SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 6th March 2013

These are your SHORTS,
Please send your reports, running news & anecdotes to:
shorts@dulwichrunners.org.uk

- THE COMING WEEK –

Wed 06 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sun 10 **Lydd 1/2M, club champs**

Tue 05 **Track sessions with Steve Smythe**
Ladywell track http://goo.gl/maps/92zNw
Start 7:15pm, fee £2:60 pay at reception on entry. **Fusion Gym members entry is free**

In your *SHORTS* this week !

3 Fixtures list Cross Country, Club champs etc
5 Race reports etc
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11 Wednesday night running map

And much more !

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An email with the title ***unsubscribe*** to the same address will remove you from the list.

DULWICH TRACK SESSIONS

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

Tuesday track sessions are now in full swing at Ladywell. http://goo.gl/maps/92zNw
Around 20-30 club members attend these over a wide range of speeds. The sessions are between 7.15pm and 8pm and members should aim to get there to warm up at around 7pm
If you are a Fusion Gym member then entry is free , all others £2.55 pay at reception

Annual Renewal Fee Due

***If your membership card has 2013 on it then this does not apply to you !*
Memberships expired on 31st Dec so in order to compete and for your points to count in this year's club champs and other events as a Dulwich Runner you will need to:

RENEW ASAP RENEW ASAP RENEW ASAP
If you have competed in the Club Champs races so far this year but your membership wasn't renewed at the time, your perfomance will not count !

You will have received (if applicable) either by email or post your 2013 membership renewal reminder.
If you haven't received your renewal form then contact me asap barry@bg1.co.uk
To make it even easier for you there is the now the extra option to pay by direct bank transfer, details on your renewal form.

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

A brief look ahead

Mar 10 Lydd 1/2M, club champs
Apr 18 Beckenham assembly league
* Assembly League race at Beckenham has been put back to Thursday 18 April.

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - Ros

NEW RUNNERS ROTA

Many thanks to **Vicki Fong, Jessica Sale, Steve Cook, Andy Murray, Martin Morley and Peter Gibbons** 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**

Steve Cook	**06/03**
Kaylee Coxall	13/03
Jozef Danko	20/03
Melanie Edwards	27/03

CLUB CHAMPS UPDATE

Dates have now been finalized for the 1 and 2 mile races this summer.
The 2 miles will take place at Dulwich Park on Thursday 20 June, while the Mark Hayes 1 mile will be held at Dulwich College Track on Friday 12 July

SPRING RELAYS

We are planning to enter teams for the Green Belt Relay (GBR) taking place on 11/12 May and the Welsh Castles Relay on 8/9 June. Please note that the 1066 Relay will not be taking place this year.

Both events present interesting, scenic and varied running opportunities as well as being excellent social events. The GBR is largely off-road on riverside towpaths and footpaths, taking in some highly attractive countryside across the Chilterns and North Downs while the WCR takes place mainly on small roads, though some legs include trail sections.

It takes in the whole length of Wales starting from Caernarfon Castle in the north and finishing at Cardiff Castle in the south. In the GBR each competitor runs twice on Saturday and Sunday, while on the WCR you only run once over the weekend. On both relays individual stages range mostly from 8 to 13 miles with differing degrees of difficulty.

The tough hilly stages will be allocated to our strongest runners, though for the GBR when competitors run twice over the weekend, we will ensure that no runner is allocated two tough stages.

We hope to enter two teams of 11 for the GBR and one team of 20 for the WCR. These relays have proved to be popular running, as well as social occasions, so it is in your interest to apply early. If you would like to be entered or require further information, please contact me at mcmann90@yahoo.co.uk – ***Mike Mann***

*RELAYS UPDATE *****

We have now entered one team of 11 for the Green Belt Relay, and will seek to enter a second team if enough additional members express interest by the end of March.
mcmann90@yahoo.co.uk

Chris and Bob Bell are pleased to announce the engagement of their daughter, Belinda Bell, to Andy Cottrill.
All being of the Parish of Dulwich Runners !

Wednesday Night Map

On page 11 in SHORTS is the map for this weeks Wednesday night runs. Copies will be at the clubhouse, but it would help if you can print your own 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.

DULWICH RUNNERS
CLUB CHAMPS 2013

Our second club champs races is outside London and we will be hiring a coach, which will be a lot cheaper than train and ensure that we arrive at the start on time.

The Lydd Half Marathon is one of the pre- London marathon events, as well as being a BMAF Champs, so it is worth booking early for this. We are planning to arrange lunch after at a nearby pub. ***Mike Mann***

ASSEMBLY LEAGUE 2013

This year's series of Assembly League races begins in April. For those new to the club, this is a series of 6 races of roughly 5k in distance open to all members free of charge.

The races are normally held on the first Thursday of the month from April to September, starting at 7.15pm.

The races at Dulwich Park and Battersea Park are both 5k in length, while those at Beckenham are shorter at around 4.5k and at Victoria Park longer at 5.5k.

