SHORTS

Dulwich Runners AC
Weekly Newsletter
March 4th 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 4 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar.

Sun 8 **Sidcup 10 - Club champs race**

Tue 10 **Track Session** - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

TRACK SESSIONS

at Crystal Palace Arena

Tuesdays with Steve Smythe

Improve your speed & strength over all distances, suitable for all standards and abilities.
Please be warmed up and ready for the session to start at 7.15.
You need to go through the Crystal Palace reception check in where you say you are with Dulwich Runners and you will be given a wristband.
When you get to the track itself, Ros will be there to collect your track fee (£2.50 per week) and mark the track register. If you want to pay in advance for future sessions that is fine.
The sessions have been averaging around 40 people each week this year which is good but it is notable that there are only around 20 regulars and too many are only doing sessions every other or every 3 or 4 weeks.
To get the full benefit of the sessions and get a range of distances and get the body accustomed to speedwork it is important that you attend on a regular basis

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.
Vests £18 each and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk
for all other club kit please see **page 2**

Dulwich Runners Annual Membership Due

If you do not renew your 2015 membership then you cannot compete as a Dulwich Runner in any races, XC, club champs and any other events
You must RENEW ASAP
You will have received by email or post your membership renewal reminder for 2015.
If not then contact me asap **barry@bg1.co.uk** or see me at the club on a Wednesday evening
You can now pay direct online

In your SHORTS this week !

1... General information
2... ***New*** - Social Spot - coming social events
4... 2015 Dulwich Runners Club Champs races diary
5... Fixture list, club champs,XC, road, track
5... Dont mess with Paul Hilton...Hes a Tough Guy !
6... Race reports and results
10... Parkrun results
11... Wednesday night routes map

And much more !

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

You can follow us on

EVENT HORIZON

A brief look ahead

full fixture list **page 4**

Mar	8	Sidcup 10 club champs
Mar	29	Paddock Wood 1/2M club champs

NEW RUNNERS ROTA

Many thanks to **Barry Graham and Mike Mann** 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**

Barry Graham	4/03
Paul Hilton	11/03
Emma Ibell	18/03
Sharon Erdman	25/03

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**

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

Apologies for the radio silence it's been a busy start to this year with work, travels and this marathon training malarkey.
Anyway I thought I should give you all an update on what I had planned over the next couple of months to get some dates in your diary..... ***Matt Ladds***

March

Curry Night - Wednesday 25th March 9pm - at The Surma - East Dulwich
Back by popular demand, please RSVP to me if you wish to attend by Wednesday 18th March so that I can confirm numbers to them a week before hand

May

Boozy Brunch - Sat 9th 11am
The Great Exhibition, Crystal Palace Rd
Please RSVP to me if you wish to attend by 25th April so I can confirm our booking.
Once we have our marathons out of the way it's time to kick back and relax (well maybe for some of us!) so what better way than a post Parkrun booze up at one of Dulwich's premier pubs featured in Londons Best Bottomless Brunches http://www.buzzfeed.com/ailbhemalone/bottomless-boozy-lunches-in-london#.vqo9aLMaz
Pizza/Pasta Night - Date TBC - Rocco, Dulwich Village

June/July

Summer Picnic - Date/Venue TBC
Always open to suggestions/request so feel free to drop me a line or grab me when I'm down the club
matthew.ladds@uk.zurich.com

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)

DULWICH RUNNERS KIT STOCK CLEARANCE SALE

There will be a sale of old style kit - vests, short and long sleeved shirts.

Now is your chance to buy an extra vest or long sleeved training top.

Limited sizes - all items £10.

Available on Wednesday nights,
or email Ros **ros@28kerfield.freeserve.co.uk**

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

Sidcup 10 - British Masters Championships

The next club championships is the Sidcup 10 on March 8 and this race includes the British Masters Championships. Potentially Dulwich could do well in this - it is open to all men and women aged over 35 but you need to enter officially through the BMAF. http://www.xchangecms.co.uk/index.php?option=com_content&view=article&id=12&Itemid=192
it doesn't cost any extra but you may need to enter through the BMAF and get a refund off Kent AC if you wish to challenge for individual British Masters medals and score in Dulwich's team if you have already entered.
So far only a few Dulwich Runners - Duncan Wilson, Steve Smythe, Andy Murray and Ros Tabor have official Championships entries for the event when potentially we could have 40.
For all runners aged over 35, I recommend being a BMAF member - the cost is minimal - joining Veterans AC is the best option of getting into the Masters movement officially. Ros is the secretary and can give more details. http://www.vetsac.org.uk/

'MARATHON TRAINING SUNDAY SESSIONS'

SUNDAY RUNS, RACES AND REPS

(Provisional – dates and events subject to change)
Includes: middle and long distance multi-terrain / road races
Sunday runs at High Elms & Dulwich Park
Track sessions at Norman Park track, Bromley
Preparation for London Marathon 2015

