DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
February 24th 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 24 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 01 Track at Crystal Palace Arena
£2.50 per session.
Meet just after 7pm to warm up, the session around 7.20pm.

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

Dulwich Runners 2016 membership renewal...

If you do not renew you cannot compete in any races as a Dulwich Runner !
You will have recieved by email your 2016 renewal form.
Full membership including EA registration is £36 or £23 without EA...you can also pay by direct payment
Please dont hesitate to contact me: barry@bg1.co.uk

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

- 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.**

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE
Thank you. - Ros

In your SHORTS this week !

1... General information
2... Club kit, social events etc
5... Fixture list, club champs,XC, road, track
6... Race reports and results
9... 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 6**

Feb 27 National Champs - Donnington
Mar 5 Croydon Harriers XC Champs

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: **Chris Loizou and James Burrows .**
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	**24/02**
Barrie John Nicholls	02/03
Claire Steward	09/03
Ebe Prill	16/03

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

SPOT

Watch this space for upcoming 2016 events !

SHORTS!

I have a limited number of royal blue shorts with the Dulwich Runners' logo. They are traditionally cut either 'racing' style, or slightly longer – size medium.
Both styles are a bargain £15.

VOLUNTEERS PLEASE!

I have been asked by Emma-Louise Parker if we can help with a schools' event in Burgess Park on Wednesday 2 March

She writes: I have a huge favour to ask, on Wednesday 2nd March I am organising the Southwark Schools Road Running Championships and I am very short on volunteers. The event is during a working day, but please could ask any of your club runners whether they would be able to help with the event?

- The event is on Wed. 2nd March 2016 at Burgess Park Community Sports Centre, SE5 7JW
- Times between 9.00am-1.00pm
- Roles will include marshalling, event registration, place markers
- I will reimburse local travel costs

Email: Emma-Louise.Parker@southwark.gov.uk
Thanks - Ros

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
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

only £5

HOODIES...

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

Buffs/snoods - only £6

Sports Massage

Feeling the strain from your training?

Ola an experienced Sports Massage Therapist and club runner offers

Deep Tissue, Sports and Therapeutic massage

To find out more

hernehillsportsmassage.co.uk

ola.balme@btinternet.com

0750 6554004

SPORTS & EXERCISE MEDICINE
Combining clinical practice, research excellence and education
Queen Mary University of London

Do you suffer from

Achilles Tendinopathy?

What are we investigating?

A new assessment tool which will help doctors/physios better diagnose and manage Achilles tendinopathy

What does the study involve?

You will be required to complete a series of exercises whilst movement data will be collected from the joints and muscles in your lower leg.

How much time do I have to give?

The study will take approximately 2 hours.

Am I eligible to take part?

Yes, if you are between 18-45 and suffer with Achilles Tendinopathy

Who is running the study?

The study is run within the Sports & Exercise Medicine Human Performance Laboratory, QMUL

If you are interested, please contact

Email: tallah_usmani92@hotmail.co.uk
(Scan QR)
Tel: 0207 882 5013

20TH GREEN BELT RELAY

Sat 21 & Sun 22 May 2016

If you aren't familiar with it the best thing would be to have a look at the website http://www.greenbeltrelay.org.uk/

That will give you all the details but in short it is a relay of 11 runners who run 220 miles around London over a weekend. There are 22 stages so each runner runs once on Saturday and once on Sunday. The course is rural and mostly off road with the stages varying in length from 7 - 13 miles and are graded in difficulty on a scale 1 - 10 depending on distance and terrain.

That makes it sound quite a physical undertaking, which it can be, but it is also a unique event consisting of running some beautiful green routes just on the outskirts of London. It is a team event with great camaraderie within our team and also between clubs. A team is 11 runners but between now and then things will turn up or injuries occur which cause people to drop out, so ideally we need about 16 names to start with.

We have 17 names so with teams of 11 this seems to me too many for one team but not enough for 2. Experience from others who have organised it in the past may say that we need that many as there is always a drop out due to injury etc but ..... I would love everybody who has given me their name to be able to run so I'm looking for more keen runners.

