DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
April 13th 2016

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

Wed 13 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 19 Track at Crystal Palace Arena
£2.50 per session.
Meet just after 7pm to warm up, the session around 7.20pm.

In your SHORTS this week !

1... General information
2... Club kit, social events etc
4... Fixture list, club champs,XC, road, track
5... Race reports and results
5... Beckenham Assembly League full report & results
8... Parkrun results..
9... 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

TRACK SESSIONS

Crystal Palace Track

- Excellent for building speed,stamina and endurance
- Go to reception, tell them you are with Dulwich Runners. Allow 10 mins to get from there down to the track
- Pay Ros £2.50 on the track, do not pay at reception
- Elkie will commence a warm-up around 7pm and the main session will start approximately at 7.20pm.

Suitable for all standards

Thurdays morning sessions

And there's also speed/hill work mostly on grass taken by Steve Smythe.
Usually starts between 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
Interested ? then email steve.smythe@athleticsweekly.com to go on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- **Sign the attendance register and pay £1.**
- **We need the money to help pay for clubhouse hire, map printing etc.**
- **We use the register to compile the new runners' rota, so please write legibly.**
- **We also like to keep an accurate record of weekly attendance.**

Thank you. - Ros

LUCKY VEST

April winner - Sue Cooper

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 from Ros and all kit ros.tabor49@gmail.com

EVENT HORIZON

A brief look ahead

full fixture list page 6

Apr 24 London Marathon

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Last week thanks go to: **Joanne Shelton Pereda, Clare Wyngard and Louise Reynolds**
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**

Tom South	**13/04**
Katie Styles	20/04
Ros Tabor	27/04
Cameron Timmis	04/05

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

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)

SOCIAL SPOT

Watch this space for upcoming 2016 events !

SHORTS!

DULWICH RUNNERS' SHORTS

Will be available in in the clubhouse this Wednesday

They are traditionally cut either 'racing' style, or slightly longer – size medium.
Both styles are a bargain £15.

Deep, Sports & Therapeutic Massage Marathon
Special Offer -10% Off in April

Do you:

- suffer from a sporting injury
- need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist
To find out more contact me on : 0750 655 4004,
ola.balme@btinternet.com
www.hernehillsportsmassage.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
Socks	£5 pair
Buffs/snoods	£6 each

Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk
Keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood. - all sizes available - £25

only £5

Buffs/snoods - only £6

HOODIES…

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros

PACERS NEEDED

Peckham Rye parkrun is having its 100th event on 16th April if anyone would like to pace contact me if interested
kevchadwick@googlemail.com
peckhamryehelpers@parkrun.com

British Masters Road Relays - Sutton Coldfield - Sat May 14

if you are over the age of 35 - male or female - please put this in your diary now. Dulwich have traditionally done well in a number of the age group races but while we have a few who turn up every year, we rarely get everyone we should have.
It would be good to get as many of our leading runners as possible to turn up and represent the club at what is one of the best events to take part and this year we have people available in the event or who have moved up.
A list of possible runners has been published in previous issues of SHORTS which can be found on the clubs website.
- if you have been missed and are interested contact steve.smythe@athleticsweekly.com

DULWICH RUNNERS MIDSUMMER RACE

Changed to 30th June (due to referendum 23rd)

The Midsummer 5k is going to change into a RELAY this year. There will be teams of 3, each runner doing one lap of Dulwich park.

The proposed date is **Thursday 30 JUNE**.

If you would like to help, plan and organise the race, or have any ideas, please can you contact Ros.
ros.tabor49@gmail.com

MARATHONS 2016

If you are planning to run a marathon in 2016 please can you tell Shorts so that we can list those with forthcoming races.
After the race make sure you send a report and your time.
We will try to maintain an up to date list so that we can keep a proper record for the club championships.

Thanks - Ros

so far....