Weeks to go!	Date	Event / Distance	Information
7	8 Mar	Sidcup 10 (DR club champs race)	10 mile race –Sidcup 10.00
6	15 Mar	Dulwich Park	09:00 Road run to Town/City – 20m
5	22 Mar	High Elms	09:00 Off-road 2 hours +
4	29 Mar	**Paddock Wood Half Marathon**	Paddock Wood, Kent- 13.1 mile race
3	5 Apr	Westerham run	09:00 Grasshopper pub, Westerham – off road 3 hrs +
2	12 Apr	High Elms	09:00 Off road 2 hours +
1	19 Apr	High Elms	09:00 Easy 10m off road
GO!	**26 Apr**	**LONDON MARATHON!**	**CLUB CHAMPS**

for more information contact Steve Wehrle, Claire Steward, Paul Hilton
ParkRuns (5k) take place at 09:00 on Saturday morning in local parks all over the country (incl Dulwich, Brockwell Park, Crystal Palace, Peckham Rye, Burgess Park, Southwark, Hilly Fields) – check out http://www.parkrun.org.uk/ for venues and registration

Alternative / additional race options:

8 March	Finchley 20 miles (Ruislip)	http://www.hillingdonac.co.uk/f20/
15 March	Meon Valley Plod (multi-terrain 21 miles)	http://www.pjc.org.uk/
22 March	Hastings Half Marathon	http://www.hastings-half.co.uk/
28March (Sat)	Date tbc – Orion 15, Epping Forest	http://orionharriers.weebly.com/
29 March	Cranleigh 15/21 (15 or 21 miles)	http://www.mabac.org.uk/
29 March	Tempest 10 / Spitfire 20 (10 or 20 miles)	http://www.eventstolive.co.uk/
29 March	Croydon Half Marathon	http://www.croydonhalf.co.uk
19 April	Thames Towpath 10 (10 miles, Chiswick)	http://www.west4harriers.com/

Sunday Long Run Group / Spring 2015 Marathon Training

There will be an informal Sunday long run group meeting around 9am in Dulwich Park from the beginning of January onwards. The runs will typically be 15-20 miles and at a range of paces in accordance with training schedules, aiming at runners targeting 8 min down to sub 7 min miling in a spring marathon. Non marathon runners looking to improve their stamina equally welcome.
Contact ian.lilley@gmail.com or ebeprill@yahoo.co.uk to be added to the email distribution list, we will also try to get something up on Facebook each week. ***Ian Lilley***

Another Sunday running group meets each week at 8am prompt at Brockwell Park main gates. Runs are from one hour, with marathon runners extending this towards two hours. We try to visit local points of interest (windmills, cemeteries, riverside etc). Pace is around 8 minute miling.
Andy andrew@28kerfield.freeserve.co.uk
Ros ros@28kerfield.freeserve.co.uk

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)
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)

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 .

Club champs update:

Note the confirmed details of the 2 miles race is June 1st at Battersea Park.
Proposed as an alternative to the cancelled Cabbage Patch will be The Epsom 10 all details to be confirmed.

Date		Race		Venue
Mar	8	Sidcup 10	long	Sidcup
	29	Paddock Wood 1/2M	long	Paddock Wood
Apr	26	London Marathon (or alt. marathon)	long	London
Jun	1	Battersea Park 2 miles	short	Battersea
Jun	21	Ranelagh Richmond 10k	medium	Richmond
Jul	10	Mark Hayes Mile	short	Dulwich College Track
Aug	Mon 31	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	19/20	SEAA Road Relays		Aldershot
Oct	4	Middlesex 10k	medium	Victoria Park 10:30
	10	**Surrey League match 1**		**Wimbledon Common**
	17	**Surrey Masters (tbc)**		**Richmond**
Nov	1	**Cabbage Patch 10**	**CANCELLED**	**CANCELLED**
	7	**Surrey League match 2**		**Walton**
	14	**London Champs**		**Parliament Hill Fields**
	tbc 22	Epsom 10 (replacement for the cancelled to cabbage Patch)		Epsom
Dec	5	**Surrey League match 3**	**women only**	**Lloyd Park**
		2016		**2016**
Jan	9	**County Champs (Surrey & Kent)**		
	16	**Surrey League match 4**		**tbc**
	tbc 30	**South of England champs**		**Parliament Hill Fields**
Feb	15	**Surrey League match 5**		**tbc**
	27	**National Champs**		**tbc**

Green = Cross country **Blue = Club Champs** **Black = Misc.**

Paddock Wood Half Marathon - March 29

2536 entries as per Tuesday night of which 53 are Dulwich. The limit is 2750.