So far I have - Hannah Riley, Alastair Locke, Louisa Pritchard, Michael Hutchinson, Tessa Morrison, Mel Edwards, Gideon Franklin, Gary Sullivan, Jim Dowsett, Claire Steward, James Burrows, Andrea Pickup, Lucy Pickering, Steve Williams, Ebe Prill, Mark Foster and Ange Norris.

So if you are free that weekend think about joining in and giving it a go, it's fun.
Email Ange Norris - dulwichladiescaptain@gmail.com

WELSH CASTLES RELAY

We have only had 3 names for this so the club will not be entering a team this year.

Tonbridge Wells 1/2M

Sunday 21st February 2016

I have entered this race and can give 6 other people a lift to and from the event.
Please email me at duncan.j.wilson@hsbcib.com
http://www.twharriers.org.uk/tunbridge-wells-half-marathon/

Malta Challenge

Sue Vernon writes:Dave Freeman, an ex-DR who now lives in Malta, asked me if there are any Dulwich Runners entered for the Malta Challenge next month. Please let me know as I am sure Dave will pick you up at the airport and generally look after you. Email me please. vernonrun@aol.com

BMAF AND VAC 10K OLYMPIC PARK 2 APRIL

The BMAF and Vets AC 10k champs on 2 April will be a prestigious national event and an opportunity to race on a course entirely within the Olympic Park.

The race is open to all runners and BMAF members should enter through the BMAF website, where there is a separate entry for non-masters on the BMAF page. There is a limit of 700 runners which is likely to be reached quickly, so those interested are advised to enter soon.

British Masters Road Relays - Sutton Coldfield - Saturday 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 are below - if you have been missed and are interested contact steve.smythe@athleticsweekly.com

M35+:

Wayne Lashley	Paul Devine	Jim Dowsett	Ian Lilley	Padraig Prunty	Doug Keighley
Ross Rook	James Godber	Rob Cope	Buzz Shephard	Tom Wilson	John Fletcher
Kevin Chadwick	Tom Marshall	Olivier Montfont	Andy Bond	Toby de Belder	
James Burrows	Tom South	Lloyd Collier	Michael Hutchinson	Tim Taylor	

M45+:

Cameron Timmis	Charlie Lound	Joseph Brady	Gideon Franklin	Ebe Prill	Tony Tuohy
Steve Davies	Mark Foster	Duncan Hussey	John English	Duncan Wilson	Mike Fullilove

M55+

Dave Beaver	Gary Sullivan	Graham Laylee	Steve Williams	Barry J. Nicholls	Mike Mann
Colin B. Wood	Nick Brown	Adrian Greer	Neville Webb	Andy Murray	
Steve Smythe	Chris Loizou	Ian Sesnan	Hugh Balfour	Bob Bell	

W35+:

Charlie Wood	Laura Long	Katie Crowe	Jo Shelton	Yvette Dore	Louisa Pritchard
Selma Benattia	Eleanor Simmons	Emily Gelder	Cara Oliver	Emma Ibell	Roz Johnson

W45+:

Nicola Richmond	Michelle Lennon	Ola Balme	Clare Elms	Angie Norris
Andrea Pickup	Lindsey Annable	Lucy Clapp	Marj Epson	

W55+:

Clare Wyngard	Stephanie Burchill	Claire Steward	Ros Tabor	Susan Vernon

Steve Smythe suggested weekend runs for marathoners January to April

February 28: (National Feb 27) 15-17M slow (Brighton HM)
March 6: steady 20-22 miler with some at marathon pace
March 13: (Dartford HM Mar 13)
Mar 20: slow 22-23 miler
Mar 27: brisk 18-20 - quick second half
Apr 3: slow 20-22 miler
Apr 10: 15 miles
Apr 24: (London M Apr 24)

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 this list regularly.

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. It is planned to book a coach for the Chichester 10k, together with lunch at a local pub (details to follow). Please make sure you enter this race soon as it fills up very quickly.