18 April	Beckenham **note changed date**
2 May	Victoria Park, Hackney
6 June	Dulwich Park (also our 5k club champs)
4 July	Battersea Park
1 August	Victoria Park
5 September	Beckenham

Further information on venues and times will be provided nearer the time. ***Mike Mann***

DULWICH RUNNERS
CLUB CHAMPS 2013

Races still to come for this year's club championships.

- 10 March — Lydd half marathon
- 21 April — London marathon (or alternative)
- 6 June — Assembly League 5k, Dulwich Park
- 20 or 27 June — 2 Miles, Dulwich Park
- 12 or 19 July — 1 Mile, Dulwich College Track
- 1 September — Lingfield (Dry Hill) 10
- 5 October — Trail race, Lloyd Park parkrun

The usual rules apply with the 8 races split into long and short categories. The marathon, half marathon, 10 miles and 10K will be classified as long and the remainder short.

4 races to qualify, including at least one from each of the 2 distance categories. Please register early for the Chichester 10k to avoid disappointment.
Mike Mann *(on behalf of ADSC).*

Wednesday Apres-Run
Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.
Arrives around 9.
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 and money by 7:10
Don't just sit there salivating…join in ! - **Ros**

LUCKY VEST - Tonight

Don't forget , 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 the £5 cash prize on the spot in the clubhouse that evening.

NEW KIT NEW KIT NEW KIT

new mens and womens vests and T- shirts,

Hoodies	**£15 each**
Vests	**£18 each**
T- shirts short sleeved	**£20 each**
T- " long sleeved T's	**£22 each**
Waterproof Jackets	**£25 each**

Available Wednesdays at the club – Ros

A Dulwich Runner has a lovely onebedroom flat in Thicket Road overlooking Crystal Palace park to rent. It would suit an individual or a couple. Please phone Clive on 07881 622575 for further details

Lydd 1/2M Coach

Hi All,

Just a final reminder for this weekend:

First pick-up: 07:00 at **Dulwich Village**

Second pick-up: 07:30 at **Orpington Train Station**

Social: **Brittania Inn** in the conservatory area from 1pm. Everyone is welcome to come along for a post race drink or bite to eat!

http://www.shepherdneame.co.uk/pubs/dungeness/britannia-inn

Leave Lydd/Dungeness: 15:00 - 15:30
Cost: £16 pp return journey

Those people who haven't as yet, please could you transfer the money to my a/c and then email me to let me know to expect it or give me the cash this Wednesday at the Club.

Bank: Natwest
A/c: 37357182
Sort: 60-21-12
Ref: your name

Looking forward to seeing you all.

Many thanks as always! - Suz
Mobile: 07584404733

DULWICH RUNNERS 2013 FIXTURES

Assembly league races are free and open to all club members and no advance entry is needed, just turn up and run. Details will be posted nearer race dates

Date		Race		Venue
Mar	10	Lydd half marathon club champs race	L	Lydd
Apr	18	Beckenham Assembly League note changed date		Beckenham Sports Club, Foxgrove Rd
	21	London marathon (or alternative)	L	London
May	2	Victoria Park Assembly League		Victoria Park, Hackney
Jun	6	Dulwich Assembly League 5k (club champs)	S	Dulwich Park
	20	2 Miles club champs race	S	Dulwich Park
Jul	4	Battersea Park Assembly League		Battersea Park
	12	1 Mile club champs race	S	Dulwich College Track
Aug	1	Victoria Park Assembly League		Victoria Park, Hackney
Sep	1	Lingfield (Dry Hill) 10	L	Lingfield (Dry Hill)
	5	Beckenham Assembly League		Beckenham Sports Club, Foxgrove Rd
Oct	5	Trail race, Lloyd Park parkrun	S	Lloyd Park

Masters Fixtures

These are the main British Masters fixtures. The main club event will be the BMAF Road Relay Championships, where we have done well in recent years.

There are M35, M45, M55 asnd W35 and W45 and W55 events and we could have teams in all of them. Last year we won the W45s and medalled in the W55s and were well up in the M45s (6th) and M55s (4th) and should do even better in 2013 and could do well in the W35s and M35s too.

Feb 24	BMAF Sth of England Indoor Champs	Lee Valley
Mar 9/10	BMAF Indoor Champs.	Lee Valley
Mar 10	BMAF Half/M Champs.	Lydd
Mar 16	BMAF Champs.	Sunderland
May 18	BMAF Road Relay Champs.	Sutton Park
Jun 16	BMAF 5km road Champs.	Horwich
Jun 23	BMAF 10k track women's Champs.	Oxford
Jul 27/28	BMAF 10k track men's Champs.	Oxford
Aug 18	BMAF 10km Champs., Pollok Ctry. Pk.	Glasgow
Sep 14/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs.	Porte Allegre, Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Colwyn Bay

Kent Grand Prix and Surrey Road Leagues

As well as the races we select for the Club Championships and the Assembly League races, listed elsewhere in Shorts, we also take part in the Kent Grand Prix and Surrey Road Leagues.