Tom Wilson	Seville	Feb	3:00:09
Miles Griffies	"	"	3:58:21
Michelle Lennon	Thames Meander	Mar	3:31:50
Grzegorz Gałęzia	Jerusalem	"	3:52:36
Jim Dowsett	Manchester	Apr	3:25:41
Tim Bowen	"	"	2:40:31
Fiona Askew	"	"	3:27:31
Grzegorz Gałęzia	"	"	3:17:50
Andy Murray	London	"	
Charlie Lound	"	"	
Gideon Franklin	"	"	
Barrie John Nicholls	"	"	
Tom South	"	"	

20TH GREEN BELT RELAY

Sat 21 & Sun 22 May 2016

http://www.greenbeltrelay.org.uk/

A relay of 11 runners per team who run 220 miles around London over a weekend. 22 stages, each runner runs once on Saturday and once on Sunday. Course is rural and mostly off road with the stages varying in length from 7 - 13 miles and graded in difficulty from 1 - 10 depending on distance and terrain.
A unique event consisting of running some beautiful green routes just on the outskirts of London.

A team event with great camaraderie within our team and between clubs.
11 in a team but due to injuries etc which cause drop outs, we need about 16 names to start with.

We now have 27 names, two teams plus reserves. If anyone is still keen I'll add them to the reserve list.

Help needed - drivers

Making sure all runners arrive at their start on time, don't get their kit left in a field somewhere or are abandoned at the end of their run is a logistical challenge.
If you could help by driving at any time over the weekend I would be extremely happy to hear from you.
Email Ange Norris:
dulwichladiescaptain@gmail.com

POST LONDON MARATHON VENUE

This year, the post London Marathon refreshment session will take place in the Sanctuary pub located near St James' Park station. We have an area reserved from 1.30pm onwards which will accommodate up to 40 people, but it's a large pub so it is fine if we don't all squeeze into this area!

For spectators, the venue is a mere 100 yards from St James' Park tube station (take the Broadway exit) and for runners it's a 10 minute walk/hobble/jog (delete as applicble) from the finish on the Mall.
You will need to cross back across Birdcage Walk but there are designated crossing points, so this won't be an issue.

The pub's website, which includes a map, is below. Runners, spectators, friends and family are all very welcome. We hope to see as many of you there as possible.
The Sanctuary House Hotel - Contact the Fuller's
The Sanctuary House Hotel Restaurant & Hotel Westminster

Dulwich Runners 2016 Fixtures

Further information regarding races will usually be here in SHORTS and or announced on a Wednesday club night.
Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

Cross country Club Champs Assembly League **Misc.**

Date		Race	Venue
Apr	24	Virgin London Marathon (or alternative) (L)	London
May	5	Assembly League - Victoria Park - 7:30pm (3.5 miles)	Hackney
Jun	2	Assembly League - Battersea Park - 7:30pm (5km measured)	Battersea Park
	13	5k Battersea Park	Battersea Park
Jul	tbc 1	Mark Hayes Mile (S)	Ladywell Track, Catford
	7	Assembly League - o2 Dome - 7:30pm (3 miles approx)	North Greenwich
Aug	4	Assembly League - Victoria Park - 7:30pm start (3.5 miles)	Hackney
Sep	1	Assembly League - Beckenham - 7:15pm start (3 miles)	Beckenham
	4	Middlesex 10k (S)	TBC
	10	5k Parkrun (S)	TBC
Oct	2	Titsey Multi-Terrain 10k (L)	Oxted
	16	Cabbage Patch 10	Twickenham

The mile will no longer take place on 15 July, and is likely to be shifted to 1 July, this is tbc,

In addition the 5km parkrun will be brought forward by a week to 10 September because of a clash with the BMAF T&F champs.

2016 ASSEMBLY LEAGUE

These races range from 3 to 3.5 miles on road or on paths within parks and run on the first Thursday of the summer months against 12 other clubs.
This series of races is extremely popular and all members are encouraged to participate whatever your standard or ability.
They are free to enter, all you need to do is have a club vest, turn up and run.
Any further information regarding these races will appear here in Shorts as and when it becomes available.

Thu April 7	Beckenham - 7:15pm (3 miles)
Thu May 5	Victoria Park - 7:30pm (3.5 miles)
Thu June 2	Battersea Park - 7:30pm (5km measured)
Thu July 7	o2 Dome - Nth Greenwich - 7:30pm (3 miles approx)
Thu Aug 4	Victoria Park - 7:30pm (3.5 miles)
Thu Sep 1	Beckenham - 7:15pm (3 miles)

From this year women's team scores will be based upon 4-to-score, the same as the men

DULWICH RUNNERS 2016 CLUB CHAMPIONSHIPS

The races for next year's club championships have now been selected. Once again there will be 9 races in total, but this time they will split into 2 distance categories, short (S) and long (L). To qualify it will be necessary to complete 5 races in total, including at least one from each of the two distance categories. Note that the dates of some of the races have not yet been finalized, but updates will be issued as soon as we know.

