DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
May 20th 2015

These are your SHORTS,
Please send your reports, running news & anecdotes to:
shorts@dulwichrunners.org.uk
DEADLINE 17:30 TUESDAY

- THE COMING WEEK –

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

Tue 26 Track Session - Dulwich College Track
7 for a 7:10pm start £1 per session...see below

In your SHORTS this week !

1... General information
2... ***New*** - Social Spot - coming social events
4... 2015 Dulwich Runners Club Champs races diary
4... Fixture list, club champs,XC, road, track
6... Race reports and results
6... Green Belt Relays reports
9... Parkrun results
12... Wednesday night routes map

And much more !

TRACK SESSIONS

at Dulwich College Track

Tuesdays with Steve Smythe & Elkie Mace

Improve your speed & strength over all distances, suitable for all standards and abilities.
Be warmed up ready for the session to start at 7.15

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

Hill Session

Saturday Hill session May 23. 10am opposite Sydenham Hill station. all speeds welcome. possible to do Crystal Palace, Brockwell Park, Hilly Fields or Dulwich parkrun first but not recommended!

Track

58 different people have attended track the last 2 weeks. This was despite bad weather this Tuesday which saw occasional driving rain and a very heavy and stinging hail storm.

EVENT HORIZON

A brief look ahead

full fixture list **page 4**

June 7 Battersea Park 2miles Club Champs race
June 4 Assembly League Battersea park

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to help 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 **Cameron Timmis & Charlie Lound** for taking out new runners last week.
If you are on the list, 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**

Andy Murray	**20/05**
Barrie John Nicholls	27/05
Mike Mann	03/06

Jose Barretta

Messages from friends can be read out to him.

Please continue to send these via 127, Crookston Road, London SE9 1YF katherine.barretta@yahoo.com or 07843 844 876 but emails/texts can't be accessed from the ward.

Sue Cooper and I thought we would start a letter to Jose that people could add to then we give his wife a completed letter with all the contributions.
Email me back and I will combine all the responses into one document. **duncan.j.wilson@hsbcib.com.**
Letter attached with SHORTS email

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is on the last page of Shorts.
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 it in the clubhouse - Thanks

SOCIAL SPOT

SPOT

Glad that everyone enjoyed the first social of the year at Surma. Now that we have the lighter evenings and nicer weather watch this space for social updates..... ***Matt Ladds***

May

Pizza/Pasta Night - Date TBC - Rocco, Dulwich Village
More details to follow shortly on this....

June/July

Summer Picnic - Date/Venue TBC

Mark Hayes Mile Drinks - Friday 10th July
After the club mile, come along for a drink at The Alleyns Head.

Always open to suggestions/requests so feel free to drop me a line or grab me when I'm down the club matthew.ladds@uk.zurich.com
Thanks - Matt

70/70 - Susan Vernon Writes:

Please join me at the Burgess parkrun on Saturday 30th May, the day after my three score years and ten celebration and also my 70th parkrun! I will have completed my charity abseil on 24th May to mark this milestone in my life, at the Orbit in the Olympic Park so now for a pb with the help of my fellow club mates. Please do wear your Dulwich Runners kit so we can make a real show and promote the club. I am looking forward to seeing as many of you as possible on 30th May

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered to scoff after the Wednesday run.
Arrives close to 9 and the 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 !

Rehydration !

After your run come up to the bar and have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also available)

LUCKY VEST

May winner - Laura Lane

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.
Vests £18 each and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk

It's time for Post-Marathon Rockin' Mayhem - with English Rogues! Friday 22nd May 2015, 9pm

At The Nightingale, 53 Carshalton Rd, Sutton SM1 4LG
http://tinyurl.com/kdx58xx
(just up the road from Sutton station)

Don't forget live music fans, I'm playing with English Rogues this Friday in Sutton (and Saturday in Sidcup), so come and get your fix! It's the usual exciting, edge-of-your-seat, totally unrehearsed live music mayhem – time to really let your hair down (I can't anymore but don't like to talk about it)! Get on the 'Highway to Hell' and come and 'Love The One You're With'! And then.....oh, it's all those old song title jokes again.....

And a bit further afield – we're also playing the next day (sat 23rd May) at The Iron Horse, 122 Station Road, Sidcup DA15 7AB
http://tinyurl.com/o5mnsnh

now....***Tony 'Thundersticks' Tuohy.***
It's time to ROCK – come on, you need it and you need it now...

Accommodation required

Two Austrian males looking for either a two bed flat or a house share, with a room each, starting in June. Required for at least six months and possibly longer
If you have anything could you let me know
Thanks
Bob Bell
bob.bell@rbccm.com

Dulwich Runners Club Kit

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£20 each

There is limited stock of hoodies, very small sizes only.
I can order more if enough people are interested. They will be £20 each.

Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk
With winter approaching keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood and are ideal for wearing to cross country races - all sizes available - £25

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

Dulwich Runners 2015 Club Championships

Some of the earlier races have already been advertised, with the remaining ones held back as dates have yet to be confirmed. Although this still remains the case, we have decided to issue the complete list which will be updated with confirmed dates once these are known.

Once again the races will be split into 3 distance categories. As the 3 long events fall within a 6 week period, we have added the Cabbage Patch 10 as an additional long race to accommodate those who may be injured during the spring. Details of scoring rules to follow.