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

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

Date		Race	Venue
Feb	27	National Champs	Donnington
Mar	5	Croydon Harriers XC Champs	Lloyd Park
	13	Dartford 1/2M (L)	Dartford
	24	Virgin London Marathon (or alternative) (L)	London
Apr	7	Assembly League - Beckenham - 7:15pm (3 miles)	Beckenham
May	5	Assembly League - Victoria Park - 7:30pm (3.5 miles)	Hackney
Jun	2	Assembly League - Battersea Park - 7:30pm (5km measured)	Battersea Park
	tbc 6	2 mile Sri Chimnoy race (S)	Battersea Park
Jul	7	Assembly League - o2 Dome - 7:30pm (3 miles approx)	North Greenwich
	tbc 15	Mark Hayes Mile (S)	Ladywell Track, Catford
Aug	4	Assembly League - Victoria Park - 7:30pm start (3.5 miles)	Hackney
Sep	1	Assembly League - Beckenham - 7:15pm start (3 miles)	Beckenham
Sep	4	Middlesex 10k (S)	TBC
	17	5k Parkrun (S)	TBC
Oct	2	Titsey Multi-Terrain 10k (L)	Oxted
	16	Cabbage Patch 10	Twickenham

CROYDON CROSS COUNTRY CHAMPS 5 MARCH

The final qualifying match of this season's cross country champs will be at Lloyd Park on 5 March, starting at 2.30pm, where Croydon Harriers have kindly invited us to join them for their annual championships.

For those who competed in the recent Surrey League fixture, the start will be at the same place, close to the Lloyd Park tram stop, but the course will be three shorter laps of 10km in total, avoiding the muddier outer reaches of the park, which in any event will have hopefully dried out somewhat by early March. This is not a race for elite runners and is open to everyone, both men and women, so please come along to this event which for most will the finale of a successful season. Some of you may need to take part in this race to qualify for the cross country champs. Cross country spikes or fell shoes are recommended, or failing that at the very least trail shoes.

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.

MARATÓN SEVILLA 2016

Together with a group of Crystal Palace parkrunners (who also double up as Crystal Palace Fun Runners) we headed out to Seville on Thursday evening. We had secured accommodation in the old part of town just round the corner from the Cathedral and Alcazar, and our AirBnB host upon welcoming us proceeding in provided recommendations for about 100 tapas restaurants, which we did our best to frequent as many as possible over the visit. Our host normally would have got a bottle of wine as a welcome gift, but upon finding out that we were marathon runners had thought that we might not want it…

Friday's activity consisted of picking up race numbers at the Expo, which was half way back to the airport and involved a rather long journey on the number 27 bus. Typically, it being the Friday it was dead; apparently on Saturday it was rammed. Friday ended with a game of cards against humanity, which 'vigorous jazz hands' was a surprisingly winning hand to the question of what is the most inappropriate behaviour in a sauna. Who would have guessed?

Having learnt from previous European marathons, Saturday consisted of doing as little as possible and the step counter only clocking up 4848 steps. The race itself started at 9:00 on Sunday, and after a fairly stressful walk to find a taxi, and what felt like a couple of laps outside the Olympic stadium to drop bags off we finally entered the pens to wait the start. Optimistically I had committed to the 2:45 - 3:00 group and lined up with the other 12,999 runners entered into the run.

Surprisingly they had put corporate guests right on the start line, so the first kilometre felt like a dodge-em exercise, after which the course opened up and the Garmin suggested a fairly aggressive pace of 6:37 per mile. Despite 'trying' to slow down, the next four miles were about the same pace, but it didn't take long for me to realise that the watch (in miles per hour) didn't correspond exactly to the kilometre markers. Regardless the pace felt good and I found myself in a group which I kept for the rest of the run.

