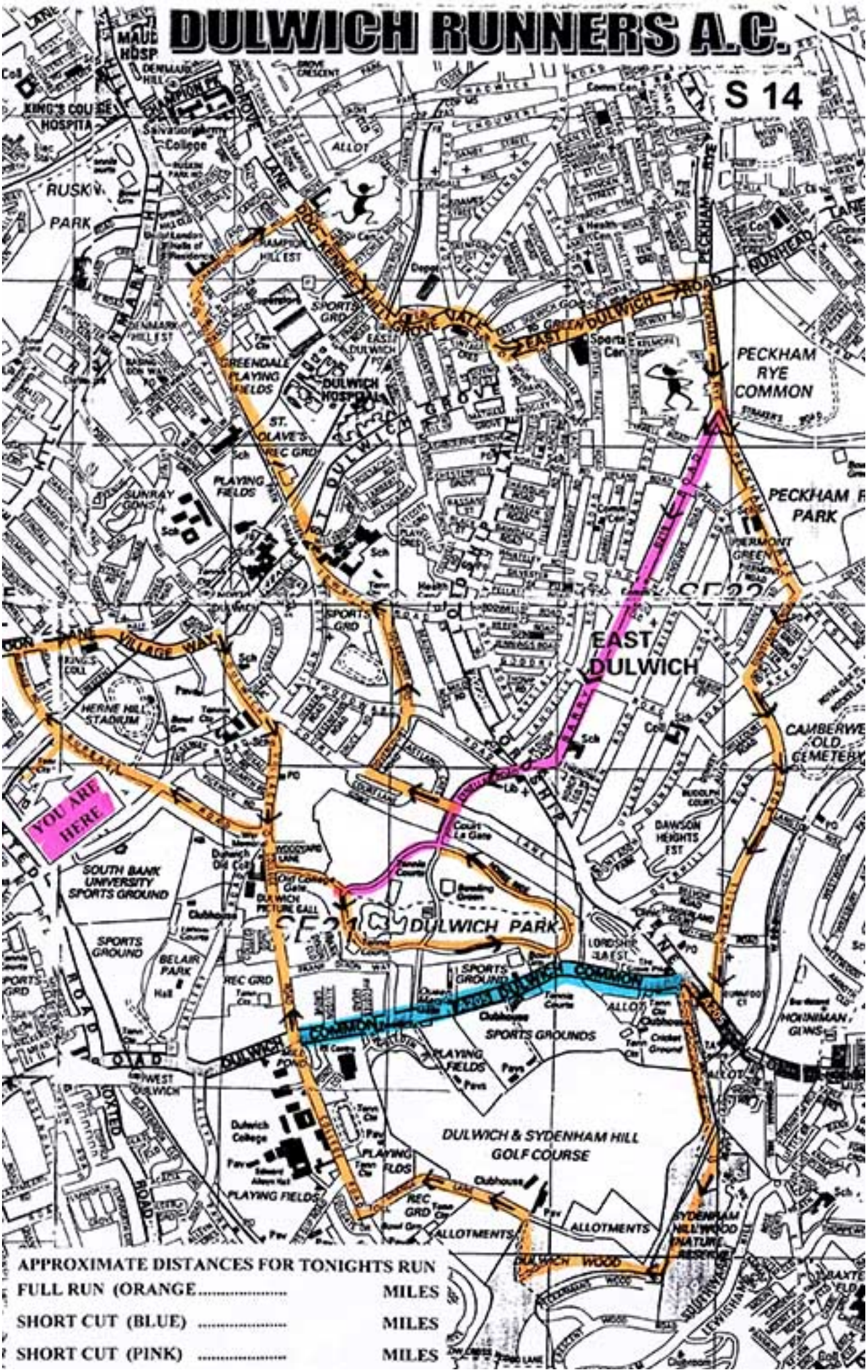
Apart from the missed training through the early months, a chest infection in the last month, not everything was quite as planned though. I didn't intend to run 16 miles with one of my coached athletes at the Paris Marathon course the week before at much faster pace than any of my previous training runsor spend two days standing up working at the London Marathon expo or much of Saturday watching a race meeting but as I was only running 'sub-3', I decided it shouldn't matter that much.

Having met someone connected with the Green start the day before, I was persuaded that start would be easier (just over 400m from house, less crowded and no hill) and the start and first mile was great with loads of room until we hit the masses from the blue start. Former members and previous club champions Teresa (who ran 3:06) and Rob Watts (2:50) were in my vicinity with Rob having a heavy fall on one of the speed bumps. I ran around the right pace and Alexie was close at around 4 miles and we were briefly together but she was going just that bit quicker than I could run comfortably so she disappeared up the road around 9 miles.

Wayne and Tom passed me around halfway but I got back past them both just after 15 miles and then it was just a case of holding sub 7s to the end which was hard work but doable. I just about did and I had just under a minute to spare in extending my sub-3 span from October 1976 to April 2012 and it was 'comfortable' enough to suggest I may have a few more years left though six decades of sub-3 which no one in the world has ever done yet, ie in 2020 is probably pushing it!

Everything had gone fairly well up to the finish and I rushed to get my bag as I was supposed to catch the elite runners bus and boat to get back to the Tower Hotel for the press conferences as I was covering the elite women's race for Athletics Weekly. However, my bag wasn't there and without clothes, money, phone, keys, papers etc I was rather stuck. The green start had assured me they would get the bag to the right lorry but the overall baggae organisers couldn't locate it and decided it might be on the vehicle following the last runner and wouldn't reach the finish until 6pm.

After 2 hours, rather cold, and knowing the press conferences had been missed, I gave up and borrowed some clothes and money, left my telephone number with the baggage control and went home. I arrived home a hour later and about 4pm I was told it had turned up - the Green start had done their job but it had been put on the wrong baggage bus on arrival at the finish. A round trip of two more hours, and an ensuing argument with a very stroppy security man, finally got me the baggage back and I finally started work on my report eight hours later than planned.


DULWICH RUNNERS A.C.
S 14
PECKHAM RYE COMMON
PECKHAM RYE PARK
EAST DULWICH
DULWICH PARK
DULWICH & SYDENHAM HILL GOLF COURSE
SOUTH BANK UNIVERSITY SPORTS GROUND
HERNE HILL STADIUM
YOU ARE HERE
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE..... MILES
SHORT CUT (BLUE) ..... MILES
SHORT CUT (PINK) ..... MILES