31 Jan	Dulwich parkrun (short) (completed)
8 March	Sidcup 10 (long) (completed)
29 March	Paddock Wood half marathon (long)
26 April	London Marathon (or alt. marathon) (long)
1 June	Battersea Park 2 miles (short)
21 June	Ranelagh Richmond 10k (medium)
10 July	Mark Hayes Mile, Dulwich College track (short)
31 August	Sevenoaks 7 (medium)
4 Oct	Middlesex 10k, Victoria Park (medium)
1 Nov	**Cabbage Patch 10 (long) RACE CANCELLED**
22 Nov	Epsom 10 (long) replacement for CP10 (tbc)

ASSEMBLY LEAGUE RACES

These races range from 3 to 3.5 miles in distance, are on road or on paths within parks and are suitable for runners of all abilities, including newly joined members. They take place monthly over the summer months with the April fixture starting at 7.15 and the remainder at 7.30.
They are free to enter

9 April Beckenham (Beckenham Running Club HQ)
7 May Victoria Park, Hackney
4 June Battersea Park
2 July The Dome (North Greenwich)
30 July Victoria Park, Hackney
3 September Beckenham (Beckenham Running Club HQ)

Date for your diary:
Aldershot Road Relays 19/20 September 2015

The SEAA Road Relay Championships or 'Aldershot Relays' will be on 19th (women) and 20th (men) September 2015. These include separate senior and veterans categories and we usually manage to get a few teams out for what is a great day out. We'll be sorting out the entries later in the summer, but for now mark this in your diaries.

7Oaks7 race entry now open

This year the 22nd 7Oaks7 run will be held on bank holiday Monday, 31 August 2015

Fee again unchanged: £11 Affiliated / £13 Unaffiliated / £15 On the day (subject to availability)

A course map, race notes, and other entry details can be found at: http://www.7oaks-ac.org.uk/sevenoaks-7

Dulwich Runners 2015/16 Fixtures

Further information regarding races will usually be here in SHORTS and or announced on a Wednesday club night.

Cross country and other races for 2015/16 have been announced.
Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly .

Date		Race		Venue
Jun	1	Battersea Park 2 miles	short	Battersea
	4	Assembly League Battersea Park 7:30pm		Battersea
	21	Ranelagh Richmond 10k	medium	Richmond
Jul	2	Assembly League The Dome North Greenwich 7:30pm		The Dome, Nth Greenwich
Jul	10	Mark Hayes Mile	short	Dulwich College Track
	30	Assembly League Victoria Park 7:30pm		Hackney
Aug	Mon 31	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	3	Assembly League Beckenham Running Club HQ 7:30pm		Beckenham
Sep	19/20	SEAA Road Relays		Aldershot
Oct	4	Middlesex 10k	medium	Victoria Park 10:30
	10	Surrey League match 1	men	Wimbledon Common
	10	Surrey League match 1	women	Nork Park
	17	Surrey Masters (tbc)		Richmond
Nov	1	Cabbage Patch 10	CANCELLED	CANCELLED
	7	Surrey League match 2	men	Walton
	14	London Champs		Parliament Hill Fields
	tbc.21	South of Thames 5 mile race, (date and venue tbc)		Denbies Vineyard
	tbc 22	Epsom 10 (replacement for the cancelled Cabbage Patch)		Epsom
Dec	5	Surrey League match 2	women	Lightwater
	19	South of Thames championship		Tonbridge
		2016		2016
Jan	9	County Champs (Surrey & Kent)		
	16	Surrey League match 3	men	Reigate Priory Park
	16	Surrey League match 3	women	Reigate Priory Park
	tbc 30	South of England champs		Parliament Hill Fields
Feb	13	Surrey League match 4	men	Lloyd Park
	13	Surrey League match 4	women	Richmond Park
	27	National Champs		tbc

Cross country Club Champs Assembly League Misc. **A list of track meetings can be found on page 10**

Race Reports & Results

To be sure your race results/reports appear in SHORTS you must send them in. barry@1bg1.com
All road, fell, xc, tri results etc, are welcome .

GREEN BELT RELAY
16/17 MAY

Despite a number of changes to the team as a result of withdrawals from injuries etc, our scratch team finished a creditable 13th out of 30 teams. Stages average 10 miles but vary from 6 to over 13 miles, with some challenging stages over the Chilterns and North Downs. With teams entering their strongest runners on these stages, as well as the final glory leg, this makes higher positions more difficult to achieve.

Despite this James Burrows finished an excellent 4th on his tricky Sunday stage over the Surrey Hills, following his third place the previous day, only just over a minute behind the leader. Ange Norris finished stage winner on her Sunday run, though struggled with tight hamstrings following her recent marathon and her run the previous evening. Helen Lister performed well, following her recent excellent marathon, finishing 2nd woman on her Sunday stage, as did Claire Steward in her most demanding runs following her lengthy injury break.

It was good to see so many newcomers to the event, including cyclist, Michael Hutchinson, Gareth Bellamy, Gideon Franklin, Hugh Balfour and Laura Lane, all of whom performed creditably. And a big thank you to Helen Peters and Heidi Dann, runners from Ange's local parkrun, and to drivers, Nicki Clark and Gideon, whose commitment went beyond the call of duty.