CLUB CHAMPS UPDATE

We had intended to schedule the 2 mile race for the first half of June, but due to other races at that time we have decided to scrub this race and replace it with the 5km in Battersea Park on Monday 13 June.

13	Mar	Dartford Half Marathon (L)
24	Apr	Virgin London Marathon (or alternative) (L)
13	Jun	5k Battersea Park (S)
1	Jul tbc	Mark Hayes Mile, Ladywell Track (S)
4	Sep	Middlesex 10k , venue tbc (S)
10	Sep	5k parkrun, venue tbc (S)
2	Oct	Titsey multi-terrain 10k (L)
16	Oct tbc	Cabbage Patch 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.

ASSEMBLY LEAGUE 3 miles (race 1) Beckenham

Thur 7th April

Here we go again with the Assembly League for the umpteenth year, kicking off with a cracking turn-out of over 40 Dulwich Runners. I was giving the race a rare miss due to a gammy leg but had a ring-side view of the action from my bike. The men's team have started this year's campaign with a solid fourth place while the women are in second to their now traditional rivals Kent AC, although a little further adrift than we'd like.

17 year old Lewis Laylee has put in a hard winter's training to back up advancing physical maturity and produced our best time on this course since Ben Fairhall's 15:44 in 2012. In fact Lewis's sensational 15:47, an entire minute better than his best time here last time out, is our only other sub-16 in that period and is testament to his superb progress; who knows what level of PBs he can achieve this summer. Back in over 16 minutes land, Alastair was showing his own brand of superb improvement with an as always excellently paced 16:08, a massive course best.

Not far behind, triathlete Greg Nicholas was an excellent addition to the scoring team with Steve Davies grabbing the fourth spot from Paul Devine, both not too far short of their best times while deep in marathon training. Andy Bond's debut time was excellent while Ian and James posted confidence boosting course bests too. 16 year old Oscar set off like a train but faltered in the last mile, yet still secured a sizeable course best ahead of a little pack of solid Dulwich times from Kev, Clare Elms (good run for 2nd overall), Ebe and Tom Wilson.

Elkie ran superbly to improve her best time and secure an excellent 3rd overall ahead of a solid run from Ross. Claire Baglin ran well if a little below par after missed training with injury/moving house shenanigans, and Andrea came in as 1st W45 just ahead of Mark and a welcome return from Colin Bailey-Wood, getting the better of Duncan Hussey and Steve Smythe. Gideon did really well to land his first sub-20 here, just ahead of Kim, gradually working back towards her best.

Next in was a really fine debut from 16 year old Lucy Elms (obviously a chip off the old block) ahead of excellent new best times from Matt and Selma. Ola, Joe and Martin put in solid runs in front of Chris, inching back to fitness after a long time out. Katie and Michelle produced excellent performances for course bests, ahead of decent runs from Ros, Andy and especially Graham. Very good runs followed from Eleanor and Yvette, with Eleanor managing to squeeze a second off her best time. Barrie John, Mike Dodds, Claire Steward and Paul Keating all ran well to close the Dulwich turn-out with Claire nabbing 1st W60.