SM (13): Tim Bowen, Andy Bright, James Burrows, Sam Crump, Toby de Belder, Hugh French, Alex Haylett, Mark Lacey, Matt Ladds, Alastair Locke, Tom Marshall, Edwin McCormack, Ross Rook
M40 (8): Lloyd Collier, Rob Cope, Steve Davies, Jim Dowsett, Mark Foster,Paul keating, Charlie Lound, Christian Moody
M50 (11): Ameet Patel, Gideon Franklin, Mike Fullilove, Graham Laylee, Pat McMorrow, Tony McPherson, Ebe Prill Steve Smythe, Graham Stanton, Tony Tuohy, Duncan Wilson
M60 (2): Barrie Nicholls, Steve Wehrle
SW (11): Selma Benattia, Karina Burrowes, Lucy Cartlidge, Sue Cooper, Kim Hainsworth, Ellie Horrocks, Laura Lane Laura Long, Helen Lister, Claire Sinka, Laura Vincent
W40 (5): Lindsey Annable, Yvette Dore, Michelle Lennon, Clare Osborne, Lucy Pickering
W50 (2): Lucy Clapp, Clare Elms
W60 (1): Claire Steward

.....Races to look to in May

Saturday May 16
British Masters Road Relay Championships
Sutton Park, Birmingham
Traditionally we put teams in for this and the captains will be asking around so we can get strong teams out. We have won golds in W35, W45 and W55, medals in M55 and placed highly in M35 and M45.
The women's race (separate medals for W35 (4 legs), W45, W55, W65 (each 3 legs) starts at 10.30am, the M55 (3 legs) and M65 race (3 legs) is at 12.15pm and the M35 (6 legs) and M45 (4 legs).

Monday May 25
Bupa London 10,000
This race includes the UK road race championships and the club gets 6 free men's and 6 free women's places.
The race is run over a fast traffic-free course through Trafalgar Square and along the river and places go to the six fastet men and six fastest women available.
If you can do, let Steve Smythe know on steve.smythe@athleticsweekly.com who will advise the captains who will select the team.

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 .

Tough Guy (Full Brutal Original 15K)
January 32nd 2015

South Perton Farm, Wolverhampton
Why? Why has it taken me this long to write about it? Well in the latter days of February my hands have finally defrosted for one albeit one digit is still numb at the end – fact!
Why do it? That's a slightly longer tale…. About ten years ago I and then fellow BBC presenter chum Danny Kelly looked on agog at some grainy footage on a home video camera of another colleague up to his eyes in what can only be described as water…cold water…in February outside. To back up this feat we handled his very sacred horse brass, a meddle to surpass all meddles. A seed was sown.

Fast forward on nearly ten years and my biking buddy and fellow Ben Nevis conqueror (we climbed it in biking boots you know) Paul sent out one of those '…we're thinking about doing the…' e-mails. Tough Guy was back in the conscience once again and the thought of regaling the kids by a future fire side with Dad's daring dos was too much to resist.

We're talking about March 2014 here when this thing was booked as it was the cheapest window at about £65. Every month from then on, the cost escalates dramatically up to £120 if you decide virtually on the day.
So the first 'obstacle' would be to tell the missus that we may need to re-visit our Wills and that she maybe a widow sooner than expected but that the payback would be a weekend in Kidderminster – well you wouldn't expect to spend your last night in Wolverhampton would you?

All gallows humour aside, and there's plenty of it in the build-up and on site too, from the off the organisers are at you with some brilliantly worded literature in a manner that you're never that sure about how serious they are about 'Death Warrants' practicing parachute falls from 10 feet or more, rat disease and extended periods spent in ice baths or just under a cold shower. The 'Jelly Legs' news is sent to you throughout the whole year's build up and gnaws away at the anxious corners of your mind all headed by the mythical Mr Mouse, an ex-Grenadier Guard who set this thing up back in the 80s.

It's now mid-Jan 2015 and I'm very nervous, only it has to be said because of the thought of being stranded half way

up one of the giant obstacles without the upper body strength to pull up any further or being booted off the course for failing to hang on to a rope. The distance of 15K is the comfort of knowing that's just an average Wednesday night run and having already embarked on Mr Wehrle's Marathon training Sundays, I've got that in the legs at least. The cold, well yes that's the other thing but having raided the sales in Blacks I'm equipped with Merino base layers, seal skin gloves, a particularly sexy pair of Salomon trail shoes to go with a wicking top and topped off with a sleeveless windcheater jacket. I try out this new wardrobe on several occasions and it's all feeling good.

