SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 8th May 2013

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

- THE COMING WEEK –

Wed	**08**	**Club Night**, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7 for 7:15 start. Showers, Bar
Sat	**09**	**Victoria Park assembly league**
Fri	**10**	**Track sessions – with Martin Morley** **Dulwich College Track** **7 for 7:15 start** £2 for Adults £1 for Children
Tue	**14**	**Track sessions with Steve Smythe - £1 fee** **Dulwich College Track -** 7 for 7:15pm start,.

DULWICH TRACK SESSIONS

NOTE back at Dulwich College Track

Tuesdays with Steve Smythe
Improve your speed & strength over all distances. suitable for all abilities.
Arrive at 7 for warm-up then a prompt 7.15pm start

Despite a lot of marathoners not back in training yet, 41 attended the first Dulwich summer session on Tuesday April 30

Fridays with Martin Morley
Arrive at 7pm to warm up for 7:15 start. Duration approx 1 hour. - £2 for Adults £1 for Children.
All abilities are welcome, if you have never run on a track before this is your opportunity to come and see what it is like. Any questions then please come and speak to me.

LUCKY VEST

May winner was Ebe PrillDon'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

In your *SHORTS* this week !

3 Fixtures, Club champs, Assembly League etc
5 Race reports etc
10 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.

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

A brief look ahead

full fixture list page 3

May	9	Victoria Park Assembly league
Jun	**6**	Dulwich Park Assembly league **(note revised date)**
Jun	8/9	Welsh castles Relays

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 **Alastair Locke, Ebe prill, Belinda Bell and Steve Wehrle** 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 as early in advance as possible . Thanks. – **Ros**

Charlie Lound	**08/05**
Chris Loizou	15/05
Patrick Mcmrorrow	22/05
Mike Mann	29/05

Wednesday Night Map

On page 10 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.

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**

Dulwich Runners Club Champs 2013

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

- 6 June Assembly League 5k, Dulwich Park
- 20 June 2 Miles, Dulwich Park
- 12 July 1 Mile, Dulwich College Track
- 1 Sept. Lingfield (Dry Hill) 10
- 5 Oct. 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.

Mike Mann *(on behalf of ADSC).*

GREEN BELT RELAY REPLACEMENT RUNS

With the cancellation of this year's Green Belt Relay, we are organising some Sunday runs over 3 consecutive stages across the North Downs. These will take place on 12 and 19 May and 2 June, the first from Lullingstone to Tatsfield, the second from Tatsfield to Merstham and the final one a there and back from Merstham. All will be around 12 miles.

Please let Martin and myself know if you would like to join us, even if you have informed us already. Also we need to know whether you need a lift or intend to drive, particularly for the first 2 runs where access by train is difficult.
We intend to finish up at a local pubp for food and drink afterwards, all welcomed just advise if you will be joining us

Mike Mann

WELSH CASTLES RELAY 8-9 JUNE

All those who have put their names down for this year's Welsh Castles Relay should now have been contacted with requests for confirmation, travel arrangements, stage preferences etc. Please respond in good time to enable us to proceed with the arrangements. ***Mike Mann***

ASSEMBLY LEAGUE 2013

For those new to the club, this is a series of 6 races 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.
Dulwich Park and Battersea Park are 5k in length, Beckenham around 4.5k and Victoria Park at 5.5k.

NOTE Date changes

Due to circumstances beyond our control several of the dates have had to be changed.
Of particular note, the June fixture has now reverted to 6 June.
This race which is in Dulwich Park is also our next club champs event.
The remaining fixtures this season are as follows:

9 May	Victoria Park, Hackney
6 June	**Dulwich Park (5k club champs)**
4 July	Battersea Park
8 August	Victoria Park, Hackney
5 September	Beckenham

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

Beckenham 3 x 2.6M Relays, Wednesday May 15 7.30pm

This is run over a course which is partly the early part of the Assembly league but the second half is through Beckenham Place Park and is a much more scenic course than the old relay course.
Traditionally, we have done well in the women's race and last year we had lots of teams and did well in men, women's and mixed sections. Anyone who would be interested in taking part, please e-mail stevesmythe2006@yahoo.com

You can follow us on

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.