- Tony Tuohy

13	Lewis Laylee	U20	15:47
21	Alastair Locke	SM	16:08
25	Greg Nicholas	SM	16:15
31	Steve Davies 1M45	M45	16:30
34	Paul Devine	SM	16:39
38	Andy Bond	M40	16:45
50/49M	Ian Lilley	M40	17:02
59/58M	James Burrows	SM	17:09
67/66M	Oscar Hussey	U17	17:22
69/68M	Kevin Chadwick	SM	17:24
2W/72	Clare Elms 1W50	W50	17:25
73/71M	Ebe Prill 2M50	M50	17:27
75/73M	Tom Wilson	M40	17:33
3W/82	Elkie Mace	SW	17:56
87/84M	Ross Rook	SM	18:09
12W/119	Claire Baglin	SW	19:08
14W/128	Andrea Pickup 1W45	W45	19:23
134	Mark Foster	M50	19:31
135	Colin Bailey-Wood 3M55	M55	19:32
137	Duncan Hussey	M50	19:37
138	Steve Smythe	M55	19:42
152	Gideon Franklyn	M50	19:59
20W/155	Kim Hainsworth	SW	20:04
23W/160	Lucy Elms	U20	20:13
161	Matt Ladds	SM	20:14
24W/163	Selma Benattia	W35	20:20
27W/172	Ola Balme	W45	20:30
176	Joseph Brady	M50	20:36
177	Martin Double	SM	20:38
179	Chris Loizou	M55	20:41
32W/186	Katie Styles	SW	21:00
33W/187	Michelle Lennon	W45	21:13
36W/191	Ros Tabor 1W55/W65	W65	21:33
197	Andy Murray	M60	21:45
199	Graham Laylee	M55	21:49
37W/200	Eleanor Simmons	W35	21:51
42W/212	Yvette Dore	W40	22:36
214	Barrie John Nicholls	M60	22:44
222	Mike Dodds	M55	23:28
49W/227	Claire Steward 1W60	W60	24:00
231	Paul Keating	M45	24:04

257 finished

Team: 1 Kent 23; 2 Stock Exchange 46; 3 VPHTH 65; **4 Dulwich 90**; 5 Lloyds 156; 6 Eton Manor 156; 7 Camb H 190; 8 Ravens 225; 9 Serpentine 243; 10 Petts W 244; 11 Beckenham 273; 12 Dartf RR 328; 13 Aquila 652. B team: 1 Kent 79; **2 Dulw 179**; 3 VPH 182; 4 Lloyds 234; 5 Stock E 243; 6 Eton M 376; 7 Beck 449; 8 Petts W 463; 9 Dartf RR 680; 10 Serp 602; 11 Rav 611; 12 Camb H 754
Women: 1 Kent 17; **2 Dulw 31**; 3 VPHTH 49; 4 Eton M 145; 5 Dartf R 156; 6 Petts W 161; 7 Beck 178; 8 Lloyds 202; 9 Ravens 212; 10 Camb H 226; 11 Serp 243. **B team:** Kent 80; **2 Dulw 94**; 3 VPHTH 104; 4 Eton M 145; 5 Dartf 234; 6 Beck 252; 7 Eton M 271

Manchester Marathon

After receiving my reject magazine for London like so many other thousands of disappointed runners, I decided to enter the Manchester marathon after reading some positive reviews from the previous years.

Training had gone ok through the winter months, and I had managed to avoid any major injury worries this time around, other then the normal niggles that you just seem to manage as you go along! Even a strained hamstring picked up on my last training run couldn't put the mockers on me this time around, as I knew a weeks rest would probably see it ok!

The last few weeks leading up to the marathon, I was trying to work out what pace I was going to run on the day. I had been following one of Steve smythe marathon plans for 3:15, but with my lack of tempo training runs, I knew my fitness was going to be nowhere near that pace so decided sub 3:30 and a p.b was going to be the priority and any thing more would be a bonus!

Race morning soon arrived, and we were blessed with bright crisp sunny conditions. A complete contrast to the previous evenings deluge of rain which greeted me when I first arrived in to Manchester!
I made my way by tram link to old Trafford cricket ground which was the new venue for race HQ this year! A venue you would have thought could easy deal with this sort of event, and not the carnage that was going to unfold in the next few hours!
As soon as we arrived at the ground, the lack of information was evident, and the queue for the bag drop was already building up!
By the time it took me to drop my bag which was nearly half an hour, and then walk the 10 minutes to the race start area, it didn't leave that much time to have a warm up and prepare for the start!

Their seemed to be quite a lot of space in the starting area, this unbeknown to us at the time was due to people still dropping their bags and also people still trying to park their cars!
Anyway, time waits for no one, and after a few tannoy announcements the race was started by Ron Hill and we were off.
As the masses got going, I heard a shout from behind me, and I was greeted by fellow Dulwich runner Fiona askew. We said are good lucks, and off she disappeared into the distance. I dident want to follow her, and just stuck to my own pace which I still thought was to fast, passing through the first 2 miles at sub 7:30mi.