For those who have not participated in this event, and in particular newer members, it is a great way to get know colleagues at the club and take part in an event which is open to runners of all abilities, as long as they are able to compete on two consecutive days. We always select the stages to suit the ability of our runners.

GBR STAGE ALLOCATIONS

STAGE	RUNNER	DISTANCE (miles)	GRADING (1-10)	TIME	PLACE
1	Michael Hutchinson	12.7	6	1.26:29	9
2	Gareth Bellamy	9.5	3	1.14:17	12
3	Claire Steward	11	7	1.37:13	23
4	Gideon Franklin	12.2	10	1.40:26	16
5	Helen Lister	13.5	10	1.52:43	23
6	Heidi Dann	8.4	3	1.09:19	18
7	Laura Lane	12	7	1.36:29	24
8	Hugh Balfour	10.6	4	1.20:51	13
9	James Burrows	10.2	7	1.06:36	3
10	Ange Norris	9.7	8	1.11:35	11
11	Helen Peters	7.5	3	1.02:57	16
12	Gideon Franklin	10.9	6	1.20:48	12
13	Gareth Bellamy	6.6	2	47:20	12
14	Helen Lister	8.2	5	1.01:27	2W 17
15	Claire Steward	9.2	6	1.19:24	23
16	Ange Norris	13.3	10	1.50:30	1W 16
17	Michael Hutchinson	10.5	7	1.12:37	10
18	Laura Lane	8.6	6	1.27:46	22
19	James Burrows	9.8	9	1.06:49	4
20	Helen Peters	6	1	44:35	13
21	Heidi Dann	8.4	2	1.08:28	25
22	Hugh Balfour	9.1	3	1.09:23	19
TEAM POSITION 13th out of 30					

RICHMOND PARK MARATHON - May 17th

On Sunday, a few days before my 65th birthday, on a beautiful day, I made a comeback to run my final marathon in my favourite park, and to raise money for my favourite country, Nepal, which has been devastated by earthquakes.

My plan was to get inside 4 hours, but at half-way in just over 1:50, I was on for 3:45, until the hills in the last 5 miles really got to me. 3.5 laps of Richmond Park includes 1200 ft of ascent, so it is no easy course. I finished in 3:50:19 (3:49:53 chip time), 98th of 341 finishers, 1st V60, I did not break the V60 Marathon Club Record as Andy Murray has run 3:27 as a V60, but website has not been updated.
Barry Dabrowski

Farringdons School 5km, Chislehurst, Sunday May 17

On a twisty, testing and mostly grass two lap circuit of his School grounds, Alex Elms won in a time of 18:07.
His mother Clare was first woman with 18:55.
Both received their awards from former Manchester United captain Rio Ferdinand. - ***SteveSmythe***

1 M Alex Elms	18:07
1 W Clare Elms	18:55
5 SM Steve Smythe	20:40

Southwark Park 10km May 16

Course with lots of sharp out and back turns, Elkie was close 2nd. - ***Steve Smythe***

2nd W Elkie Mace	40:44

Green Belt Relay 16 &17 May Stages 3 and 15

Claire Steward writes:

I took part in the Green Belt Relay in 2002, 3, 4, 6, 7, and 9, completing twelve different stages, but subsequently other events, most notably the White Peak Marathon and then injury, kept me away. When Mike Mann was recruiting this year's team, I offered my services as a reserve, not sure that my foot/ankle would cope with two back-to-back days of running and wanting to see how I got on at London first.

When the team was announced I discovered I was doing 11 miles on Saturday and 9 on Sunday, and it was nice to see lots of new names in the team. With Mike and Ange doing the unenviable task of co-ordinating runners and drivers, I just had to do as I was told. Leaving my house at 7:30 on Saturday morning was a bit if a shock to the system but once I had met up with driver Gideon, co-driver Helen and chief navigator Gareth, we were on our way, searching out a seemingly mythical carpark in Staines.

There were signs to it from both directions but then the trail went cold. We eventually found it by process of elimination, abandoned Gareth ready for stage two, then Gideon gave Helen a quick lesson in how to drive his hybrid, automatic car, and we were off to Boveney for the start of my stage 3. After some confusion over the start time, I was tearing around trying to find the toilets at Dorney Lake, missed the path back to the carpark, but then mercifully found that I had 20 mins in hand to sort myself out before Gideon and Helen departed for the start of Gideon's stage 4. Then Mike turned up which was fortunate as he was able to collect Gareth before driving to end of my stage.

I had a really enjoyable run, reminding me of why I love to run through the countryside rather than on the road. As usual the faster runners raced off into the distance and I found myself in the company of five runners, which eventually became three. Eva from Serpentine tripped over fairly early on and had an impressive knee wound but she was quickly back on her feet, and later Peter from 26.2 failed to duck as he encountered a low branch which tried to slice off his ear so when our trio finished I was the only unblooded one (those that know me may be surprised – I'm usually the one with a black eye, cracked rib or dislocated finger).

About 2k from the finish we encountered a couple of Serpies runners heading towards us; Eva said they must have gone well off course to lose so much time. At the finish I was whisked off with Mike and Gareth to marshal a busy road crossing towards the end of stage 4 where we saw Gideon running smoothly past in the top third of the field. After a drive to St Albans where we briefly met up with Laura, Hugh and James prior to their stages, Gareth and I headed to the station for trains back to London.