We arrive at our hotel on the Friday night to give the family a proper weekend away so they have Saturday to enjoy whilst I gnaw away at finger nails and endure everlasting bowel movement.
To prevent further psychological torture I decide to drive up to the site to register and collect my running number. I'm not disappointed either as the place looks magnificent; it's a Disney Land for the reckless. Vast fields of timber constructions sporting flags from all nations, water everywhere, oceans of mud. Facilities? Vast barns make up the changing rooms all open to the elements, all very Messrs Heath & Robinson looking but all very well organised non the less. A calmer mind ensues for the following day.

Breakfast the following morning has not quite the final meal quality feel about it but not far off as I try to make small talk with Paul and his family who arrived the night before including his poor suffering wife Rosa who has the resigned luck of 'what the hell are we doing here again?' We're actually supposed to be a team comprising of Paul, his two sisters Wendy and Claire plus one of the husbands 'Team Men-O-Pauls' very good Mr Cattley! But alas that's the last I see of him as he vows to shepherd his two sisters who are somewhat under trained for this - but then who am I to talk – through the ordeal ahead and warns against standing around in the cold waiting for them. I have no concern for Paul, a Tough Guy vet as he's built like the average out house and half expect to see him pass me by with a sister under each arm.
Already dressed for action, I let the kids loose on me with the face painting sticks giving me the appearance of a camouflaged commando ready to blend in at a branch of Toys R Us. All topped off with a yellow bandana with my race number felt tipped on. Now I look like a cast member of a Cbeebies adaptation of The Deer Hunter.

We drive to the site, there's snow on the tops but it's threatening to get sunny and it's a full 4 degrees above freezing and the wind chill will only make it -10, luxury. From the well organised car park you get your first real sense of the challenge ahead as well as likelihood of a mud free morning's jog.
The family are shown around the already rammed start area in amongst the farm buildings and the family sheltering barn as well as the 'café' area amongst the straw in the finishing barn but I wholly expect to see their beaming faces of cheer right around the entire 15K…..not once ladies and gentlemen, not once.

We're held in one of the starting pens whilst the PA host whips up the expectant entrants who've paid for the privilege of being the first to plunge down the starting hill gathered on the mound in front of us into a nervous frenzy. The crowd cheers and waves as a drone carrying a camera flies over head and then cheers again as a lonely Seagull follows, the foreign contingent look puzzled.
It's worth noting at this point that the afore mentioned contingent is a sizable one with mostly Germans, Dutch and those of a Nordic persuasion making up a very international field, great fun and banter to be had and no other place on earth can you learn so many expletives in so many different languages in so little time.

We're finally off and the full scale of this day opens up in front of you as the thousands head off towards the first half of the challenge known as The Country Miles – sounds idyllic doesn't it?

The first half an hour is about as close as you can get to a regular run out at High Elms except with more barriers and a bit more mud, in fact The Country Miles were indeed looking idyllic until the first of the vats of mud and water known as the Elephant's Graveyard which is a literal climb into and out of swimming pool sized quick sand pits.
That out of the way it was all looking quite easy as it boiled down to cross country running augmented by the odd cargo net crawl on slopes and fences oh and an introduction to the electric strip stingers (jump through them and you're not grounded!).

Then peering ahead through a thicket of trees I could see the dreaded hill slalom and a precession of bodies tackling an 8 times hill with a practically sheer vertical top. It was at this point you got to know your fellow competitors a little better with the usual mankini brigade, a couple of full Gorilla suits, two Germans in full WW1 uniform including wooden rifles and pointed helmets and best of all two cricket batsmen in full whites, pads, helmets and cricket bats.
I learned afterwards that 1500 out of 5000 starters were drops outs. I'd like to bet that quite a large percentage would have fallen foul soon after this as without adequate training you'd be a shoo-in to be a victim to what followed after.

Bear Wood next and a confused series of paths and a proper introduction to water, mud, crawling and more bloody cargo nets. Just to add to your anxiety there was ammunition being let off over your head too.

From there it's the main event The Killing Fields. This is the genius of Tough Guy as you're already thinking you've cracked the worst of it with the legs to back up the assumption until you see the sign 'Now Try Harder!'
Monstrous sized climbing frames with vertical pinnacles, nets, water, genital high water, chest high water, a river crossing slalom x 20, mud set pieces meant to recreate the battlefields of Gallipoli and the Somme (my betting is they weren't far off) an underground torture crawl with the threat of more electrical stimuli and a cannily elevated concrete pipe exit making it possible only by digging in your bare nails to escape – actually the genius was the lure of jelly babies being held out by cadets shouting down the pipes!
Rope shimmies, tyre tunnel crawls, fire jumping – actually they'd about run out of hay to burn by the time I got there and instead competitors were stood around the remaining embers warming their frozen bodies!
But that's nothing compared to the water plunge lake. The ultimate Tough Guy obstacle. Basically the coldest water imaginable and you're asked to duck

under a number of planks whilst with each dunk your brain shrinks to the size of firstly a walnut and then a peppercorn. I managed two out of four before I began to look at my guardian marshal, who follows you with ever increasing concern through this ordeal, like Ben Turpin (look it up). OUT!
With that done I have to confess I took a swerver on a final plunge from a great height back into said lake and the famed barb wire crawl as now my hands were well I wasn't sure I had any as I hadn't felt them for at least an hour. Sealskin gloves maybe but once wet on the inside, the clock starts ticking.