Some of these are designated County Championship races for the given distance, for runners that are suitably qualified. In addition, all runners can accumulate points over the season to compete in the league by age category.

For more details see the following links:

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

Surrey Athletics:http://www.surreyathletics.org.uk/road/league

Charlie Lound

Kent Grand Prix		**Surrey Road League**	
7 Apr	Paddock Wood 1/2M	5 May	Richmond 1/2M
14 Apr	Darenth Valley 10k	12 May	Sutton 10km
tbc	Beckenham 10k	2 Jun	Dorking 10 miles
tbc	Mount Ephraim 10k	23 Jun	Richmond 10km
tbc	Kent Coastal Marathon	13 Jul	Elmore 7 miles
tbc	Tonbridge 1/2M	21 Jul	Elmbridge 10km
tbc	Sittingbourne 10m	11 Aug	Wimbledon 5km

Surrey and Sussex Track & Field Masters Championships 2013 Held under UKA & WMA Rules for competition

1st June 2013 Ewell Court (King George's Recreation Ground), Poole Road, Epsom KT19 9RY

The entry for the Surrey, Sussex and Open Masters Championships is now open. Entry via online only at:

https://www.jctsportssolutions.com/event-booking/event.php?id=14

Awards:

Surrey County Medals for 1st, 2nd and 3rd (5 year age groups).

Sussex County Medals for 1st, 2nd and 3rd (5 year age groups) subject to achieving the standard, details available on the Sussex Athletics Association website.

Entry: To enter a Surrey County Championship you must possess a current Surrey qualification. Details of the UKA rules regarding County qualification can be found at www.surreyathletics.org.uk/qualification where there is also a definition of what constitutes the county of Surrey for this purpose.

To enter a County Championship you must not have competed in another county's championship nor have represented another county in inter-county competition during the current competition year which commenced on 1st October 2012.

Athletes from other Counties can enter as guests.

Events: 100m, 200m, 400, 800m, 1500m, 3K walk, 5k, 300mH, 400mH, HJ, LJ, PV, HT, DT, JT, SP, and H/Hammer.

Booking closes midnight 10th May 2013 - no late entries.

The timetable will be sent to all entrants after the closing date and will be posted on the Surrey CAA website.

£5 per event plus 5.4% Paypal booking fee (regardless of number of events entered).

Helpline number: 07968 131 577 up to 9pm

Race Reports & Results

Unless it's a club champs race, one of the more local parkruns or other major club race which **Steve Smythe** kindly finds & collates results for us, then it's highly unlikely that your results will be appear here in SHORTS
So to make sure your race results, road, fell, XC, Tri etc, are mentioned please send them in, and if you can write a report to go with it even better.

parkrun 5km Results, Sat 2nd March

Brockwell

Anna took 43 seconds off her PB.

50 Anna Thomas 3W	21.48
143 Barry Walker	28:55
171 ran	

Bromley

Martin showed improvement on recent runs.
Di Morgan did well in her first parkrun for 18 months.

70 Martin Morley	22:39
80 Colin Frith	23:01
24W/126 Di Morgan	24:32
141 Clare Osborn	25:06
294 ran	

Burgess

27 Barry Evans	25:06
54 ran	

Crystal Palace

10 Jozef Danko	21:09
14 Bob Bell	21:35
38 Iain Millar	24:22
56 Penelope Bell 11W	25:47 (PB)
60 Ameet Patel	26:16
65 Paul Hilton	26:54
92 Ran	

Dulwich

*Ebe Prill writes…*Time for another 5k PB attempt (after Paul Devine had raised the bar last week to 18:18 at the Serpentine), and a perfect morning for it: clear cool crisp conditions, no wind to speak of, and Paul was there to race with!

We started with an insanely fast (for us) first mile of 5:33 (close to my mile PB), slowed a bit on the second mile, and on the third I managed to pull away, finishing with a new PB of 18:11 (much helped by staying on Paul's shoulder for two laps, who finished a strong run only a second slower than his PB from last week). With quite a fast field of runners my time was only good for coming 11. overall. But the Great White Whale was good to me this time!

And Steve Smythe added….Mel Edwards gained her best ever parkrun win when she easily achieved her first ever sub 20 5km and she was first woman by over two minutes. ↗

It took 24 seconds off her week-old PB. The conditions were ideal and teh first eight Dulwich Runners all set PBs.
Ebe took 15 seconds off his PB followed by Paul who took 27 seconds off and Rob Cope 24 seconds.
James gained a narrow PB but Andrew Bright took all over 33 seconds off.with his firrt-sub 20.
Gary Sullivan set a parkrun outright PB in his first sub-20 for some time.
Robert Balzanella was two minutes faster than his January time.