The weather had been threatening to hit 20 degrees according to BBC the week before, but just after half way round the various digital displays around town where showing the temperature to be 21 already, and not being a cloud in the sky it was only going to get hotter. I honestly can't recall much about the scenery, as my eyes were transfixed on the green line which had been painted on the route. It was only after 20 miles that the course brought us into the old town and through the gardens by Plaza d'espania which offered something more scenic to look at and more importantly some shade from the heat. The next four miles took us northwest in a pretty much straight line and past the parkrun 'supporters' club, before crossing the river and heading towards the stadium.

The last part was a little more industrial in surroundings, but was compensated by larger crowds creating a tunnelling effect. As we approached the stadium we were presented with a downward ramp; I remember thinking if there was a ramp back up on the other side then I would not be happy, but fortunately at the bottom of the ramp we found the track, with the finish line three quarters of the way round.

A final push saw me cross the finish line in 3:00:09, a PB of 81 seconds. Given my lack of ideal marathon training, I am absolutely delighted to get a PB, and I know that those pesky 9 seconds will just spur me on for my next race. Alternatively I can believe the Garmin who recorded the distance as 26.6 miles!

Overall, lovely part of the world and a well organised race, and out of all the Tapas restaurants visited, would rate La Bodega the best, you can find it on Calle Alfalfa. ***- Tom Wilson***

951	Tom Wilson	3:00:09
6666	Miles Griffies	3:58:21

Hampton Court 1/2M

21st February 2016

Tessa Morrison writes...
As per, instructions we'd been encouraged to get to Esher College early with the threat of long queues at race HQ so it was still dark when Sarah picked us up at 6:30 on Sunday morning. As it turned out, we were some of the first there and had ample time to shiver by the bag drop, drink a coffee and go for not one but three nervous toilet stops before the gun went off. Sarah and I started off together and passed a couple of Dulwich vests - who we now know to have been Barrie and Lindsay - on our way out. From there, it was a scenic run along the river to Kingston. Roads hadn't been cordoned off but the early start meant this wasn't a problem.

I was feeling really good until about the 9 miles mark, when the wind was blowing strong against us on the run back along the tow path to Hampton Court Palace. Luckily for me, a Clapham Chaser who I'd passed a mile before caught up and the inner competitiveness gave me the kick I needed to run home in a new PB. Sarah had been daring and decided to try out some brand new lightweight Asics on the day: she wasn't sure if they made her run quicker but she definitely noticed the difference. Not quite a PB but a solid and enjoyable run. Queuing up at the start line, Hannah made a last minute decision to go further back in the crowd, something that she felt worked in her favour as moving through the pack early on in the race gave her confidence. It was a nice first run back for her. Hampton Court signalled the first long run in a while too for Laura, whose marathon training thus far has been hampered by injury. Although a slower run therefore, she was delighted to have completed the distance with no major problems and enjoyed the flat, scenic route.

Congratulations to all Dulwich Runners that ran and especially to Barrie, who was celebrating his 67th birthday!

Place	Name	Time
34	Paul Devine	1:22:04
616	Sarah Cross	1:40:30
675	Alice McDonald	1:41:34
772	Tessa Morrison	1:43:20
1455	Sarah Banting	1:51:52
1494	Barrie John Nicholls	1:52:21
1526	Hannah Riley	1:52:38
2554	Lindsay Annable	2:06:14
3035	Laura Coote	2:14:36

Hampton Court 1/2M

21st February 2016

Lindsey Annable writes: With birthday boy Barrie's special day falling on a Sunday that meant no let up in his marathon training and a long run just as he turned a year older. We signed up to this one as it was pretty local to me and with a heavy play on the royal connection with Hampton Court Palace, it promised to be a special one. Many others must have thought the same as it had nearly 4000 entrants and from all parts of the country.

The start was just south of Hampton Court at Esher college and the course took us around local roads initially then through to Kingston, along part of the Cabbage Patch course and back along the North of the river to Hampton Court. Here the race justified its name as we passed the grounds of the historic royal palace and the stunning gilded gates.