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

DULWICH RUNNERS 2013/14 FIXTURES

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesdayclub night. Assembly league & Southern League XC races are free and open to all club members and no advance entry is needed,

Date		Race			Venue
May	9	Victoria Park Assembly League			Victoria Park, Hackney
	13	Open track meeting			Norman Park
Jun	6	Dulwich Assembly League 5k	(club champs)	S	Dulwich Park
	8/9	Welsh Castles Relays			Wales
	10	Open track meeting			Norman Park
	19	Open track meeting			Tooting Track
	20	2 Miles club	(club champs)	S	Dulwich Park
Jul	4	Battersea Park Assembly League			Battersea Park
	8	Open track meeting			Norman Park
	12	1 Mile club	(club champs)	S	Dulwich College Track
	27	Open track meeting			Tooting Track
Aug	8	Victoria Park Assembly League			Victoria Park, Hackney
	12	Open track meeting			Norman Park
	24	Open track meeting			Tooting Track
Sep	1	Lingfield (Dry Hill) 10	(club champs)	L	Lingfield (Dry Hill)
	5	Beckenham Assembly League			Beckenham Sports Club, Foxgrove Rd
Oct	5	Trail race, Lloyd Park parkrun	(club champs)	S	Lloyd Park
	19	Surrey League Cross Country		Men	Richmond Park
	19	Surrey League Cross Country		Women	Lightwater
Nov	9	Surrey League Cross Country		Men	Wimbledon Common
Dec	7	Surrey League Cross Country		Women	Farthing Down
Jan	11	Surrey League Cross Country		Men	Reigate Priory (DR to co-host)
	11	Surrey League Cross Country		Women	Putney Vale
Feb	8	Surrey League Cross Country		Men & Women	Lloyd Park

Surrey League XC

Men's and women's fixtures are now included in the fixture list .Further details, times maps etc will be posted nearer the race dates

These league races are open to all club members of all abilities and are free to run

Mike Mann

BRITISH BUPA 10Km May 27th

This event includes the British 10km championships and we can put in 6 free male and 6 free female entries and places will go the six most likely fastest runners available.

Contact Steve Smythe for details

stevesmythe2006@yahoo.com Or

steve.smythe@athleticsweekly.com

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/

TRACK MEETINGS

Both Herne Hill Harriers and Blackheath & Bromley Harriers are holding a series of open track meetings this summer on the following dates.

13 May	Norman Park
10 June	Norman Park
19 June	Tooting Track
8 July	Norman Park
27 July	Tooting Track
12 Aug	Norman Park
24 Aug	Tooting Track

Blackheath & Bromley Open, Norman Park, Monday May 13

The first open graded track meeting has a 800m, 400m, 1500m and 3000m and quite a few club runners took part last year. The races are graded by time. Nb it is best to enter in advance as it's £6 on the day and £4 in advance bbhopen@gmail.com

http://www.bandbhac.org.uk/other%20t&f%202013.html

BUPA 10km/Assembly League

Entries have to be in on Friday for the Bupa 10km race and only 6 men and 6 women can be entered and therefore the last chance to ensure a place in the team is to compete in Thursday's Assembly League. Likewise, to assist selection and ensure a good team in the League!), it would be good if those in contention for a place in the Masters Relays could also compete at Victoria Park

British Masters Relays, Sutton Park, May 18

With the Green Belt and Hastings Relays cancelled, all those over 35 can focus on these relays where we have traditionally done well at – a few are away on holidays but most of our top runners are available and we hope to field teams in the W35, W45, W55, M35 and M45 and M55 events. Contact Steve Smythe for details. stevesmythe2006@yahoo.com or steve.smythe@athleticsweekly.com

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

curry night

Hi All,
Please build up an appetite during your usual Wednesday night Club run and join us at Surma, for a mouth watering Indian Cuisine.