11 Ebe Prill	18:11 (PB) (1M50)
13 Paul Devine	18:21 (PB)
19 Rob Cope	18:49 (PB)
21 James Burrows	19:05 (PB)
23 Andrew Bright	19:30 (PB)
25 Gary Sullivan	19:36 (PB)
26 Mel Edwards 1W	19:41 (PB)
32 Robert Balzanella	20:50 (PB)
39 Cameron Timmis	21:47
41 Ian Sesnan	21:59
70 Michelle Lennon 5W	24:04
72 Claire Steward 7W	24:16 (1W60)
83 Mick Mead	25:35
106 ran	

Hilly Fields

Ian Lilley set a PB with his first sub-20 run.

44 Ian Lilley	19:59 (PB)
75 ran	

Riddlesdown

Angie gained her 37th win at Riddlesdown in her fastest time since October

5 Angie Norris 1W	20:57
57 ran	

Wimbledon Common

101 Ros Tabor 11W	23.07
122 Andy Muray	23.55

Dulwich Parkrun, 1st Anniversary

Dulwich parkrun is a regular fixture for many Dulwich Runners, including me. And judging by this week's incredible turnout, with 13 fellow club runners which included 9 PBs, it's proving to be a happy-hunting ground for many.

Dulwich parkrun celebrates its first anniversary on **Saturday 13 April**. I recently joined their committee to help parkrun integrate more with the community. A key part of this is helping to encourage local running club membership.

To celebrate their first birthday, Dulwich Runners will help the Dulwich parkrun community smash a few PBs by volunteering as pacemakers.

Ideally we'd have at least 10 pacers – from 30 minutes to 20 minutes and below…

It's a bit of fun, but it also promises to be a great way to spread the word about Dulwich Runners. Oh, and there'll be cake.

You may even be able to help a few of your other fellow Dulwich Runners to a new 5k PB as well… (and yes, it's one of the few parkrun courses that officially counts on Powerof10..)

Please email rob@rememberacharity.org.uk if you'd like to get involved.

Thank you. **Rob Cope**

Bath 1/2M, March 3

Chris got a big PB as he carried on his improvement. NB Martin Rees broke the woirld M60 record by a few minutes with an astonishing 71 minutes run.

414 Chris Treble 1:27:57 (1:27:38) (42:04 @10km)
1188 Jon Hyde 1:38:09 (1:37:26) (45:51 @10km)
11015 finished

VLM Mini Marathon Trial - Bromley Norman Park 5k Sat 2 March

*Duncan hussey writes…*Run one hour after the parkrun, this was on the revised course that Bromley parkrun have been doing last three weeks. The normal course has been waterlogged and needed some rest as it was being overused. The revised course is nearly three laps of the outer circuit and had much more road sections.

The race was run as one with all ages running together which helped making it a much more competitive trial than the previous year which was rather soulless and vague. First 5 were guaranteed to qualify plus 3 others. All ran well and with James qualifying that means all three Elms will be competing in the race in April. Must be a first you'd think!

6 Oscar Hussey (2nd U13)	18.51 (PB)
13 James Elms (4th U13)	19.25 (debut)
49 Francesca Pickup (12th U15G)	24.13 (debut)

54 ran

Shame that they were unable to load the times as official parkrun times as apparently two sets can't be loaded from the same course on the same day.

BRITISH BUPA 10Km

May is going to be a busy month again this year with plenty of club events and relays.

For those aged 35 to 60, who are are amongst the best in their age group in Dulwich, it is hoped that they will be available for the British Masters Road Relays at Sutton Park on May 18.

For all ages, On Monday May 27, Dulwich have been invited to take part in the National 10km Championships at the BUPA British 10k in Central London which the women won a significant amount of money last year.

There are six free places available for men and six for women

At the moment the six fastest men in 2013 are Buzz 32:33, Tony 34:31, Neville 37:43, Rupert 37:51, Steve S 37:58, Ebe 38:11

Next in line: Chris T 39:21, Rob C 39:20 (Chris beat him on gun time), James B 39:32

No road times yet for: Wayne L, Dave B, Alastair L, Duncan H, Paul D etc ↗

The six fastest women are Shona McIntosh 36:10, Clare Elms 36:14, Catherine Lee 37:17, Charlie Wood 37:43, Mel Edwards 40:27, Kim Hainsworth 40:33

Next in line: Ola Balme 40:43, Nicola Richmond 42:54, Anna Thomas 44:17

No road times yets for Elkie Thorndyke, Andrea Pickup, Emily Gelder, Ros Tabor etc

Please contact stevesmythe2006@yahoo.com to confirm your availability.

BUPA Westminster Mile

The organisers of the 10km above have asked the club to publicise details of the BUPA Westminster Mile which will be held the day before on Sunday May 26.

They are planning 50 different races on a road course from the Mall to Buckingham Palace, and the event will contain the first ever British age group Mile Championships and should be a fun event, and possibly even a good warm up for the 10km.http://www.bupawestminstermile.co.uk/

Snowdon Bike Ride

The famous five have just enjoyed a fantastic weekend in Snowdonia where the main event was the Snowdon Charity Bike Ride for the MacMillan Cancer Support Trust.