But apart from that the connection was somewhat tenuous and Barrie thought that many races in the area could add the 'Hampton Court' tag – what about the Cabbage Patch Royal Palace 10, the Kingston Hampton Court Half? The possibilities are endless. Even the placement of a bunch of costumed royal courtiers including Henry VIII on the course by the palace didn't quite have the clout you'd have anticipated. Perhaps they should have got Barrie to play the role – well maybe Henry VIII might have been a stretch and required a good deal of padding!
We'd done a parkrun at Osterley the day before as part of Barrie's training plan and deliberately chosen a flattish cross-country course so it was easier on the legs. However, our choice proved erroneous as the course was muddy and slippery and we both put in more effort than intended for not particularly fast times.

We started the race feeling quite heavy legged and I'd also felt unwell overnight. In fact I debated whether to not run but decided to do it as a training run. That was also a bad decision as I ran out of gas completely at mile 7 feeling most unwell. There was no quick way to drop out so the remaining miles were a painful plod to the end. Barrie had a good run not too far off his recent half marathon times despite feeling tired. There was a good DR presence at the race with some great performances. Paul was well up the field and there were some good runs from new members to Dulwich who are training for the marathon.

The course favoured fast times but there was quite a stiff head wind at times so well done to all.
Would we do the race again? We thought probably not. Despite the stunning view of Hampton Court Palace much of the course was on either on local neighborhood roads or a busy A road into Kingston. Traffic was a big problem and I was even held up for a couple of minutes with many other runners as they let cars into a closed road. We were told to 'jog on the spot', which has to be a race first! I was not bothered by my time at that point but felt sorry for some who had started further back in the field as the delay probably cost them a sub two.
There were also other niggles in the organization - a delayed start, rather chaotic baggage storage where it was DIY collect at the end and the comedic episode whereby the warm up people had failed to show so the announcer asked if anyone from the crowd wanted to lead the warm up. Not quite sure what the race insurers would have to say about that!

Maybe age is making us critical and we didn't have chance to catch up with the other DRs afterwards so it'd be interesting to hear their view. The best thing about the race in our view was the coloured finishers' medal fashioned on the palace. We managed to celebrate Barrie's birthday properly afterwards over a roast meal in a local pub with the obligatory view of Hampton Court Palace of course!

Hampton Court 1/2M
Sun 21st Feb

Due to an unfortunate injury to fellow Dulwich Runner Hannah Harvest I got a last minute entry into this relatively new Half Marathon which sold out weeks ago. After a mad dash to get to the start due to heavy traffic which meant the start got delayed by 15 minutes I made it just in time.

The course was relatively flat and fast starting and finishing in Thames Ditton, with a large proportion along the river out and back to Kingston, with only a mile or so of rutted towpath to slow you a little.

I was aiming to try and hold sub 6:15 pace for the duration and at halfway I was feeling comfortable and was slightly ahead of schedule and on target for 81 minutes. However from 9 miles onwards a strong headwind as was constantly present on the river which meant a slowing of pace. As I entered the last mile a sub 82 was still on but alas the headwind was perhaps even stronger in the finishing section back in Thames Ditton meaning I missed out by 4 seconds. I was however still relatively pleased with my time, and it laid down a good benchmark in my marathon training.

Would recommend this event however I would suggest the organisers probably half the entry limit next year, as due to the heavy traffic many runners missed the start.

34 Paul Devine 82:04

Old Deer Park 1/2M
Sunday 21 Feb 2016

Pos		Finish	Chip
6	Mark Lacey	01:19:54	01:19:53
17	Stephen Davies	01:22:17	01:22:16
20	Thomas Rann	01:23:19	01:23:16
22	Robert Hollands	01:23:42	01:23:40
23	James Burrows	01:23:55	01:23:53
62	Eberhard Prill	01:28:19	01:28:16
62	Grzegorz Galezia	01:36:23	01:36:20
348	Yvette Dore	01:45:44	01:44:55
381	Lois Reed	01:47:36	01:46:48