When: Wednesday 29th May, 9pm after club run
Where: Surma, 42 Lordship Lane, East Dulwich, SE22
Buffet Price: £10/person cash on the night please (drinks to be paid separately at the bar).
Itinerary: Club run, shower, travel to East Dulwich (car, walk, bus or otherwise), eat-drink-eat, feel all warm- fuzzy and glad you came.

Email or text me by Friday 24th May if you would like to come: susan.cooper@hsbc.com or 07967953628.

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**	
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

"The Goonies"
Lunar Cinema Battersea Park, Saturday17th August

Dear All,
With the sun finally coming out to play it's time to plan some outdoor activities which include sitting around and munching on pop-corn to refuel and give some balance to our hectic running schedules

The Goonies
(12, 1985, 114mins)
Doors open 7pm
Performance starts 8:15pm
Tickets: £12.50
http://tinyurl.com/busnfz2

I can easily increase on this number, but need a show of hands for those that would like to come and can commit to a ticket**. email me at** susan.cooper@hsbc.com or alternatively send me a text, including your name, on 07967 953628 by Friday 10th May so I can secure the booking. - ***Sue Cooper***

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 4h May

Becton

Chris Vernon writes: Saturday saw me venture north of the Thames via the Blackwall tunnel to Becton Park in the heart of the old east end.This lies past Excel and just North of City Airport in a recently developed part of docklands.It would have been easy to get there via the DLR but for speed I took the car and I was there from Dulwich in 45 minutes.

Plenty of parking is available behind the Will Thorne Pavilion/sports centre which is boarded up.Poor Will must be turning in his grave,bless his red cotton socks! Eventually the organisers turned up with a handful of runners making this the smallest Parkrun I have ever visited,one third of the field being East End Runners.The park is on reclaimed land partly a contoured rubbish tip I guess and part sports pitches but it looks better than it sounds.The two lap course confines itself to the flat bits and is 50% grass and 50% tarmac.

After the usual preliminaries, off we went round a football pitch,through a hedge,round another pitch then back along a path dotted with benches each with their pile of empty lager cans underneath and the odd Tesco trolley(without £1 coins of course).A quarter mile out and back along a path followed to make up the distance, enabling me to greet those ahead,then over a little river and back to the start on a path.

By now I knew that my Friday night preparation of track(first for a year) followed by the East Dulwich Beer Festival was not ideal.But, hey ho,the sun was shining and other runners were barely in sight so it did not matter.At the finish I was thanked for coming and they hoped I would be back soon to swell their numbers so I may do just that. Apparently 4 visits will win parkrunner of the month and Ebe could bag another outright win with ease! .I felt like a missionary visiting the east end in Victorian times.

20 Chris Vernon 30.251st v65
25ran

Brockwell

Ola gained her 26th win at Brockwell and Pbs for Ajay and Barry.

10 Adrian Greer	18:35 (1M55)
22 Mark Foster	19:43
1W/32 Ola Balme	20:28
43 Ajay Khandelwal	21:12 (PB)
46 Barry Mcleod	21:21 (eq PB)
52 Cameron Timmis	21:49
61 Graham Laylee	22:15
154 Barry Walker	29:39

190 ran

Bromley

8 Duncan Hussey 18:45 (1M45)
17 Oscar Hussey 19:39
401 ran (record)

Burgess

Crystal Palace

6 James Burrows	19:59
24 Jozef Danko	21:58
323 Bob Bell	22:46
6W/43 Clare Wyngard	24:13
13W/69 Penelope Bell	26:14
71 Ameet Patel	26:23

110 ran

Dulwich

A win for Kim and PBs for Alastair and Rob and Mick.

9 Alastair Locke	18:15 (PB)
11 Rob Cope	18:28 (PB)
18 Ebe Prill	19:20
20 Neil Moriarty	19:38
26 Mike Fullilove	19:50
1W/34 Kim Hainsworth	20:34
71 Mick Mead	23:58 (PB)

131 ran

Greenwich

6 Steve Smythe 19:54(1M55)
99 ran

Hilly Fields

4 Kevin Chadwick	20:00
6 Ian Lilley	20:09
17 Andy Murray	22:00 (debut)
2W/24 Ros Tabor	22:55 (PB)
11W/60 Caroline Lilley	27:33

103 ran (record)

Riddlesdown

Ange's 41st win at Riddlesdown.