Sunday was more of the same, this time in the company of Mike and Michael who left me at the start of stage 15, where we had use of the amenities at the Dartford Stone Lodge indoor Bowls & Social Club. Despite the fact that I had run this stage before (albeit six years ago) I was glad that I was in the company of an Elbridge runner when neither of us could make sense of the map or instructions at one point and had to resort to asking for help to get us back on track.

Mike and Michael were waiting at the finish but in a momentary lapse of logistical concentration Mike underestimated how long it would take to get to Tatsfield for the start of Michael's stage 17. After some panicky phone calls, hasty U turns, and stopping to ask the way, we deposited Michael, who was still trying to sort himself out and had to catch up with the departing runners. He did a fantastic job overhauling 20 other runners on the way.

As ever, it was a great experience; there is a wonderful camaraderie amongst the teams with people offering to help with pieces of kit, stranded runners and abandoned cars. Coming 23rd in both of my stages probably didn't contribute much to our overall finishing position but everyone who takes part gets a well-deserved big cheer as they cross the line and it feels like quite an achievement to have completed it.

Green Belt Relays

Gideon Franklin writes...This was an extraordinary weekend, being part of a Dulwich Runners team in a 220 mile ring around London over 22 stages. Mike had planned all the logistics with military precision – who got who to which start, what happened to their kit, how they got picked up. I realized just how well organized we were when I was talking to a runner from another club I had not met before at the start of Stage 3 by the Thames in Buckinghamshire while I was waiting for Claire to get ready.

Five minutes into the conversation he asked “Would you mind driving my car to the end of this stage while I run?” With my driving duties I found I was more nervous about the possibility of messing up arrangements for other people in our team than about my own run. Each stage is ranked 1 to 10 for difficulty. My Saturday run was a 10 and I soon learnt why as I ascended long slopes into the Chilterns with complex trails through woods. I appreciated the sight of a wide carpet of bluebells as I was struggling along. Afterwards there was the calm of finding my car next to a village green where a cricket match was in progress, a text from Helen telling me the precise location (“by the recycling bins”)

On the Sunday I did the first stage, starting at 8am in Blackmore in Essex. I found myself with some of the runners who were with me the day before, including Ian from Serpentine, who had raced past me at the finish after I had waited for him to check directions. This time my run was a 6, much of it on roads. A particularly scenic part was running through field after field of yellow rape.

One of the faster runners got lost and bounded towards me across a golf course near the end. Another runner from Stragglers (the host club for the event) came up to congratulate me “I had been trying to keep up with you to overtake you as Dulwich were one ahead of us at the beginning of the stage”. I had not been conscious of these dynamics. I do know that I overtook Ian from Serpentine after the first few miles and then ran with an Elmbridge runner who sadly struggled to keep going just before the end. He kindly gave me a lift to a stage further ahead, as Helen had gone off with my car in order not to miss her start (I had agreed she should if need be and brought two sets of keys just in case).

Mike popped up at various points and was on the end of the phone offering calm encouragement “Mike, I’m not sure how we reconnect Gareth with his kit” “That will be OK, I get more worried when we lose people”. He reminded me of a Ryder Cup captain appearing at the tee shots or putting greens. The whole event felt like a cross between the Tour de France and the “It’s a knockout” programme I watched as a kid. Some teams were very serious and in the end it was a close race between Serpentine (the eventual victors) and the aptly named Frontrunners, each of which had four teams, as did Clapham Chasers, whose teams were coded with warrior style face paint.

Yes I enjoyed the running. I also enjoyed the camaraderie, like chatting with James on Saturday afternoon at a pretty canal at Dobbs Weir in Hertfordshire before his start, then with Hugh as he cantered in over a bridge, pleased with his run, but like the rest of us wondering if he had left enough in reserve for the following day.

The North Downs Way 50, Sat 16th May

This was the 5th North Downs Way ultra marathon. 50 miles of spectacular scenery, a whole day of doing something I love, balanced with 5,600 feet of climb across tough terrain and the possibility of continuously running for 10+ hours.

The route begins at the start of the North Downs Way in Farnham, Surrey. The North Downs Way is 156 miles long and finishes up in Dover. It was opened in 1978 but the paths have existed for hundreds of years, many of our 50 miles incorporated the slightly older Pilgrams' Way, which dates back to 500 BC!

Training had gone well, joining the long run group was the perfect early year motivation to get out each Sunday in good company. It was also lovely taking a break from the usual Sunday run to cheer everyone on during the London Marathon and be motivated by the great achievements of fellow DR's.

I'd kept to a strategy of sensible weekly mileage, mixed in with some training races, including two marathons and it was good to reach the two-week taper injury free. The first week of less running was a welcome break, the second wasn't so great and I came down with a cold, which almost stopped me making the start.

I'd been told by many, including a few other Dulwich runners, that you really shouldn't set goal times on your first ultra, especially one like the North Downs. I did jot down a rough plan though, so I knew how to pace myself.

'Plan A (amazing)' was to finish in 9hrs 20mins and in the top 30, 'Plan B (great)' was to finish in 9:55 and go sub-10 hours, 'Plan C (target)' was 10:45, which was my friends time from the previous year, when I had been his 'crew' for the event. Failing A, B or C, I would be pleased to just get through it before the 13 hour cutoff.