Chris Vernon, Ron Searle, Harry Handscombe, Stephen Street and Bernard Imber travelled up there last Friday. Chris, Ron, and Harry went by car and Stephen and Bernard by train to Bangor requiring a 15 mile ride from Bangor to join the others at Rhyd-Ddu which is a small village to the south of Snowdon. The train journey was complicated by a detour via Newport which added 3 hours to the journey causing us to arrive in the dark under a beautiful starry sky.

Chris kindly offered us accommodation at his spacious five star mountain retreat called Ty Capel. Stephen and Bernard did the bike ride on Saturday on a 30 mile course under cloudless skies which followed a wonderfully scenic loop around Snowdon passing over the Llanberis pass at 360 metres. The others drove to Llanberis to support. A wonderful meal of lamb shank, washed down by excellent local St David's real ale, was enjoyed that evening in the village pub across the street - the Cwellyn Arms.

On Sunday, again under sunny skies, we went for a walk in the mountains overlooking Rhyd-Ddu, enjoying a sumptuous meal at Chris's house in the evening. Monday morning saw Stephen and Bernard returning to Bangor for the train to London. Chris, Ron and Harry stayed another day. A great time was enjoyed by all.
Bernard Imber

Frank Harmer 10k 3 March

*Bob Bell wrote…*At the time of writing no official results but only two DR vests were spotted, mine and Mark Foster's. As this is one of the more local events, I'm surprised there weren't more, but maybe the hills (they don't call it Brockhell Park for nothing) put people off.

If the hills aren't bad enough, there are also the other usual park run type issues with dogs and other park users. So not a place to expect a PB. Still a pleasant enough morning saw a fair entry which quickly strung out.

With a 3 1/2 lap course I was pleased not to get lapped and actually finished in the same time as at Chichester, which I took as an improvement.

Mark Foster had one of his best ever 10k's and was happy with his run and thought he would have been under 40 on a more user friendly course

Watch times

15 Mark Foster	40:33
17 Andrew Bright	40:38
47 Bob Bell	44:34
103 Susan Nicolai 34W	63:00

256 finished

Spring Ballbuster, Boxhill, Surrey, 40 miles.

Matt Galvin reports…. I must disagree with Human Race's view that conditions were near perfect for Saturday's gruelling 5 x 8 mile loops around BoxHill. Call me a fair weather athlete but 2 degrees at the 8am start rising to a barmy 4 degrees by 11am is far from my ideal running and cycling conditions.

The first run went well, I kept the pace steady and taking a few places on the Zig-Zag road which climbs up Box Hill I entered T1 in 52.20 48th position for men. So far so good. An OK transition to the bike and onto 3 loops around one of Surrey's finest and most popular cycling hills. I was up for it. However, so was the field and my recent lack of bike miles was clearly evident as my almost pedestrian riding pace allowed half the field to pass me over the next 24 miles as I slipped to 150th in the men's race. I'd like to think that a 5 degrees increase in temperature may have improved my performance or at least my desire to compete on the bike.

Hey ho, another tasty energy gel (not) and it was onto the final 8 mile run. After the obligatory pigeon dance for 2 km, I eventually began to lengthen my stride and even enjoyed miles 2-6!! All I now had to do was a 5th ascent up the hill and it was tea and cake all round. Halfway up the hill I opted to fast walk – run – fast walk which proved fruitful and with 300 yards to go I found a sprint finish gaining 5 or so places (including those who overtook me on the climb) to finish in just under 3hrs 33mins. 116th in men's race, 125th overall. Never again.

Self Transcedence 10, Battersea Pk, March 2

Buzz continued his ruyn of good form by taking three minutes off his PB to despite it coming at the end of one of his hardest ever training weeks.4
6 Buzz Shephard 54:26 (PB)

Spitfire 20 – 3 March 2013

Anna Thomas reports: After an early start, the day started well with us taking the correct route around the one way system in Guildford and arriving at Dunsfold Aerodrome with enough time to go to the loo a few times and for Ajay to have a light pre race snack of a fried egg sandwich. We spied fellow Dulwich Runner Al Locke cycling into the car park. As his race time shows, even the extra cycle ride from Guildford couldn't slow him down. He's a gluten free running machine!

Pre race chat on the journey down revealed the following aims:
Ajay – beat Claire S
Claire S – stick to her marathon pace and not be distracted by Ajay's fighting talk
Claire Q – hopefully run the full 20 miles but pull out at 10 if her hip injury was playing up
Me – pace it rather than race it

The race starts with a lap of the aerodrome (used as Top Gear's racing track – exciting or yawn depending on your point of view!) and is two 10 mile laps of country roads with a few hills thrown in for good measure. It's a lovely course and very well supported with lots of very friendly and vocal marshals, which keeps your energy levels up at mile 17.