The roads were very wide, and the Manchester crowds were very supportive, but I didn't see any mile markers until mile 7, which I thought was a very a poor show considering the size of race! And I don't know if it was the same person who put the paddock wood mile markers up a week or so earlier, but they were just as useless! When you did see a sign they were well out of sinc, and I just concentrated more on my garmin!

Between mile 14/15 I was able to see Tim Bowen running on the opposite side of the road. At that point he was running on his own.I bellowed his name out loudly and gave him a cheer on, but he was like a man possessed! Totally focused and in the zone! It certainly gave me a boost to see him well out in front! Excellent work Tim!
For me,Miles 2-15 were at a more even pace, between 7:30 -7:40 ,before slowing a bit, to 7:46-8:00 between miles 16/21.
I passed Fiona around the 20 mile mark which gave me a boost, before my a pace dipped under the 8:00mi for the first time around mile 21. This was around the carrington area of Manchester. Their wasn't any crowds around here to cheer you on, only the odd horse in the surrounding fields!
It wasn't until you started to head back into town that the crowds began to reappear and Cheer you on. I must of had my name shouted out a good few times which always gives you a lift! Especially the last few miles which are always a struggle!

Mile 24 was my slowest mile of the day which was 8:30mi before picking it up for the last 2 miles to 8:15mi. The last turn was negotiated before seeing the finish line in the distance. I kept looking at the watch, and had a quick glance around just to see that the 3:30 pacers where not about to over take me. But no, I was fine. Across the finish line in 3:25:41,well pleased.

The worst part of the day was still to come! The queue to reclaim baggage was already very long! In fact I ended up having to stand and wait in a queue for nearly 1 and a half hours! Not what you want after a long race! I did hear that some of the slower finishers waited over 2 and a half to 3 hours for their bags! An absolute shambles!
It just spoilt what could have been an excellent day!

I would just like to thank Steve Smythe for his marathon plan (not that I did it much justice) and also a big thank you to all the Sunday morning marathon training group. It could not have been done without your support! The very best of luck for London!

Jim Dowsett 3:25:41

Hercules Wimbledon Young Athletes Open

10th April

Dave Clarke Mile U20 men

This was my first track race of the season and as all my training has been focused on 5k, I went into this without doing any speed work and just to see where I am. I felt okay beforehand despite a hard run on Thursday, but the wind had picked up so conditions weren't ideal.

The race always has some of the top junior runners from Surrey/Kent because of the prize money for the first 3. The first lap felt pretty easy and I went through in 68/9 just behind the leaders, but on the second lap the guy who I was behind slowed considerably and I was reluctant to overtake so early because of the wind. We went through 800 in 2.21/2 and it felt far too slow, so I decided to overtake him, run solo and push the pace a bit for the last 2 laps.
I felt controlled for the rest of the race and managed to gain 12 seconds on the guy who I went through 800 with, showing I shouldn't have been following him.

For an opener it wasn't too bad considering I haven't done specific training, but I still feel I could have gone 4.35/6 with a quicker second lap.

5. Lewis Laylee 4:38.22

Greater Manchester Marathon

Sunday, 10 April

Despite its rainy reputation, conditions were near perfect in Manchester: dry and sunny with just a bit of wind. My one niggle had largely calmed down so no excuses, all I had to do was keep the head, and start easy. "Just don't start too b****y fast" was the last thing my wife, Lauren said to me before the race – a comment echoed by messages from a dozen others. I did, of course, start too fast. I pulled back on the reins a bit but ignorant ambition soon got the better of me and I powered on to go through 10k and halfway in times that would have been PBs in their own right eight months ago.

I was mostly running on my own after 5 miles - very gradually picking up a couple of places. There was great support from the crowds and the long out and back sections were actually a bit of a blessing as it made for a nice chance to see and cheer some other runners – including some fellow DRs. Jim and Grzegorz notably both looking strong the couple of times I saw them.