My 'tapering man-flu' focused my mind on 'Plan C' and just starting out and seeing how things went. I arrived at the start at 8am on Saturday morning and settled into the middle of 233 runners, filling a tiny mud track in Farnham. It was a relaxed atmosphere, which contrasted to the more frantic 'check-in' over an hour earlier. They ensured we were carrying the mandatory items – map, compass, jacket, head torch, 1ltr of water, phone, whistle and survival blanket. I filled the remaining space in my bag with the optional items – gels, dates, plasters, loo roll, salt tablet etc.

At the 'sharp' end, the 2013 winner and course record holder had returned after representing England in the National 100km championships two weeks earlier - taking second place behind Steve Way. There were some top ultra runners over from Italy and a good mix of well know UK ultra runners. This certainly wasn't a concern for me, but exciting to think it may be a new course record.

Without much fuss, we started moving - that was it, the adventure had begun. In 2014 I ran a 50km race and never at any point did I think that wasn't possible – it's just a bit more than a marathon and at a slower pace, maybe painful but possible. I'd realised over the last few days that one of the biggest attractions to a 50mile race was that I didn't have any idea how it was possible. How could you keep running non-stop for 10 hours? My longest training run was 4 hours. I know others do this distance and much more, but without the experience I just couldn't see how.

The route roughly splits into three parts – the first 10 miles are reasonably easy, then 14 bumpy and 26 hilly. I spent the first hour enjoying the views as we went through the picturesque village of Puttenham, towards Guildford where we were greeted by the 'bacon barge' distributing bacon sandwiches! I bagged one and enjoyed later in the race, as a break from gels.

After 10 miles my cold disappeared, my breathing eased and I settled in to a comfortable pace. At some point after that, I decided to revert to my 'A' plan and get to the first major checkpoint (24m) in 3:30.

The next few hours saw the temperature rise and the first few heat casualties drop out; I made a conscious effort to keep hydrated and refilled my two 500ml water bottles at each of the 7mile aid stations. I was enjoying the day and reached the 24mile checkpoint just 2 minutes outside of my new target.

Shortly after the halfway point, the toughest section of the course began from Box Hill to Reigate Hill. I was still feeling good and enjoyed the change in pace that the hills presented. I kept up the pace and aimed to reach 38 miles in 6:30, which I managed with 30 minutes to spare.

Just less than 3 hours to complete 12ish miles (13 in the end) seemed more than achievable and I started to push on a bit. The final of the bigger climbs was up to the Botley Hill aid station and then it was mainly 7miles of bumpy fields and nettles to the finish.

I gave up trying to calculate how long to the finish and just ran. Two miles out, my brain finally managed to work out that I was in with a chance of not only beating my target but also coming in under 8hrs 30mins.

I was prepared for the fact that you get within earshot of the finish and then have to run in the wrong direction for another half mile before the turn back and a last small hill (both subtle reminders that this is no walk in the park).

I arrived at the small field and finish in Knockholt Pound after 8 hours, 30 minutes and 23 seconds and in 11th place. I don't think the post race beer has ever tasted better!

So, now my mind knows it's possible to run continuously for 50miles I guess I'll be hunting for the next unknown! In the meantime I'm looking forward to a summer of shorter track sessions and park runs.

11 Rob Hollands 8:30:23
233 ran.

Beckenham Relays 3x 2.6m, 13th May

Trying to decide who to put in what team in this popular low-key relay event is always a juggling act when aiming to land a prize or two.

It's especially difficult when there are a stream of over thirty Dulwich Runners trickling in to the clubhouse and the team declaration time is fast approaching. So all credit to Steve for sorting it out as usual despite being somewhat delayed by a close encounter with the rear end of a car somewhere in Lewisham and collecting a thump/scrape to his leg bad enough to stop him running. And he still managed to then ride to Beckenham with his handlebars now being decidedly not in synch with his front wheel. Trick cyclist.

With a record turnout of the maximum allowed 100 teams it was decided our best shot was in the mixed team category; and so it proved with the team winning comfortably but more impressively coming third overall. I ran the first leg just nine seconds slower than my best here and handed over to Steve who had an absolute blinder running his best short distance race, besting my time by eight seconds (about 16:50 pace for 5k). This made it a formality for Clare to comfortably run the fastest ladies' leg of the night and bag the mixed prize easily. Meanwhile, Wayne and Alex were the first leg runners for our A and B teams – but it was B team runner Alex (14 years old) who proceeded to dole out a lesson to Wayne and me; I watched him come past at halfway and then scorch up the final hill and only fail to win the leg by two seconds. Frightening. This set off Mark in second place, which was not exactly what he expected when he'd been promised he could just trot round on account of having run a marathon the week before. So, no easy trot, he belted round in a very good time and handed over to Tom, who unusually brought the B team in ahead of the A – Wayne's excellent run was easily his best here alongside a good one from James, although Kev felt flat and had a bit of an off-day.