My legs were like 2 wild horses and just wanted to gallop off whilst my mind was trying to hold them back. After a few miles obsessively looking at my watch I then decided to relax and run at a comfortable pace. I fell into a nice rhythm and enjoyed running through country lanes as opposed to London roads. I managed to stick to my game plan and upped the pace in the second 10 miles.

Having not seen a fellow DR all race, Ajay emerged from the bushes at mile 17. He said something later about seeing an injured bird.

So what of everyone's race hopes and dreams?! And did Ajay's egg sandwich help him run faster than Claire?

Considering her pre race worries, Claire Q ran an amazing race and was faster than her time from last year. I ended the race feeling comfortable, which was a confidence boost. You know you are fully immersed in marathon training when you feel a 20 miles race is enjoyable!

The real race was between Claire S and Ajay. After a lot of talk about splits, race strategy and nutrition the times say it all. Victory to the females of the species! Claire wasn't so pleased with her time and said it a PW…personal worst…but still came ahead of all of us!
For those of you who are less about the words and more about the numbers, here are the stats… ↗

18 - Alastair Locke	02:12:50 (chip 02:12:43)
197 - Claire Steward	02:42:08 (chip 02:41:46)
	at 10 miles 01:19:56
210 - Anna Thomas	02:43:48 (chip 02:43:19)
	at 10 miles 01:23:03
255 - Clare Quirico	02:48:28 (chip 02:47:59)
	at 10 miles 01:25:27
265 - Ajay Khandelwal	02:50:36 (chip 02:50:32)
	at 10 miles 01:19:56

And now on to Ajay's words of wisdom…
Well I am still rather reeling in shock from my all round drubbing on Sunday. I entered this race innocently enough - but my old school methods of egg sandwich fuelling were no match for the finely tuned athletic performances by Al, Claire, Claire and Anna. I ran my first seven miles alone, miles 7-15 with Claire, and then had the humiliation of having to try and be civilised as I was passed first by Anna & then Claire Q.

I managed to lose a good 8 minutes in the last five miles. Most depressingly I ran mile 18 in 11.30 which takes me back to my first marathon in 2007. Still, this abysmal performance is now being converted into rocket fuel as I plan my come back for the London Marathon. I am practising a chirpy passing hello for my running comrades...I am going back to drawing board and radically transforming my training plan. I'm afraid the egg sandwich will have to go.
(Hmmm, now where have I heard this before ?...deja vu, anyone ?!.....Ed)

And PS from Claire S…… Having spent the latter part of 2012 with Achilles niggles, then had a week skiing in January immediately followed by a nasty cold, I have never felt so ill-prepared for running a marathon. The Spitfire was really going to be a benchmark of my (lack of) fitness, so just to be able to maintain some sort of pace for 20 miles was a real confidence booster.
I lost a couple on minutes on lap two and lost Ajay when I suggested that he detach himself from my shoulder and take a turn in the lead – 'I would love to' he said as disappeared backwards, but he ran about 18 miles further than his last attempt a couple of years ago, so things are looking up!

Clapham Chasers' Thames Riverside 20m 03.03.13

This race is designed as a training run for marathon runners and featured pacing groups starting from 8am at two minute intervals. Ola booked to start with the 7.30/mile group but planned to run around 8's for the first half, faster coming back.

Andy, agreed to be 8/mile pacer for London before injuries intervened and this was a good test. Jim started with the 9/mile group. The route was from Bishops Park, just north of Putney bridge, along the south side of the Thames to Ham House and back. The first part of the run follows the towpath alongside next week's Putney-Mortlake boat race course and there were lots of rowers out, although it was difficult to look at the view too much whilst in a pace group on the slightly bumpy towpath.

After Barnes/Mortlake, with the only roadside section, the towpath leads to Chiswick Bridge and part of the Towpath 10 route alongside Kew Gardens. After this we reached the Richmond riverfront as the sun came out. Andy kept up with his group, slightly ahead of pace, up to here as they closed on Ola but lost a couple of minutes to a toilet break just before the turn. Jim ran well in the first half and was not far behind the 7.30 pacer.

The way back was nice and flat but there was a (weak) cold wind against and the stony sections started to cause blisters. As we passed 10am lots of other runners were out on sunday runs, including Marian and Chas Rayner (W4) and our Lindsey. Finally we reached the last couple of miles from Hammersmith Bridge and were soon back at Putney and on to the bridge after dodging a few rowing boats being carried to their boat houses.

A well-organised, uncomplicated race, with good feeding stations of Gatorade/water every 3 miles. Andy Murray

Finish ranking unadjusted for start phasing/running times adjusted

92	Ola Balme 13W	2:39:35
111	Andy Murray	2:39:42
175	Jim Dowsett	2:49:28

Greenwich Meridian 10km, March 3

Dave Beaver was first M50 on a tougher course than normal.