It quietened down after 16 miles and I felt ok until, of course, about mile 19. By mile 20 the wheels had really come off; my legs were screaming and I was cursing myself something awful as my pace dropped going up one of the 'hills' while a light headwind felt like a full gale. Delirious after 23miles, I somehow got my pace back up – not enough to go under 2:40 but pretty close. A 5 minute positive split was certainly not perfect but no disaster either. Afterwards, I hadn't the energy to sit down let alone stand up and I clung on to the railings for a while before claiming my free 'beer'.

Even at that stage the race village was a shambles; I queued for 20minutes to get my bag and it got much, much worse later on. A bit of a downer for Jim and Grzegorz who had great races and both bagged PBs. and a strong run from Fiona Askew. A shame that injury ruled out both Rob Hollands and Shane O'Neill – both had been running very well earlier in the year – but I'm sure they'll be back at it soon.

35			Tim Bowen	2:40:31
1043	138	V45	Grzegorz Gałęzia	3:17:50
1472	280	V40	Jim Dowsett	3:25:41
1621	108	W	Fiona Askew	3:27:31

Putney and Fulham 1/2M

10th April 2016

There are some races that have to be done and when you can walk to the start from your doorstep then the Putney and Fulham Half is one of them. Barrie also had a final long run to do before London and it seemed an obvious choice to run in an organised race rather than have to tick off the miles on our own.

So it was fifty minutes before the race start that we had a very pleasant stroll across Putney Common to Barnes Elms Sports Centre under bright blue skies. We were greeted by a bagpipe player, who was piping to all the arriving and congregating runners. There was a brief pre-race warm up on the sports centre field organised by a local running coach also in proximity of the bagpipe player, which made it seem a real one off!
The start of the race took in a loop of two of the playing fields and across a steep step to the river. It was a little congested particularly when we continued on to the narrow pavements of Putney Common. In the bustle of the first mile Sophie Raworth, who is also a local runner, ran up to Barrie for a quick showbiz chat. She was particularly impressed Barrie was filming in 'S_ _ _ W_ _ _' and reminded him of the time they met at the Spitfire 20 when he had been in Pirates of the Caribbean. Better finish there at the risk of far too much name-dropping….

We were soon looping back to the river and following a very familiar circuit through Bishops Park to Hammersmith Bridge and back to Putney Bridge. We repeated this almost twice before finishing on the same loop around the playing fields. It is quite different to run a course that you know like the back of your hand and I found myself focussing on the course rather than the miles which was quite a bonus.

I had pondered whether to push for a better time than of recent years and try to dip back under the 1:50 mark. However my plans were scuppered by a heavy business schedule in Milan til the Friday followed by a trip to Wiltshire as soon as I landed back at Heathrow. Therefore I just decided to run to how I felt and see what happened. Barrie was also under strict orders to take it steady rather than go for a fast time so close to the marathon. We were also both affected by a strong head wind that faced us all the way between Hammersmith and Putney and even seemed to buffet us as we crossed both bridges for good measure.

The race was generally well organised and marshalled with very enthusiastic staff! Almost every marshal was high-fiving or shouting 'well done guys'. Barrie noted amusingly, though, that when he ran past they shouted 'well done sir' which was perhaps a reflection on the overall average age of the participants!
Our results seemed to follow a pattern for the weekend. Barrie's was one of coming second in his age category. He was gutted to lose out on 1st V60 by a mere 34 seconds and the honour of standing on a podium with a trophy! He had also lost out on first V60 at the Chippenham parkrun the day before by 2 seconds to a gentleman who had been a consistent winner of the age category there.

My theme was one of recording very similar times. At the Chippenham parkrun my time was identical to last week at a different venue although this course was harder with a sharp incline to be negotiated twice, a muddy path and two loops of a rutted field to run. My time at Putney and Fulham was frustratingly consistent with three other recent half marathons. In 2013 I ran Bournemouth in 1:52:16, in 2014 it was Tunbridge and Paddock Wood in 1:52:14 and 1:52:22 respectively and Putney was a mere three seconds quicker. If I'd set out to run 4 half marathons within a maximum of 8 seconds of one another it would have never have happened! Despite home being so close, we headed for a Sunday roast in the Olympic Film Studios at Barnes, which used to be a recording venue frequented by iconic groups such as the Rolling Stones, U2, the Who and the Beatles. It has now been converted to a stylish cinema and relaxed café, which was ideal for a leisurely lunch after our hard work.