Our vets teams were led by a great run from Lloyd, improving all the time, as are Ian and Rob on their comeback-from-injury trails. The vets B team saw good runs from Gary and Hugh but a real stormer from Gideon, over half a minute quicker than last year. Very good runs from Emma, Andrea and Laura Long secured the trophies for 3rd Ladies team, including a really valiant effort from Laura, just failing to hold on to second place from a fast finishing Petts Wood runner who was 40 seconds superior. Michelle and Anna also ran blinders, both at faster paces on this hilly course than any 5ks they've run, and Laura Vincent was close to this too. Our next mixed team saw a solid run from Claire Steward and good debuts from Will and Ruth, while our last complete team contained solid runs from Martin, Joseph and Paul, all on limited racing this year.

Duncan ran for an unofficial time, as did Dulwich debutante Rachel, another who managed a much faster pace than her timed runs so far, 5k parkruns at Brockwell. Apart from our nine complete teams, Ameet got run a run for another club team; while finishing the second leg Ameet was caught on the hill by the overall winning team and fastest runner Alex Yee finishing the last leg in an astonishing time of 12:23. That didn't stop Ameet mixing it with him and actually outsprinting him to the line! With a bit of endurance he'd be dangerous; alright, a lot of endurance.....
Tony Tuohy

3 Dulwich Mixed: Tony Tuohy 14:13, Steve Davies 14:05, Clare Elms 15:27 (fastest woman) – 43:45 (1st Mixed team)
6 Dulwich B: Alex Elms 14:07, Mark Lacey 14:41, Tom South 16:41 – 45:29
8 Dulwich A: Wayne Lashley 14:21, Kevin Chadwick 16:00, James Burrows 15:26 – 45:47
13 Dulwich Vets M40: Lloyd Collier 14:46, Ian Lilley 15:24, Rob Cope 15:57 – 46:07
36 Dulwich Vets M50: Gary Sullivan 16:46, Gideon Franklin 16:45, Hugh Balfour 17:48 – 51:19
39 Dulwich Women Vets: Emma Ibell 17:32, Andrea Pickup 16:39, Laura Long 17:29 – 51:40 (3rd Women's team)
54 Dulwich Women B: Michelle Lennon 18:12, Anna Thomas 17:42, Laura Vincent 19:13 – 55:07
56 Dulwich Mixed B: Will Haynes 15:49, Claire Steward 20:19, Ruth Bennett 19:17 – 55:25
68 Dulwich C: Martin Double 18:12, Joseph Brady 18:33, Paul Hilton 21:21 – 58:05
75 2Fast1Furious: 2nd leg Ameet Patel 20:47
Unofficially: Duncan Wilson 18:45, Rachel MacArthur 20:45
100 teams took part.

National Masters Road Relays Sutton Coldfield 16th May

Another great day out for the veterans at the National Relay Championships with the women again coming up trumps at top level. The W45s were our star turn with Ola as always getting the team off to a solid start in third place, not far short of her best times despite today's very windy conditions. Andrea ran well also, perhaps just a tad short of Wednesday's form at Beckenham, moving us up to second place. Clare took over for the final leg and despite running the fastest of the race had too much to do to reverse Salford's 47 second lead despite getting within 27 seconds by the finish. It's worth noting that Bev Simons on Salford's last leg is a 73 minute half marathoner and has history of denying Dulwich Runners. In 2002 she finished ahead of a Dulwich Runner (Alison Fletcher) in the AAA Championships in the London Marathon and took the bronze medal by just 10 seconds when both ran 2:44. This Dulwich W45 team were in fact a minute quicker than last year's winners and two minutes faster than we ran when we won in 2012, reflecting an overall high quality race. Nevertheless, the team once again landed national medals, continuing the Dulwich women's superb record in this event.

2nd Dulwich Runners W45:

Ola Balme	**19:13,**
Andrea Pickup	**19:19**
Clare Elms	**18:00**

(fastest leg, gold medal) - 56:32 silver medals

Our W35 team made a very solid showing. Nicola really made the most of the first leg and was well up on all her previous form this year. Cara is not as fit as she'd like to be yet and Laura has no experience of competition at this level but both ran hard and did as well as they could. Emily took over for the finish and had to run fairly isolated for the last leg. So 7th out of 35 teams at national level is a very commendable performance. Dulwich history: our two best W35 times are 1:12:30 (2010) and 1:12:32 (2008) - Belgrave won this year in 1:12:38 and all three of our W45s were in that winning W35 team when we ran 1:12:30 in 2010.

7 Dulwich Runners W35:

Nicola Richmond	19:04
Cara Oliver	20:12
Laura Long	20:36
Emily Gelder	19:12
	1:19:05

(Selma Benattia 22:26 – managed to blag a run, became a resident northerner for 20 minutes....)

With the M45s losing Dave Beaver to the M55s this year, step forward Steve Davies as a more than able replacement. I led off this time and managed 16:32 for 8th, my slowest time (apart from injury) in five runs here but they are all still in a 16-second window so not bad. Steve took over for his debut with another great run that moved us up to 5th, just 11 seconds slower than mine, but complained that he didn't think he'd paced it right and had something left – I wasn't bothering to listen to this of course having been beaten by Steve in two recent encounters.

Ebe and Charlie were completing the team once again not too long after running their marathons – they both still managed to repeat their performances of last year to within a second or two despite the strong wind, with Ebe losing just three places and Charlie holding position to the finish. Another commendable performance, 24 seconds up on last year and improving from 11th last year to 8th place, although getting close to the medals in the future remains a tall order, with over two minutes needing to be found between us.