And that's the thing in all this. Everyone I know who runs could do this, well obviously if I can get through it! Your main concern is the elements and it does become a race to finish before the shivers take hold. Once you're wet the first time it doesn't bother you anymore as long as you're on the move and to be honest there are certain times when you look forward to the next water to cool down!

The final half hour is a Grand National style run for home over more high obstacles, through yet more mud which I have to say does become a little tedious oh and more water, fences, electric wire crawl unders, concrete pipe climb overs, a wall of bungee elastic and then finally another chest high wade through water and up a rope assisted mound (electric genitalia stimulation an option) and down into the finishing barn - Daddy! My tribe are all in there having taken the sensible option of dipping their toes into the muddy surrounds, laughed at a few unfortunates in the water and then retiring to the hay barn café area.

With horse brass around neck I head back to the changing barn for a cup of hot chocolate and biscuit whereupon I spend a full hour attempting to de-robe from my water suit and try to find ways of releasing the draw string laces of my trail shoes with hands like boxing gloves. Fortunately a friendly bunch of chaps from Frankfurt who have just completed their 5th Tough Guy in that matter of fact way only Germans can portray like they've just attended a conference on biro pen technology are there to save me and with some considerable force I'm freed.
That I would say was perhaps ironically the worst part of the whole day, just trying to find a shower head to get under and then to dress as soon as possible as everyone else is too all shivering away cartoon style.

This is some event, it really is and equal to my first London Marathon except that those experiencing this with you are just as helpful as the crowds are in London, never short of a helping hand or push on your backside or words of encouragement or foreboding. That's what Tough Guy is all about.
You should try it. Would I again.....?

Dulwich Runners:
Paul Hilton: About 3 and a half hours – the timing chip mats didn't work..sorry.

Greenwich 10k

Clare wanted to do this race, organised by Cambridge Harriers, as it incorporated the vets AC 10k champs. Slightly surprisingly, considering the proximity, we were the only DR competitors.

Any race entirely within Greenwich Park is going to be hilly and, with a strong, cold and blustery wind chucked in as well, this was not easy at all. It consists of one small flat lap followed by 2 larger ones which culminate with the long climb from the Maritime Museum up to the Royal Observatory.

This all means that the opening 5k is much faster than the last 5k and, to prove the point, we both bettered our parkrun times of the previous day through halfway.

Neither of us faded too badly though after that and, all things considered, we had two decent and enjoyable runs with Clare duly winning the over 50s gold.

Mike Dodds

75	Clare Wyngard	48-08 (48-02 chip)
107	Mike Dodds	49-33 (49-27 chip)

364 finishers

Self Transcendence 10 miles Battersea Park, Sat 28th Feb

With the British Masters Indoors clashing with the Sidcup 10 next week (so I'll miss Sidcup) I thought I'd get up early and post a 10 mile time on the multi-lap flat course at Battersea Park. Holding the 2 mile, 5k and 10k M50 course records there, I've been wanting to complete the collection with the 10 mile for some time and thought I was fit enough to beat the 57:58 M50 best – alas, no. A cold, stiff wind provides a bit of an excuse but really I was nowhere near. Hearing 29:16 at halfway meant my heart wasn't in it anymore; dropping out even appeared a good option but I painfully got it over with. A far better story was Matt Ladds's excellent two minute revision of his PB – distance training is obviously paying off. ***- Tony Tuohy***

18	Tony Tuohy	58:51	1st M50
98	Matt Ladds	76:34	PB

156 ran

Serpentine Last Friday of the Month 5km Hyde Park, February 27

Clare Elms just missed out on winning the women's race but was pleased withb her run as she easily broke the course W50 record.
Close behind, Ebe also had a great run just missing his PB by a few seconds and he finished a few seconds ahead of Paul, who is currently on paternity leave from proper training and sleeping.
Andy had a solid run and his quickest run for quite a few months.
-Steve Smythe

24	Clare Elms 2W W50 rec)	17:49 (course
26	Ebehard Prill	17:51 (2M50)
27	Paul Devine	17:54
128	Andy Murray	21:08

282 finished

Serpentine Last Friday 5k at Hyde Park, 27. February

Ebe Prill and Paul Devine report.
Ebe starts:
Paul had recently revived the old challenge to a race between us and - our head-to-head standing at a massive and deplorable 42 v. 20 in his favour - I accepted with some trepidation but also a little hope to get one back.