1W/14 Ange Norris	20:48
2W/24 Helen Garrett	21:54

106 ran

Bewl Water Marathon – Sat. 4 May

Claire Steward writes: Hunting through Runners' World website last Thursday, I came across this relatively new event, spoke to the race director, and ascertained that I could enter on the day. Last year the conditions underfoot were reportedly appallingly muddy and there were numerous DNFs listed in the results.

This time, after a fairly dry spell the ground was mostly hard-packed, rutted mud interspersed with grassy fields and some pretty steep country lanes. After an initial small loop up onto the dam wall, we were nicely spread out as we passed the start and set off on the first of two laps around Bewl Water Reservoir, a tranquil setting in complete contrast to the crowds and noise of London. At the end of the first lap, I was informed several times that I was 'second lady'.

From past experience, I know that observers sometimes miscount if they are passed by a runner of particularly androgynous appearance, but after being told for the third time, I decided it must be true with the dilemma that I did not want to be overtaken by 'third lady' who I saw approaching several times as I stopped for drink, gel and jelly babies. Conditions deteriorated after I had covered around 15 miles; it started to rain and the wind picked up but mercifully this didn't last long.

The final part of each lap was on the road and slightly downhill so I managed to pull away and retain my second position but missed my four hour target by less than a minute. The 'first lady', who I have met a most of my off-road marathons, was intending to do Three Forts on Sunday and Milton Keynes on Monday – she is completely bonkers – makes my Ted Pepper 10k on Monday seem quite tame in comparison.

Winner	2:54:31 (Mark Steinle)
Claire	4:00:50
Last finisher	6:31:47
(133 finishers)	

Box End Aquathlon, Bedford, May 5

Two Dulwich Runners did this event which was a ITU World Championship qualifier event.

In her first open water swim, Clare Elms struggled with direction in the murky water and was someway outside her potential. Though she didn't run as well as she could either, with her foot causing her problems, She came through in the 5km, and was second fastest woman and came through to easily win her age group and make the world championships team, though the race seems to have caused quite a serious problem to her foot.

Clare Wyngard also did much better in the run than the swim and finished in seventh in her age group and also put her into contention for a position for the world championships at Hyde Park.

1W50/11W/87 Clare Elms 32:12 (11:40 swim, 172nd, 63W, 5W50). 1:00 transition, 19:32 5km 35th, 2nd W, 1 W50)

7 W50/66W/186 Clare Wyngard 37:59 (13:26 swim, 212th, 87W, 8W50), 1:04 transition, 23:29 5km, 144th, 35th W, 5th W50)

Whitstable 10k 6th May

There is nothing better than a day at the seaside in bright sunshine ! Oh hang on a 10K run can mar that experience, particularly after having not done any training recently.

This race starts at the leisurely hour of 11.00. Even so the crowds, not just runners, but Morris Men and DFL'rs (down from London) were filling the streets from early morning, with effect that the town was packed by the start time. Evidently too packed for some as we were joined, after a mile, by a runner from Bexley who, due to problems parking, had never made it to the start and therefore had no chip, so didn't count, but decided just to join in anyway.

Daughter, Penelope and I looked around prestart but saw no other DR's (other daughter and future son in law having been at Tough Mudder opted out) and Chris cheered us on, ice cream in hand. Main pre race conversation was about the heat and then we were off on a lovely mile downhill, which flew by. In fact this course has few uphill sections and is a net downhill which makes it fast provided the wind isn't blowing.

This year even the wind cooperated with a light zephyr, so no troublesome headwind and a rare feeling that I was better off running than sailing. Sadly my early pace didn't last and later on I regretted my early enthusiasm.