Wokingham Half Marathon
February 21

Tim Bowen continued his great improvement with a three minute PB despite near gale force wind conditions that probably cost around two minutes on normal conditions. He ran a steady race moving through well and finishing strongly.
After a few recent disappointments, Clare Elms decided to run cautiously and though down on her best form, it was a very good run in the conditions and she also moved through the field well and was easily first W50 and she had the top women's age-graded performance of the race despite a number of internationals in the field. ***- Steve Smythe***

35 Tim Bowen 74:03 (73:54)
15W/199 Clare Elms 83:36 (83:15) (1W50

Lee Valley Indoor Open Track meeting
Wed 17th Feb

Just two intrepid Dulwich travellers made the trek to the far reaches of north London on a Wednesday night to try their luck on the indoor track at this very popular meeting. Lloyd was a tad tardy and missed the cut for his favoured 800m; just me then, and I set out with intent. 68 seconds for the first 400m was two seconds up on my effort three days earlier and things still looked good at 600m when the familiar swamp of lactate took over for the never-ending last 200m. The 200m splits of 33, 35, 35, 36 resulted in a giant improvement of 0.3 seconds so I suppose 2:19 must be my current level.
An hour and a bit later things perked up a bit in the 1500m, where we were by far the most senior competitors in the 11-strong field with the next oldest being born in 1982! That's ten years after Lloyd and twenty after me... This was Lloyd's first go at indoor track racing but you wouldn't guess.

He set off quite swiftly while I laid off the pace a bit but I found myself moving through at about halfway as we passed 800m in about 2:28. Lloyd stirred himself with about 600m to go and re-passed me as he made his move towards the front. I stayed with him until well into my last 400m of 72.5 seconds but his finish was in sparkling form as he out-sprinted two others to take an excellent second place with a sub-68 last 400, mostly down to a final 200m of around 32 seconds. My eight second improvement since Sunday put me in a good mood, and both of us were only about four seconds short of our best 2015 times, so set off for home in good spirits thinking about the British Masters Championships in a few weeks time. ***- Tony Tuohy***

800m
3 Tony Tuohy 2:19.42

1500m
2 Lloyd Collier 4:31.79
5 Tony Tuohy 4:36.58

SOUTHERN COUNTIES VAC INDOOR TRACK
21 FEBRUARY

This was a fairly low key meeting and although entries were up on recent years, some of the races provided limited competition, with a range of age groups thrown together and in some cases ending up as something of a time trial.

Ros's 800m was precisely this with only 3 women participating, all in different age categories. Nevertheless Ros maintained her focus, with a respectable time. My 800m contained two other M65s and one M75. I took the lead after the first 100m, maintaining it until the finish, but it was an uneven race with my 4 laps fast, slow, slow, fast, ending up severely under-cooked, almost steak tartare like, with far too much energy remaining at the end.

Later Ros had a good 3000m in a decent combined men's and women's race, running even-paced until picking it up in the final laps. My 1500m was a much steadier effort than earlier, and I was able to use star M60, Dave Wilcock ahead to regulate my pace, though he had a blast in the final 400m.
- Mike Mann

800m
Ros Tabor 2:55.06 (1st W65)
Mike Mann 2:45.76 (1st M65)
1500m
Mike Mann 5:29.54 (1st M65)
3000m
Ros Tabor 12:35.68 (1st W65)

parkrun

February 20th

Bath Skyline

244 ran

Pos	Gen		
4	4	Lloyd Collier	18:50

Bognor Regis

207 ran

Pos	Gen		
1	1	Ian Lilley	18:48
102	23	Carolina Lilley	29:29

Brockwell

242 ran

Pos	Gen		
23	22	Mark A Foster	20:09
49	43	Cameron Timmis	21:39
80	10	Lucy Clapp	22:58
101	18	Lucy Pickering	24:07