286 Barrie John Nicholls
1:51:18 (2nd V60)
301 Lindsey Annable
1:52:19 (60W/9W40)
637 ran

April 9th

Ashton Court
402 ran

Pos	Gen		
159	134	Barnes Stringer	24:58

Albert , Melbourne, Aust.
Discovered this parkrun was just a couple of miles from our hotel on last day of our two weeks in Australia. Not keen on 8am start and clouds of midges, but the course - a single lap of the lake - was pretty awesome.

Bumped into ex-DR Debbie Niccol who is working for Tennis Australia and coming back to running after a long injury break. She passes on her best wishes to former team mates and coach

322 ran

Pos	Gen		
4	4	Charles Lound	17:30
9	1	Deborah Niccol	18:10

Bexley
254 ran

Pos	Gen		
11	2	Cara Oliver	21:01

Brockwell
216 ran

Pos	Gen		
34	33	Cameron Timmis	21:05
44	42	Duncan Wilson	21:39
89	17	Clare Wyngard	24:02
96	77	Michael Dodds	24:18
125	32	Karina Burrowes	25:28
138	37	Sharon Erdman	26:20

Burgess
136 ran

Pos	Gen		
23	23	Hugh Balfour	20:50
28	2	Lucy Elms	21:18
35	32	Andy Murray	21:56
36	4	Ros Tabor	22:00
37	33	Graham Laylee	22:13

Chippenham
129 ran

Pos	Gen		
30	27	Barrie John Nicholls	23:40
35	5	Lindsey Annable	24:14

Cleethorpes
116 ran

Pos	Gen		
25	24	Colin Frith	22:53

Crystal Palace
174 ran

Pos	Gen		
6	6	Sam Crump	20:46
17	16	Simon Lang	22:21
44	3	Belinda Cottrill	24:29
49	46	Bob Bell	24:54
54	4	Niamh Falconer	25:20
149	106	Andy Cottrill	33:16

Dartford
159 ran

Pos	Gen		
5	5	Oscar Hussey	19:03
6	6	Buzz Shephard	19:06
14	12	Duncan Hussey	20:42

Dulwich
I had a bit of involvement in getting this parkrun off the ground (was one of the first aiders trained on request of the council, luckily never needed so far), so was pleased to run at the 4th anniversary and achieve a course PB by dipping under 18 minutes for the first time here. My road 5k PB is a bit faster, but the parkrun one had stayed obstinately at 18:00 since 2014. Was a nice morning for it and cakes aplenty waiting at the finish! We were even invited afterwards to do a bit of film extra work (Barrie John, we missed you!) in a video by the Alzheimer's Society to stage a 'Braveheart' like charge towards the camera 'running down dementia'. A good week for me, hitting a bit of form with this and Thursday's Assembly League race. Spring time! **- Ebe Prill**

189 ran

Pos	Gen		
13	12	Ebe Prill	17:58
35	32	Ajay Khandelwal	20:42
54	8	Michelle Lennon	22:00
76	62	Mark Muffett	23:40
82	16	Claire Steward	24:09
83	67	Matthew Ladds	24:14
118	86	Mick Mead	26:27
145	47	Elizabeth Begley	28:53

Gloucester North
63 ran

Pos	Gen		
17	16	Chris Goodman	23:43

Hilly Fields
168 ran

Pos	Gen		
10	10	Gary Sullivan	20:43
20	20	Stephen Smythe	21:33

Malling
109 ran

Pos	Gen		
15	14	Nicholas Brown	22:05

Mile End
156 ran

Pos	Gen		
7	7	Martin Holt	18:19

Parke
143 ran

Pos	Gen		
22	3	Ange Norris	23:21

Peckham Rye
108 ran

Pos	Gen		
1	1	Gregory Nicholas	16:58
3	3	Andy Bond	17:46

Peckham Rye parkrun is having its 100th event on 16th April if anyone would like to pace contact me if interested
kevchadwick@googlemail.com
peckhamryehelpers@parkrun.com