14	Dave Beaver	36:50 (1M50)

Second claim result

Senior club 800m record holder Lloyd Collier is preparing for a marathon and he ran 84:54 in the Tunbridge Wells Half and 2:20:31 in the Thanet 20

Silverstone 1/2M 3 March

On Sunday I lined up with 10,000 runners at the greatest racetrack in the country for my fourth half marathon on the course. Silverstone never fails to provide a great race atmosphere and whilst it is normally no stranger to high- speed drama, there was no danger of that with me.

The facilities at the race are very good and there were experienced club runners and novices alike. I had a steady run on the build up to the London Marathon.

Barrie John Nicholls	1.55.19

Berkhamsted 1/2M, March 3

This is a very well organised event on a very scenic course but it does have two very long hills of over a mile whereyou lose well over a minute each time. It does have a very fast last mile though.

Steve Smythe felt he ran ok in a 38 minute first 10km and a sub 19 last 5km but less so in the middle of that section as he struggled on the hills.

27	Steve Smythe	84:01 (chip 83:59) (1M50)

1003 finished

Vets Ac Cross Country Champs,2 March

These champs rescheduled from late January took place on much better ground conditions than our recent Surrey League match, albeit on a different course. Although the ground was soft in some places, there was barely a patch of mud. The only downside was an irresponsible dog owner allowing his out-of control mutt to obstruct and attack some of the leading runners.

Tony had a good contest with the eventual winner, Steve Norris, finishing only 3 seconds behind him following a sprint finish, while Clare Elms set a W45 course record. Joe Brady made a successful return after hamstring problems, with Ola not far behind with a strong run. Four others from the club took part, with Dulwich Runners accounting for almost a third of the total field, and with all our participants winning either first or second prizes in their respective age groups. ***Mike Mann***

Steve Smythe adds…Clare Elms took a minute off her overall women's course record.
Tony Tuohy just lost out on overall victory in an exciting sprint finish. Joseph Brady was 2nd M45
Ola Balme was close to her best to maintain her amazing consistency in the last five years she has run 38:36, 38:44, 38:48, 38:52, 38:54, 38:56, 39:14, 39:19, 39:32, 39:56 and 40:29 on the course!

Mike Mann was first M60 even though he is someway below his best fitness and he was over four and a half minutes down on his time two years ago.
Graham Laylee was close to his run of two years ago and was 2nd M55.
Clare Wyngard ran well to be first W50 and though not her best it was quicker than she run back in 2008 and 2009.
Stephanie Burchill did well to be third W55 and she was quicker than last year

2 Tony Tuohy	33:02	1M50
4 Clare Elms 1W	34:11	W45 course rec
8 Joe Brady	38:47	2M45
9 Ola Balme 2W	39:08	2W45
11 Mike Mann	41:36	1M60
16 Graham Laylee	43:49	2M55
18 Clare Wyngard 7W	44:25	1W50
21 Stephanie Burchill 9W	50:43	3W55

Ola Balme
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Do you suffer from a sporting injury, shoulder strain, backache?

What could you benefit from?

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

Ola is an experienced Sports Massage Therapist and club runner.
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

HOODIES

Now available £15 each. Cheques should be made out to Dulwich Runners AC. – **Ros**

RUNS, RACES AND REPS

To help you prepare for London Marathon (or Paris or Brighton) – 3½ to 4½ hr pace

Including: mid and long distance multi-terrain races, cross country fixtures

Sunday runs at High Elms or Dulwich Park; mile intervals in Dulwich Park

Local Sunday runs will be scheduled on a week to week basis

Date		Event / Distance	Information
Mar	10	**Lydd half marathon**	http://www.nice-work.org.uk/events.php?id=15
	17	**Richmond Pk to Bushy Pk**	21 miles road / towpath and parks (+ shorter alternatives)
	23	**Orion 15**	Epping Forest (Chingford) http://www.orionharriers.org.uk
	24	**12 x 1 mile intervals**	Dulwich Park – 09:00
	31	**HERoS at High Elms 17miles**	Trail run - 09:30 – The Grasshopper, Westerham TN16 2EU
April	7	**Paddock Wood Half**	http://www.paddockwoodac.co.uk/
	14	**tbc – Thames Towpath 10**	Chiswick – http://www.west4harriers.com/
21 April		**London Marathon**	**Blackheath to The Mall**

Races Mile reps Long runs

As a Sunday alternative, meet with 'HERoS' (High Elms Runners on Sunday) for a mostly off-road, start from Cuckoo Wood car park, High Elms Rd, between Green Street Green and Downe in Kent at 9am, usually two pace/distance groups, min ~10 miles