Last season that task would have been out of reach, but now that Paul had allowed his reproductive urges to get in the way of his duty as a runner to club and society, his lack of sleep and training miles meant we were getting closer again, pace-wise.

In the last Surrey League match at Lloyd Park he had proved too strong for me yet, but that was in mud and on hills and now it was the open road, reasonably flat. One lap around the Serpentine in Hyde Park, time to bounce!

Over to you, Paul:
Gorgeous conditions, perfect for racing. Clare Elms also joined us at the start with Coach Steve Smythe and Ian Lilley providing support on the course.
The three of us started in close order with Clare leading and Ebe and I tracking, and we passed the 1k mark in very close order.

Ebe then hammered the downhill to the Serpentine, and Clare followed. At the 2k mark they both picked up the pace and it felt too fast for me so I just followed as they opened up a 5-10 second gap.

Just before 3k at the switchback point Ebe had a crafty look over his shoulder, and saw I was still not too far away. Think this motivated him even further as between 3 and 4k he and Clare really turned the screw and were now running below 5:40 min/mile pace. I was solid enough at 5:50 but they were getting further away.

Back to you, Ebe:
I was tucked in behind Clare for our middle mile of the race, hoping to sustain that pace. Mid race acceleration seemed to be my best chance to survive the inevitable final onslaught by Paul, so I was going hard.

Clare has gotten into her strides and looked fluent and in control, inching closer and closer to the leading lady just ahead of us. I saw coach Steve on the bridge above us and could make out a 'brilliant' shouted at us. That felt good, we seemed to be on target or even ahead.

Next I remember a stretch around kilometre 4 where some pedestrians with luggage formed a bottleneck on the path. I was on Clare's shoulder, the leading woman just ahead, some other runners close, we wouldn't fit through there side by side. I sped up and went ahead past Clare and the first lady, getting through the gap and leading for a short while. Clare followed, also overtaking the leading lady. And then Clare got into another gear and went past me, opening up a gap.

That acceleration had cost me and I was working hard to keep going. In my mind I saw Paul already getting closer. Will I be able to bring it home? The long downhill after the 4k mark made it easier, but fast approaching high-cadence steps announced the senior woman in pursuit of Clare. She accelerated past me (and in the end also past Clare). Would Paul be next?

Over to you again, Paul:
Onto the final corner- and the last hill. Clare still ahead of Ebe as he hits the hill. However I notice I'm getting closer to Ebe ……
So only the last 300 metre glory sprint followed. Ebe has a substantial lead but I still feel reasonably strong so hit the accelerator, and am gaining, gaining, gaining- Gap is down to 8 seconds, 6, 4 will I catch him? Not quite! I run out of track and Ebe brings it home by 3 seconds.

So onto the times:
Clare 17:49 Ebe 17:51 and me 17:54. Clare broke her own V50 record and achieved a 95.2% age grading. Ebe smashed his Serpentine course PB by nearly 30 seconds. Personally I was delighted and surprised to break 18 minutes.
Hats off to you Ebe- an absolutely brilliant run- and I was delighted for you. You had amazing speed in the middle of the race. Sometime defeats hurt- but this one didn't at all. Was a great race and loved being part of it.

Ebe:
Thank you Paul, great finishing speed by you. Glad I was blissfully unaware how close it got in the end. I still found a bit of acceleration on the last straight, but the finish came just in time.
Am delighted with the result and an unexpected sub 18 run. I was fortunate to be able to run with Clare and be kept on my toes by you. In full training you would have been way ahead of me, your course PB from September being 17:15.
Thanks also to Ian for the race photos (the one here showing the three of us lining up for the finish) and coach Steve for his pre-race advise.
42 v. 21, Paul. Long way to go.

24	Clare Elms (2. F, 1. VF)	17:49
26	Ebe Prill	17:51
27	Paul Devine	17:54
128	Andy Murray	21:08

282 ran, winner in 15:29

England Athletics Inter Area Masters Challenge, Lee Valley, Sun 1st March

Mike , Ros and myself were running for Vets AC in this major indoor fixture against Area vets teams from all over the country. Athletes often get asked to do extra events on these occasions to help the score but I didn't count on my initial booking for just the M50 1500m being somewhat expanded when our team lost two M35 runners just the day before due to injury. Busy day ahead then.....