8 Dulwich Runners M45:

Tony Tuohy	16:32
Steve Davies	16:43
Ebe Prill	17:58
Charlie Lound	17:14
	1:08:27

With various injury problems in the lead up to the event, our M55s were never going to be in with a chance of replicating their silver medals from a couple of years ago, the only time our men have medalled at this championship. Dave Beaver has 'come of age' and stepped into the team as fastest man but is himself struggling back from Achilles problems that left him over half a minute adrift of his time last year while in the M45s. Previous medal winner Gary was his usual consistent self on second leg while pre-race discussion between Steve and Nick Brown concluded that Steve was currently the 'least worst' with both struggling with injuries, so he got the run. Accounting for plenty of recent fitness/injury problems, not least of which was his bike crash just three days earlier, Steve got round OK but we could only finish 18th. Challenging for a medal again probably means averaging around 18 minutes per runner and we've got talented enough M55s in the club to do it – but the hard part is having three fit and ready at the same time!
Tony Tuohy

18 Dulwich Runners M55:

Dave Beaver	17:56
Gary Sullivan	19:29
Steve Smythe	20:22
	57:47

May 16th

Bexley

260 ran

Pos	Gen		
6	6	Michael Fullilove	20:10

Brockwell

241 ran

Pos	Gen		
30	28	Robert Campbell	20:40
68	8	Ruth Bennett	22:17
86	14	Lucy Clapp	23:02
114	89	Desmond Edwards	24:57
140	31	Sharon Erdman	26:15

Bromley

532 ran

Pos	Gen		
129	112	Colin Frith	22:40

Crystal Palace

(note There is no CP parkrun next Sat 23rd.)

30th May 2015 is Crystal Palace parkrun's 5th birthday

168 ran

Pos	Gen		
46	45	Bob Bell	22:44
73	7	Belinda Cottrill	24:14
85	10	Carys Morgan	24:51

Dulwich

281 ran

Pos	Gen		
8	8	Lewis Laylee	17:35
19	19	Simon Burnett	18:54
61	57	Graham Laylee	21:35
115	103	Kevin Murphy	24:28
130	111	Mick Mead	25:02
154	36	Stephanie Burchill	26:47

Orpington

141 ran

Pos	Gen		
77	66	Peter Jackson	27:38

Oxford

241 ran

Pos	Gen		
65	57	Ian Sesnan	23:20

Peckham Rye

Susan Vernon writes:

For the statistically minded: I am 69 years old and ran my 69th parkrun on Saturday. I was married on the 6th of the 9th in 1969, wow how's that!!!

As it was the 50th run for Peckham Rye, we wore red t-shirts and did the course in reverse, which I found quite disorientating but thoroughly enjoyable.

108 ran

Pos	Gen		
6	6	Kevin Chadwick	19:25
8	1	Kim Hainsworth	19:34
14	2	Emma Ibell	20:52
23	4	Michelle Lennon	21:57
57	10	Claire Barnard	25:33
103	44	Susan Vernon	31:46
107	61	Chris Vernon	34:02

New members especially ! and others....

Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.

This helps ensure your results get picked up and saves you having to send them in.

Day	Track / Location	Event	Host	Website
May				
Sat 23/Sun 24	Kent County Champs	Open	Ashford	http://www.kcaa.org.uk/fixtures.htm
Wed 27	Croydon	Rosenheim	Croydon Harriers	www.croydonharriers.co.uk
Wed 27	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
Sat 30	Mile End	SML	VP & TV	
June				
Mon 1	Mile End	Open	Just Timing	http://justiming-live.co.uk/mile-end2015.html
Tues 2	Tonbridge	Open	Tonbridge AC	www.tonbridgeac.co.uk
Wed 3	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Sun 7	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Mon 8	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Mon 8	Hillingdon	SCVAC		
Wed 10	Wimbledon	Rosenheim	Hercules Wimbledon	www.herculeswimbledonac.org.uk
Sat 20	Tooting	SML	HHH	
Mon 22	Battersea Park	SCVAC		
Wed 24	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
July				
Wed 1	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Wed 1	Battersea Pk	Rosenheim		
Sat 4	Tooting	SML	HHH	
Mon 6	Mile End	Open	Just Timing	http://justiming-live.co.uk/mile-end2015.html
Tues 7	Tonbridge	Open	Tonbridge AC	www.tonbridgeac.co.uk
Sun 12	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Mon 13	Perivale	SCVAC		
Mon 20	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Wed 22	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
Wed 22	Tooting	Rosenheim	HHH	www.hernehillharriers.org
Sat 25	Tooting	Open	HHH	www.hernehillharriers.org
Sat 25/Sun 26	Birmingham	British Masters		
August				
Sat 1	Eton	SML Final		
Mon 3	Mile End	Open	Just Timing	www.justiming.co.uk
Tues 4	Tonbridge	Open	Tonbridge AC	www.tonbridgeac.co.uk
Mon 10	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Wed 12	Kingsmeadow	Rosenheim Final		
Wed 19	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
Wed 26	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Sat 29	Tooting	Open	HHH	www.hernehillharriers.org
September				
Sun 5	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Sun 6	Ashford	SCVAC Final		
Wed 9	Parliament Hill	Open	Highgate Harriers	www.highgateharriers.org.uk
Sat 12/Sun 13	Erith	Kent Masters Champs		http://www.kcaa.org.uk/fixtures.htm
Wed 16	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html

DULWICH RUNNERS MIDSUMMER 5K

THURSDAY 25 JUNE -5k at 7.45pm, 1 mile junior run at 7.15pm

Please make a note of this date in your diary

Our annual 5k fundraising run is back in Dulwich Park this year.