Raphael
154 ran

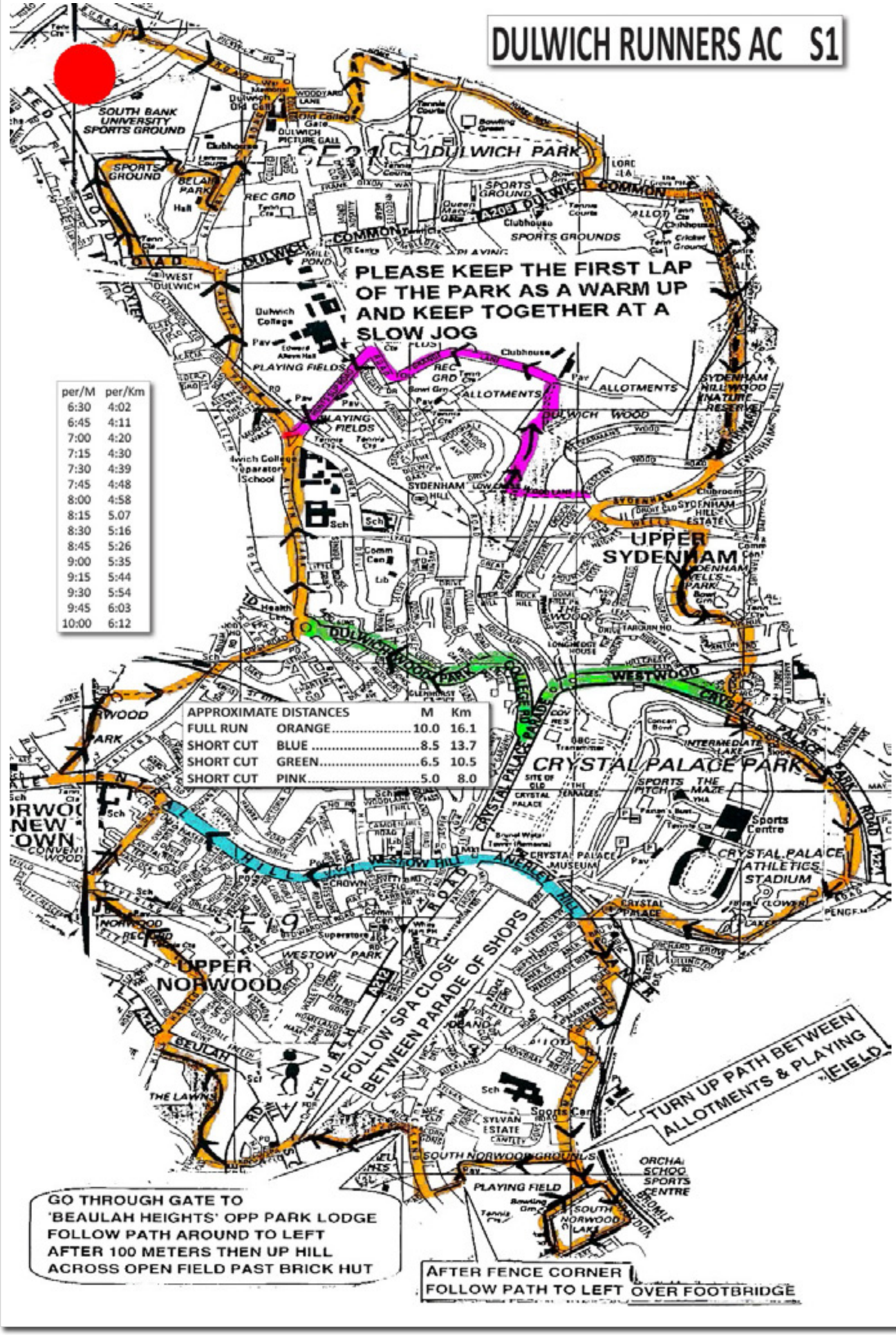
Pos	Gen		
19	4	Kim Hainsworth	20:47

Southwark
139 ran

Pos	Gen		
1	1	Jim Heal	16:19
10	1	Natasha Sheel	19:18
75	64	Paul Keating	24:54

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 S1



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

APPROXIMATE DISTANCES		M	Km
FULL RUN	ORANGE	10.0	16.1
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	GREEN	6.5	10.5
SHORT CUT	PINK	5.0	8.0