Penelope had never raced in temperatures above freezing so didn't know that full length legging were not always a good idea, but ended up with a good time.

Finally, after thanking the organisers for hosting a great event, we went to sit on the beach drinking beer and eating seafood followed by more ice cream. Perfect !

119 Bob Bell	46.24 (46.15)
287 Penelope Bell	53.36 (53.25)
609 Ran	

Ted Pepper 10km, Bromley, May 6

On a very sunny day, the relatively flat course was a bit rutted in places and Andrea turned her ankle.

Tony had a very good run considering the off road nature of the course and was inside 36 and won the Vets prize. Ola Balme won the women's vets prize. Steve Smythe won a non competitive M55 Southern Counties Vets AC gold.

4 Tony Tuohy	35:54 (1M50)
26 Steve Smythe	41:12 (1M55)
35 Mark Foster	42:08
4W/48 Ola Balme	43:12
7W/59 Kim Hainsworth	44:15
74 Graham Laylee	45:38
117 Paul Keating	48:57
119 Claire Steward	48:58 (1W60)
137 Martin Morley	50:36
153 Ameet Patel	51:45
Andrea Pickup dnf	
261 ran	

Greater Manchester Marathon, Sunday 28. April

This one will stick in my memory as the race where I came in closer contact with the streets of Manchester (well, Trafford, actually) than I cared for. Several thousand runners were lining up for a 9 am start close to Old Trafford stadium (not sure how many started, under 6000 are listed as finishers). Conditions looked good, around 10 Celsius, overcast but no rain. Wind was the only slight drawback on the day. This year the baggage drop was handled very efficiently by the army, no problem there (also in getting it back promptly afterwards). Since I had posted an optimistic 3 hour finish, I got a spot at the front, and (for a first) chip-time was the same as gun-time. 26 sec silence were observed in memory of Boston, and (since this is the cheerful North) another 26 sec of applauding! After starting off the brave single participant of the wheelchair race, we got send on our way by Ron Hill.

The course stays clear of Manchester proper and loops back and forth like a wonky sun with some rays attached, mainly to the South and South-west of Old Trafford stadium which is also the finish. That means you will see runners coming towards you on the other side of the road for long stretches. It also meant, we had to be very mindful of traffic cones suddenly popping up between the runners in front. I managed to avoid all of those, my downfall came later in a different form.

The decision I had to make on the day was if to push for a 2.59 time or stick to a safer 3.05 to 3.07 target. I felt good, was taped to the hilt in light blue kinesio tape (I basically thought it looked cool on Alistair! Well, there was also a slight strain in the calf) and the weather was fair, so I took the gamble, heeding Steve's advice to not go faster than 88/89 min on the first half to keep my options. And good advice that was!

For the first 5 miles I stayed in the pack behind the 3 hour pacer, who ran an even 6.50 mile pace. That also gave some protection from the constant headwind on the stretch heading South-west. Unfortunately the pack got joined by more and more runners and the adrenalin was pumping. I got kicked in the heels twice, before finally someone tripped me up entirely from behind and send me crashing into the rather rough tarmac. I left some skin from hands and knee on the road but got up quickly. It happened early enough in the race to get back up to pace and I didn't feel much, except some bleeding.

The main drawback was in retrospect, that it made me avoid the bunch around the pacer and instead I went ahead, going a bit too fast for the next miles, fired up with righteous indignation. Around mile 12 I was greeted by a runner from Les Croupiers Alun Jones, I think, who asked if I knew Scott Hemmens and we had a little breathless chat - as much as that's possible at that pace. Another cheer came later from the crowd of runners moving towards us on the other side of the road: the other Dulwich Runner in the race, Dave (? Could not find him in the results under Dulwich, sorry, hope I remember the name right, thanks for the cheer, anyway!).