M35 1500m
A fast start in a race won in 4:16 turned into an average finish, but I at least grabbed one extra place in the sprint for extra points.
4 Tony Tuohy 4:38.38

M35 800m
Less said the better. After another half-decent first 400 in 69 secs I faded badly. 800s are not happening at the moment.
4 Tony Tuohy 2:20.52

W65 800m
It was clash of the giants again with multiple W65 World and European champions Angela Copson and Ros Tabor facing off again. In a repeat of last year's race, Copson came off Ros's shoulder only in the final strides – last year she got there by three hundredths of a second, but this time? Even closer. In fact, as close as it gets as they both dipped desperately for the line and incredibly dead-heated in a much faster race.
1eq Ros Tabor 2:51.92
1eq Angela Copson 2:51.92

M35 3000m
After the two earlier races things improved in the 3000m. Craig Sharp had earlier won the 800m in 2:07 (13 seconds ahead of me!) and here led out the first km in a slow but welcome 3:24 as I followed in fourth. He then kicked in some pace and I was able to follow as gaps opened ahead with the second km taking only 3:15.

He pressed on hard for the last section and I couldn't stay with him but finished fairly strongly with a 3:13 final km, thereby avoiding the three way sprint finish behind me for third, with only half a second covering all three of them. At least the gap to Sharp was only half what it was in the 800....
2 Tony Tuohy 9:52.05

M60 3000m
Mike's 3000m, in his own words, 'clicked into place a bit', as he was nearly half a minute quicker than the previous week – though this time he hadn't waded through Parliament Hill's special brand of treacle only the day before.
4 Mike Mann 11:13.99

W60 3000m
A Copson-Tabor one-two here but Ros was never able to get on terms and finished this one very tired.
2 Ros Tabor 12:30.17

And after all that, the three of us all belted round a leg each in our respective 4 x 200m relay teams. Dunno about the others, but I was a tad weary by the time I got home. **Tony Tuohy**

Bromley Mini Marathon Trial Crystal Palace parkrun 5k

An hour after the parkrun and run on the same course, Oscar guaranteed automatic selection to represent Bromley in the London mini-marathon by placing in the top five of his age category.

The trial was hotly contested with some of the best performances coming from the very youngest - a 12 year old boy achieving 17:48 and a 10 year old girl 19:58. Both are current holders of the all time U11 parkrun records which stand at 17:13 and 19:32 respectively. Oscar's time seemed a little awry as I timed it as 18:33 but it was the position not time that counted in this race. ***- Duncan Hussey***

8 Oscar Hussey 18:45
4th U15B
57 ran

E&O 28/2/15
National Cross Country Championships 2015..Barrie John Nicholls finished in 1950th place
SCVAC
indoors. 400m
Mike Mann 76:75
Ros Tabor 77:05

February 28tht

Hull

451 Ran

Pos	Gen		
35	34	Paul Hodge	21:11

Barking

73 Ran

Pos	Gen		
4	1	Kim Hainsworth	19:40

Brockwell

254 Ran

Pos	Gen		
49	47	Cameron Timmis	21:38
62	5	Michelle Lennon	22:21
64	6	Selma Benattia	22:30
78	10	Clare Wyngard	23:36
82	71	Michael Dodds	23:49
86	13	Ruth Bennett	23:54
109	86	Desmond Edwards	24:50
125	28	Linda Byrne	25:31
146	39	Sarah Lyness	26:34
147	40	Sharon Erdman	26:35

Conwy

Chris Vernon writes

It has taken North West Wales a long time to Get the parkrun message and now two events come along within weeks.The enthusiastic team at Conwy took over a year to negotiate with the three landowners that the course crosses. It is based at the RSPB reserve on the river estuary. The out and back route follows the river path to Deganwy marina with a loop out to Conwy castle in the middle.All very picturesque even with the railway bridge you have to cross twice!

A large number turned out for the 8th running many of whom were visiting for the Anglesey half on St David's Day in which incidently Russell Bentley , multiple winner of the Dulwich 10k, came third. Anyway, back to parkrun, one couple I met were 'touring ' from Conkers in Leicestershire doing their 204th run at their 86th venue which made my 42nd venue look pretty insignificant.

It was a bright morning with a chill wind in your face on the outwards leg. The less said about my run the better, it was slower than others of late, I blame the railway bridge, my breathing and back are still not right but I did make 2nd VM70. Afterwards we gathered in the RSPB coffee shop for breakfast and watched the birds on the estuary. I will definitely be back

185 Ran

Pos	Gen		
161	92	Chris Vernon	36:15

Crystal Palace

178 Ran

Pos	Gen		
26	25	Andy Cottrill	21:09
41	36	Bob Bell	22:30
91	16	Penelope D'arcy Graham	25:40

Dulwich

178 Ran

Pos	Gen		
16	14	Rob Cope	19:16
36	7	Emma Ibell	20:59
98	18	Claire Steward	24:34
107	85	Ameet Patel	24:55
112	88	Duncan Wilson	25:08
113	89	Mick Mead	25:14
168	59	Susan Vernon	32:06
169	60	Stephanie Burchill	32:06