We will need around 30 marshals to help:

- Set out the start and finish area
- Control traffic to the car park
- Direct runners on the course
- Record finishers' numbers and times
- Give out medals and water at the finish

Please contact Andy or Ros if able to help.

d10k@28kerfield.freeserve.co.uk

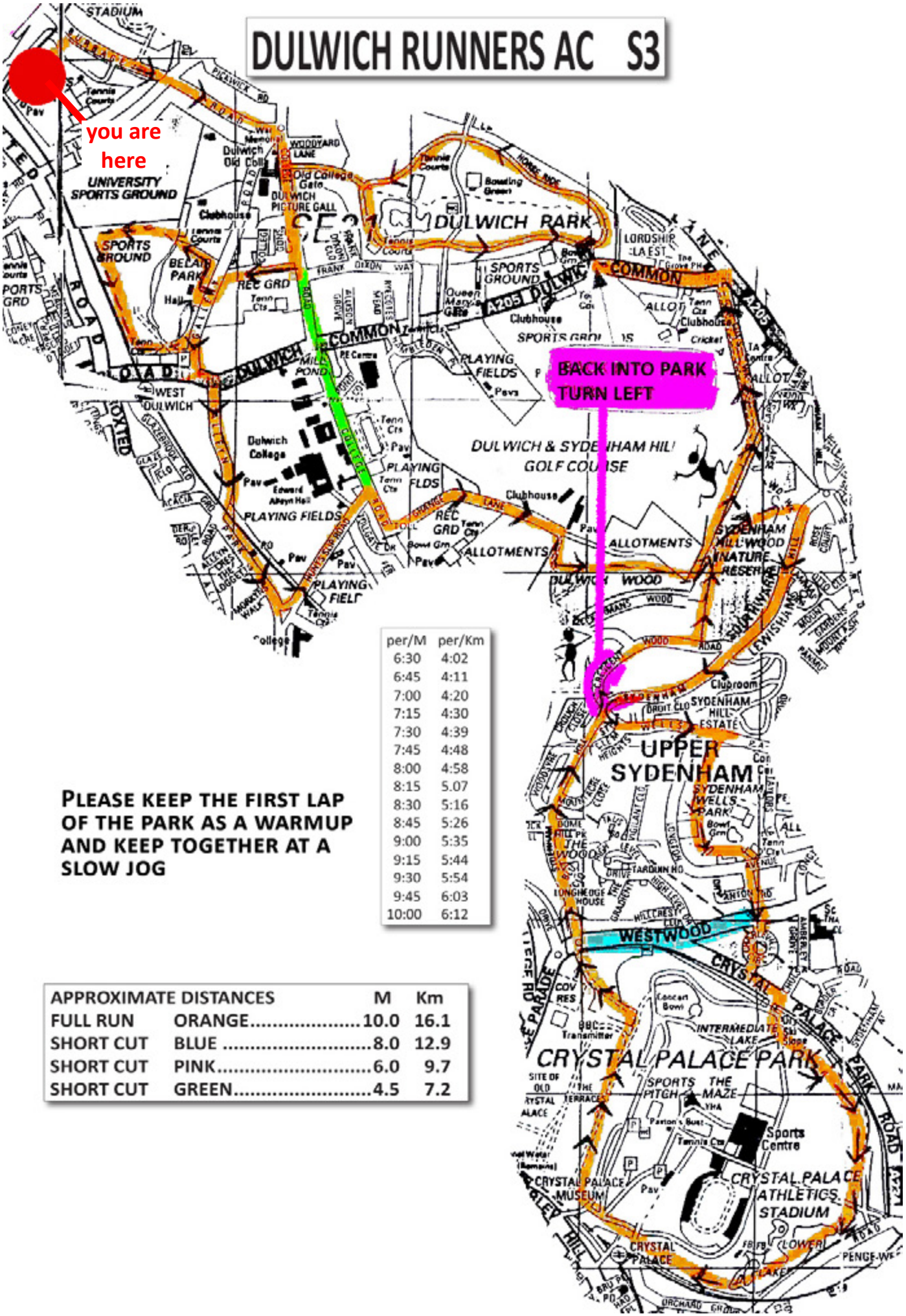
If you wish to run please let us know but offer to marshal first.

Once we have enough marshals we can advise DR volunteers who wish to run.

We also need publicity – putting posters up at leisure centres etc, social media messages.

Race website http://www.dulwichrunners.org.uk

DULWICH RUNNERS AC S3



per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

PLEASE KEEP THE FIRST LAP OF THE PARK AS A WARMUP AND KEEP TOGETHER AT A SLOW JOG

APPROXIMATE DISTANCES		M	Km
FULL RUN	ORANGE	10.0	16.1
SHORT CUT	BLUE	8.0	12.9
SHORT CUT	PINK	6.0	9.7
SHORT CUT	GREEN	4.5	7.2