The halfway point appeared at 89 min, together with the 3 hour pacer flying his japanese warrior flag atop of the surrounding bunch of runners. So I joined them for the next miles, which were the quickest of the whole marathon for me, at 6.43 min pace. But around mile 18 I started slowing down, had to let the pacer go and was gritting my teeth. Mile 20 was greeted by a steward calling out that we would be still on 3 hour target time, but by then I was floundering and badly hoping for some good wind in the back, like a slow fat merchant galleon chased by pirates. The wind, alas, seemed to come mostly from the front and the pirates started to catch me up in increasing numbers.

The 3 hour goal disappeared behind the horizon, and it became a rescue mission. The pace slowed to 8 min miles, energy dropping, knees not properly lifting anymore, the feeling of being reduced to jogging pace ... well, most of you probably know all that. Concentrated on not stopping, not walking, not giving in to the urge of dropping out. Only 4 more miles to go, just a parkrun now, only two more..., pace down to 8:30, but now you see Old Trafford in the distance! One last long stretch, slightly but very perceptibly uphill, then around a final bend, and suddenly - oh heavenly bliss! - a downhill finish of 200 yards. And then it's done!

The race clock showed 3.09.11, but I was beyond caring, would have lain down on the ground there and then, if I wouldn't have been so thirsty and if that wouldn't have required to bend my knees. No sudden rush of joy or pride or even disappointment, not much pain either, compared to Berlin last year, just utter complete exhaustion. I got my medal, grabbed some water, pointed feebly at a pile of bags when asked which size of finisher t-shirt I wanted, and lurched off to the baggage tent.

There I immediately spread my things on the floor and stretched out for a nap, only to be shaken out of my stupor by a concerned looking young japanese gentleman, who pointed at my bleeding knee and asked if he should get the ambulance people. He then proceeded to clean the blood away with some piece of cloth, which he produced from his bag. I somehow found that profoundly touching, this show of comradeship. Eventually, not getting much of a response from me, he went and came back with a medic, who helped me to her tent and stuck some plasters on me. Meanwhile water and bananas revived me sufficiently to start talking again.

Therefore I could now answer all the required paperwork, which goes with medical treatment. Unfortunately I wasn't able to really say thank you to the Japanese runner, who disappeared as quietly and quickly as he had appeared. So, what stay's? Not the exhaustion, that got better soon. Not the bruises or the frustration of the last six miles or even the satisfaction of having nevertheless run a PB of three minutes.

But this: in the same marathon I got almost taken out by an over-zealous runner in the race and I got cared for by a runner after the race, and for all I know they could be the same person! Running is a competitive sport alright, but it also creates a sense of solidarity, a tribe of people of all ages and nations, that suffer and ultimately win through the same experience.

And that's as preachy as it gets for now, signing off

313. Ebe Prill 3.09.11 (89/100 garmin) no reliable official split times yet.

Crystal Palace Open, May 1

This was a very low key meeting which Ed made his track open debut while Tony had two solid runs.
800 r1
5 Tony Tuohy 2:15.66
1500
2 Tony Tuohy 4:32.99
4 Edward Hill 4:36.50

Southern Vets League Eltham, May 3

The Dulwich women's contingent scored heavily on the track but couldn't quite give the team victory as their Cambridge team didn't score as well in the field and they finished a close second.
Clare didn't want to risk her foot at 400 but led the 3000 from start to finish, a minute outside her best but still won by 24 seconds from Andrea, who used to runfor Cambridge and now runs for Blackheath and she ran a good tactical race to get second.
Cara also ran well for points and ensured she won the B string, having earlier been second in the 400m.
Nicola Richmond won the B 400 easily in a PB but decided not to risk a 3000 run because of a sore shin.
Ros Tabor easily won her two races, winning the W60 400 and W50 3000m.
Cambridge's men won with Steve Smythe setting a big PW guesting at 3000 though he did beat all the Division 2 M50 competitors which he ran in and then five minutes later had his race walk for 13 years and he was surprised to set a PB and finish second in the younger 35 age group.
W35 A 400: 2 Cara Oliver 68.4
W35 B 400: 1 Nicola Richmond 70.7 (PB)
W60 400: 1 Ros Tabor 81.0
W35 3000: 1 Clare Elms 10:51.5
W35 3000: 2 Andrea Pickup (Blackheath)
W35 3000: 1 Cara Oliver 11:32.3
W50 3000: 1 Ros Tabor 12:41.2
M35 2000 walk: 2 Steve Smythe 12:36.8 (PB)
W60 TJ: 5 Ros Tabor 5.99
M50 ns 3000: Steve Smythe 11:30.2