Fulham Palace

282 Ran

Pos	Gen		
127	23	Lindsey Annable	24:52

Newark

143 Ran

Pos	Gen		
21	20	Martin Morley	23:17

Peckham Rye

96 Ran

Pos	Gen		
1	1	Sam Crump	18:15
2	2	Lewis Laylee	18:23
3	3	Andrew Bright	18:34
8	8	James Burrows	19:19
10	10	Michael Fullilove	20:10
11	1	Ellie Horrocks	20:15
16	15	James Wicks	21:05
21	20	Graham Laylee	21:54
23	3	Sarah Cross	22:00
24	21	Andy Murray	22:03

Riddlesdown

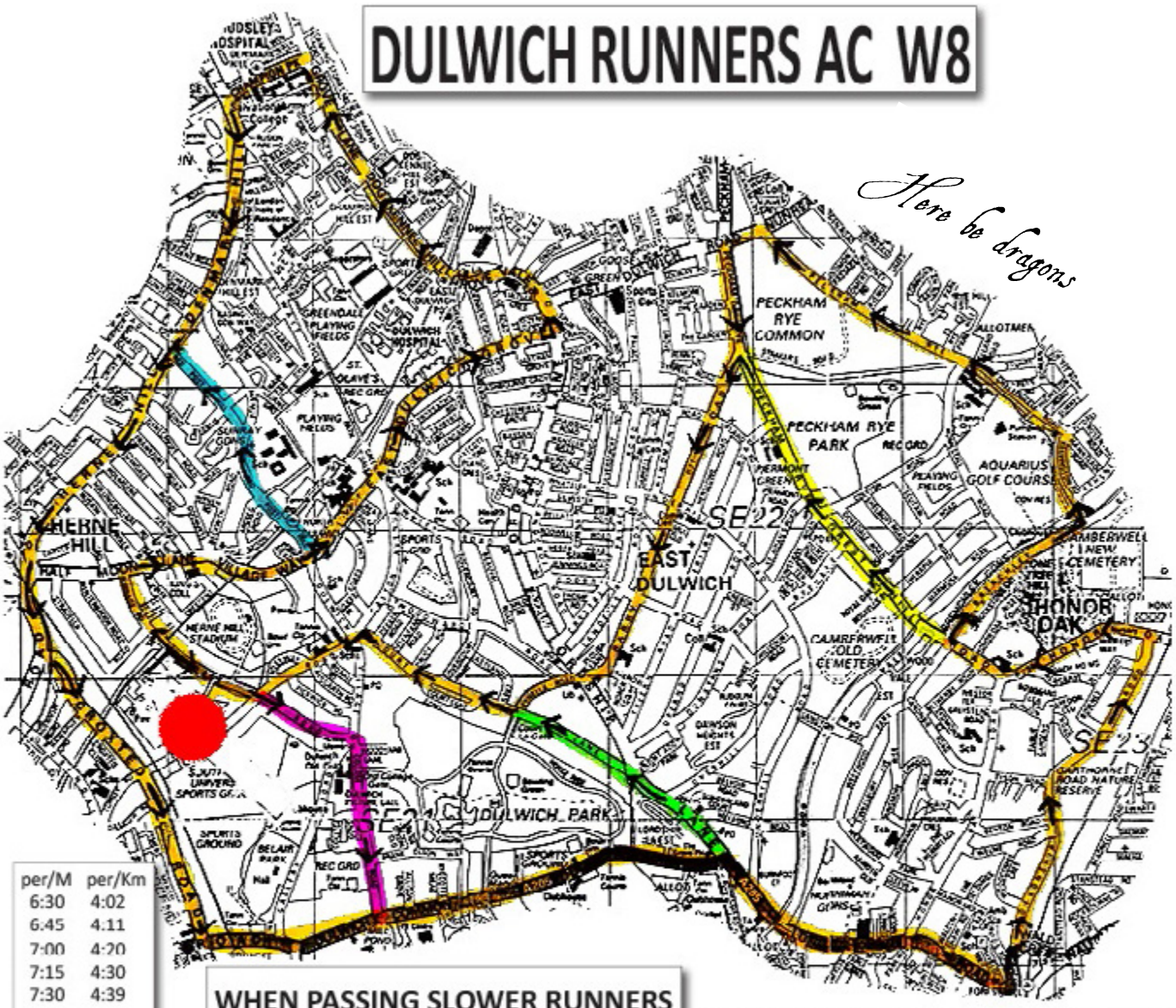
93 Ran

Pos	Gen		
19	2	Ange Norris	22:51

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.

DULWICH RUNNERS AC W8



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

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.6	17.1
SHORT CUT	BLUE	8.7	14.0
SHORT CUT	PINK	6.5	10.5
SHORT CUT	GREEN	5.8	9.3
SHORT CUT	BLUE & GREEN	3.8	6.1
SHORT CUT	PINK GREEN	2.8	4.5

yellow cut reduces runs by approx 1mile