For more information contact Steve Wehrle or Claire Steward

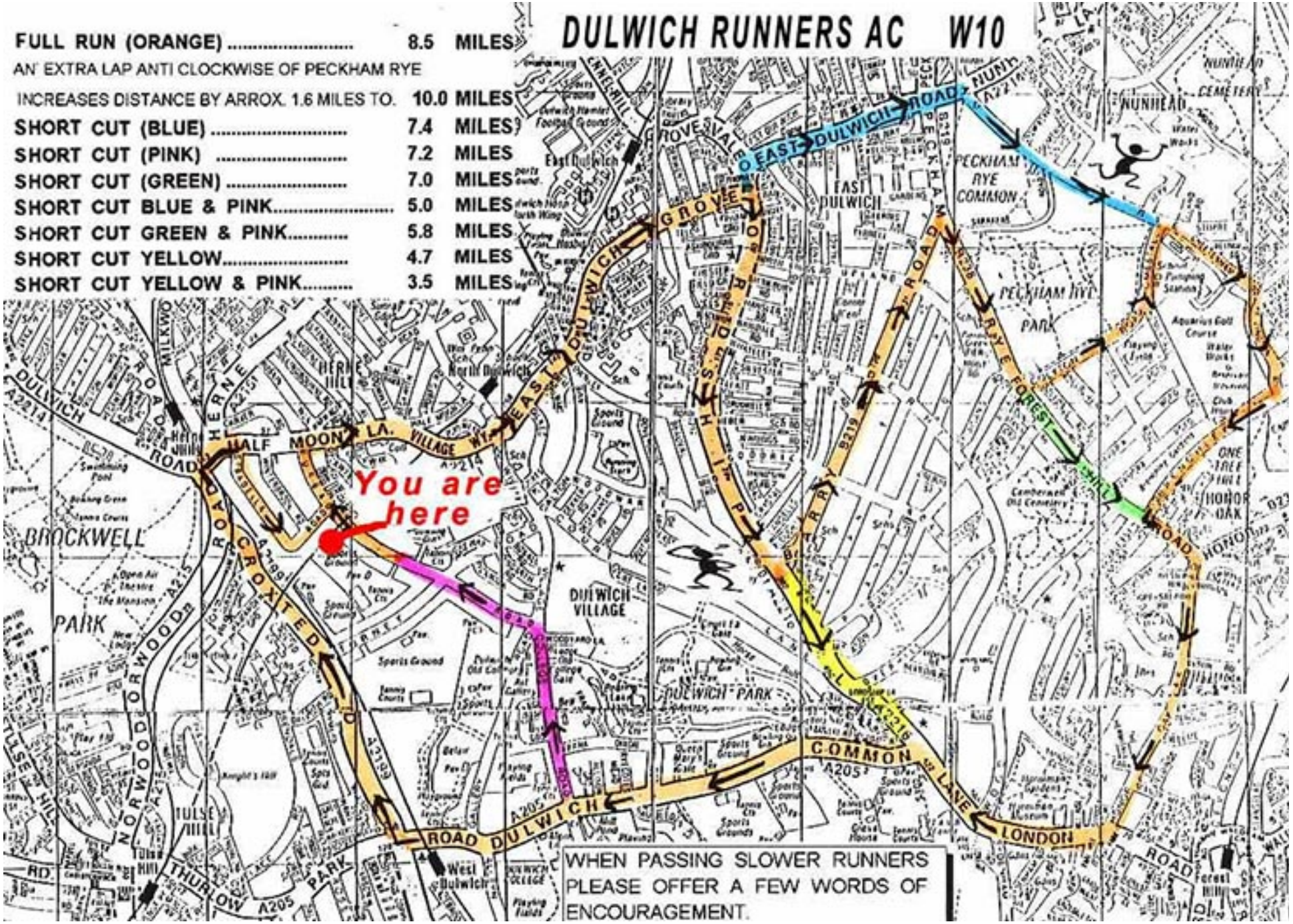
For cross country fixtures (Saturdays) contact the Dulwich Runner's XC captains

ParkRuns (5k) take place at 09:00 on Saturday morning at local parks all over the country (incl Dulwich, Brockwell, Crystal Palace, Hilly Fields) – check out http://www.parkrun.org.uk/ for venues and how to register

Alternative Sunday race options:

17 March Finchley 20 (Ruislip) http://www.activetrainingworld.co.uk/events/2013/03/10/finchley_20

24 March Hastings Half http://www.hastings-half.co.uk/
Cranleigh 15/21 - Choice of 15 or 21 miles http://www.mabac.org.uk/index.html

DULWICH RUNNERS AC W10

FULL RUN (ORANGE)	8.5	MILES
AN' EXTRA LAP ANTI CLOCKWISE OF PECKHAM RYE		
INCREASES DISTANCE BY ARROX. 1.6 MILES TO.	10.0	MILES
SHORT CUT (BLUE)	7.4	MILES
SHORT CUT (PINK)	7.2	MILES
SHORT CUT (GREEN)	7.0	MILES
SHORT CUT BLUE & PINK.....	5.0	MILES
SHORT CUT GREEN & PINK.....	5.8	MILES
SHORT CUT YELLOW.....	4.7	MILES
SHORT CUT YELLOW & PINK.....	3.5	MILES