UK Youth Development U13/U15 League Division Southern South 1, Eltham May 4

Alex ran a strong 800m to finish a clear second and squeeze inside 2:20 on a breezy day but found it harder against the specialist sprinters off a standing start but did run a PB.
U15 800m: 2 Alex Elms 2:19.9
U15 300m: 6 Alex Elms 44.1 (PB)
U15 DT: 5 Alex Elms 8.60

BUPA 10km/Assembly League

Entries have to be in on Friday for the Bupa 10km race and only 6 men and 6 women can be entered and therefore the last chance to ensure a place in the team is to compete in Thursday's Assembly League.
Likewise, to assist selection and ensure a good team in the League!), it would be good if those in contention for a place in the Masters Relays could also compete at Victoria Park

Saturday 18th May 2013 – Same Venue, Same Drummer, Different Band!

After the great success of the English Rogues gig last month, with the attendance well swollen by a large number of Dulwich Runners, I've had a call to play another gig on the 18th May – with a completely different band! Well I suppose it keeps you on your toes.

This time it's pop-rock four-piece **'Saucy Jack'**!!! I suppose you could call the repertoire slightly lighter fare than the Rogues, but you'll still get great tracks from the likes of The Beatles, Rolling Stones, The Monkees, Van Morrison, Free, Gerry Rafferty, The Eagles, Squeeze, Thin Lizzy, T. Rex, various classic Rock 'n' Roll, etc., etc.

So here we go again, totally unrehearsed live music mayhem – you could come along just for the fun of spotting my cock-ups! How was that ending supposed to go again?

And as I said, the gig is once again at the very local-ish William IV, 116 Croydon Road, Elmers End, Beckenham BR3 4DF, start about 9pm – and it's totally FREE.

http://www.randompubfinder.com/pubmap.php?Name=William_IV,_116_Croydon_Rd,_Elmers_End,_Beckenham&Pub=725

Tony 'Thundersticks' Tuohy.

Come on, let your ears bleed. Well no, can't see that happening. But you might have to dance……

Your DR Committee met last night for a fruitful evening of discussion! Key points to share are as follows:

- some ideas were suggested for including additional information on the club website (such as new photos, Assembly League dates and linking to twitter and facebook);
- arrangements for club 5km run were in hand (note the date: Thursday 27th June)!
- following the Surrey League recent AGMs (attended by your men and women captains), dates were known of future League races, to be announced in Shorts shortly - the club are likely to need to field marshalls so please do consider if you can help;
- upcoming social events were discussed, next one likely to be a curry night on Wed 29th May - keep eyes peeled in Shorts for further details;
- 224 members to date have paid their subscriptions.
- the committee will look into whether it's possible to have a trophy cabinet in the club house to store our lovely trophies.

You can follow us on

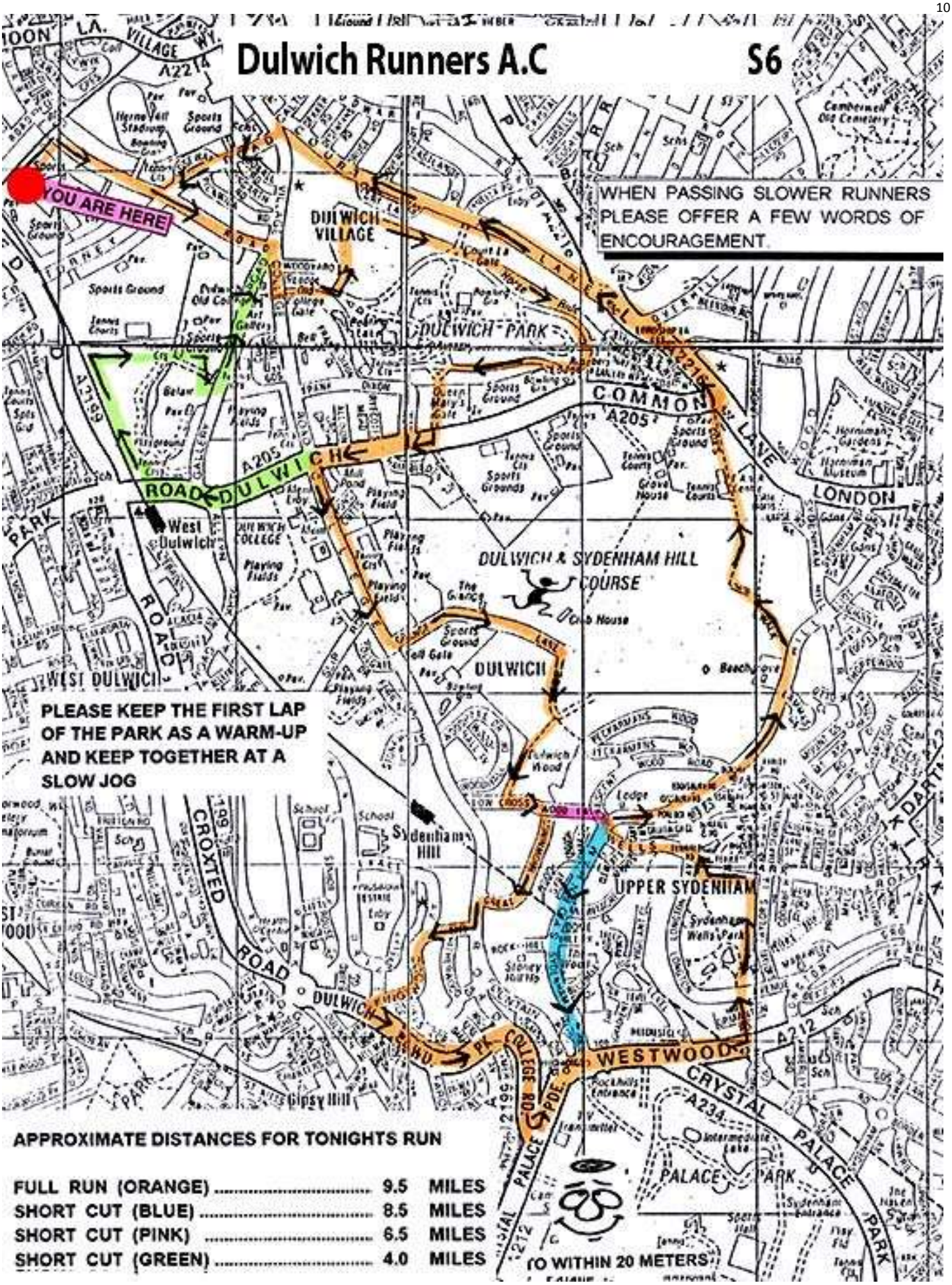
5K RACE FOR LIFE
CALLING ALL LADIES FOR A 5K RUN
Cancer Research Race for Life are putting on a 5K run exclusive to Lorraine viewers!
Tuesday 14th May at 12pm in Dulwich Park
To sign up follow this web link
It's free to take part
http://www.itv.com/lorraine/health/mums-on-the-run/enter-mums-on-the-run/
There's only 1000 places so do it today!

LADIES NOW SUMMER IS HERE YOU NEED A DULWICH RUNNERS CROP TOP!

LIMITED SIZES - £5 TO CLEAR…….contact Ros

Dulwich Runners A.C

S6



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.

PLEASE KEEP THE FIRST LAP OF THE PARK AS A WARM-UP AND KEEP TOGETHER AT A SLOW JOG

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	9.5	MILES
SHORT CUT (BLUE)	8.5	MILES
SHORT CUT (PINK)	6.5	MILES
SHORT CUT (GREEN)	4.0	MILES