Bromley

463 ran

Pos	Gen		
47	44	Chris Goodman	21:54
101	93	Colin Frith	23:27

Bushy

955 ran

Pos	Gen		
258	227	Sam Crump	23:46

Cambridge

478 ran

Pos	Gen		
5	5	Buzz Shephard	17:47

Cardiff

757 ran

Pos	Gen		
172	142	Robbie Campbell	22:48

Crystal Palace

233 ran

Pos	Gen		
1	1	Wayne Lashley	17:33
29	25	Simon Lang	20:44
44	7	Lucy Elms	21:36
68	60	Bob Bell	23:16
72	10	Belinda Cottrill	23:30
87	76	Andy Cottrill	24:04
129	20	Claire Steward	26:04
132	112	Paul Keating	26:19

Dulwich

235 ran

Pos	Gen		
4	4	Elliott Nicholson	16:57
10	10	James Burrows	17:54
14	14	Martin Holt	18:02
27	23	Simon Burnett	19:00
40	35	Mark Callaghan	20:13
45	40	Rob Cope	20:50
51	46	Ajay Khandelwal	21:05
54	49	Kamal Lewis-Gopie	21:23
91	81	Mark Muffett	23:08
102	15	Eleanor Simmons	23:36
144	112	Kevin Smith	26:17
156	120	Andrew Hollister	27:04
162	124	Mick Mead	27:45
177	47	Stephanie Burchill	28:51

Greenwich

181 ran

Pos	Gen		
10	9	Michael Fullilove	20:38

Horsham

259 ran

Pos	Gen		
56	52	Gary Budinger	23:59

Osterley

89 ran

Pos	Gen		
19	17	Barrie John Nicholls	24:28
22	4	Lindsey Annable	25:01

Peckham Rye

153 ran

Pos	Gen		
1	1	Charles Lound	17:46
7	7	Kevin Chadwick	19:30
21	21	Matthew Ladds	21:16
25	1	Ellie Osmond	21:29
51	4	Claire Barnard	24:12
95	79	Andrew Bright	26:34
149	52	Abbie Grace Bottle	33:01
150	53	Emma Ibell	33:30

Weymouth

279 ran

Pos	Gen		
2	2	Andy Bond	18:02

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.

MARATHON TRAINING FOR LONDON (OR OTHER SPRING MARATHON)

This schedule is aimed at those hoping to run a Springtime marathon in a time between 3:45 and 4:45, so not really aimed at faster club members (who will be referring to Steve Smythe's schedules), although of course everyone is welcome and there are likely to be friends from other club(s) at some of the sessions.
The entry fee for the Bromley track in Norman Park track is £4 on a Sunday morning, but then you would spend that on a pint these days!
On the longer runs we will probably split into two groups, faster with Claire, slower with me. We will possibly change a few of these sessions according to how the training goes.
If you intend doing any of the races then enter asap as they all fill up fast!
Claire and I cannot guarantee to make it to all of these sessions but we will do our best to keep the training momentum going.
For me it will be my 50th marathon, if everything works out and possibly my last; it will be Claire's 44th.
If you intend being part of this group please email me to confirm then I will have an idea of numbers to expect

Cheers - Steve Wehrle steve.wehrle@immediate.co.uk

Weeks to go!	Date	Event / Distance	Information
8	28 Feb	Norman Park	09:00 Road route to Tatsfield and return – 18m
7	6 Mar	10 x 1 mile reps	09:00 Bromley Track, Norman Park
6	13 Mar	**Dartford Half marathon**	?time Road race **Club champs**
5	20 Mar	NormanPark	09:00 10miles thru BadgersMount / Chislehurst
4	27 Mar	12 x 1 mile reps	09:00 Bromley Track, Norman Park
3	3 Apr	Westerham Run	09:00 Grasshopper Inn, Moorhouse – off road 3-4 hrs
	10 Apr	Orpington 20 miles	09:00 3 hours + on the road
1	17 Apr	Darenth 10km, Eynsford	08:00 Road Race
Zero	**24 Apr**	**LONDON MARATHON**	**This is it ! Club Champs**

SUNDAY RUNS, RACES AND REPS.....*dates and events subject to change*

Includes: middle and long distance multi-terrain / road races - Sunday runs at High Elms, Norman Park & Dulwich Park
Track sessions at Norman Park track, Bromley

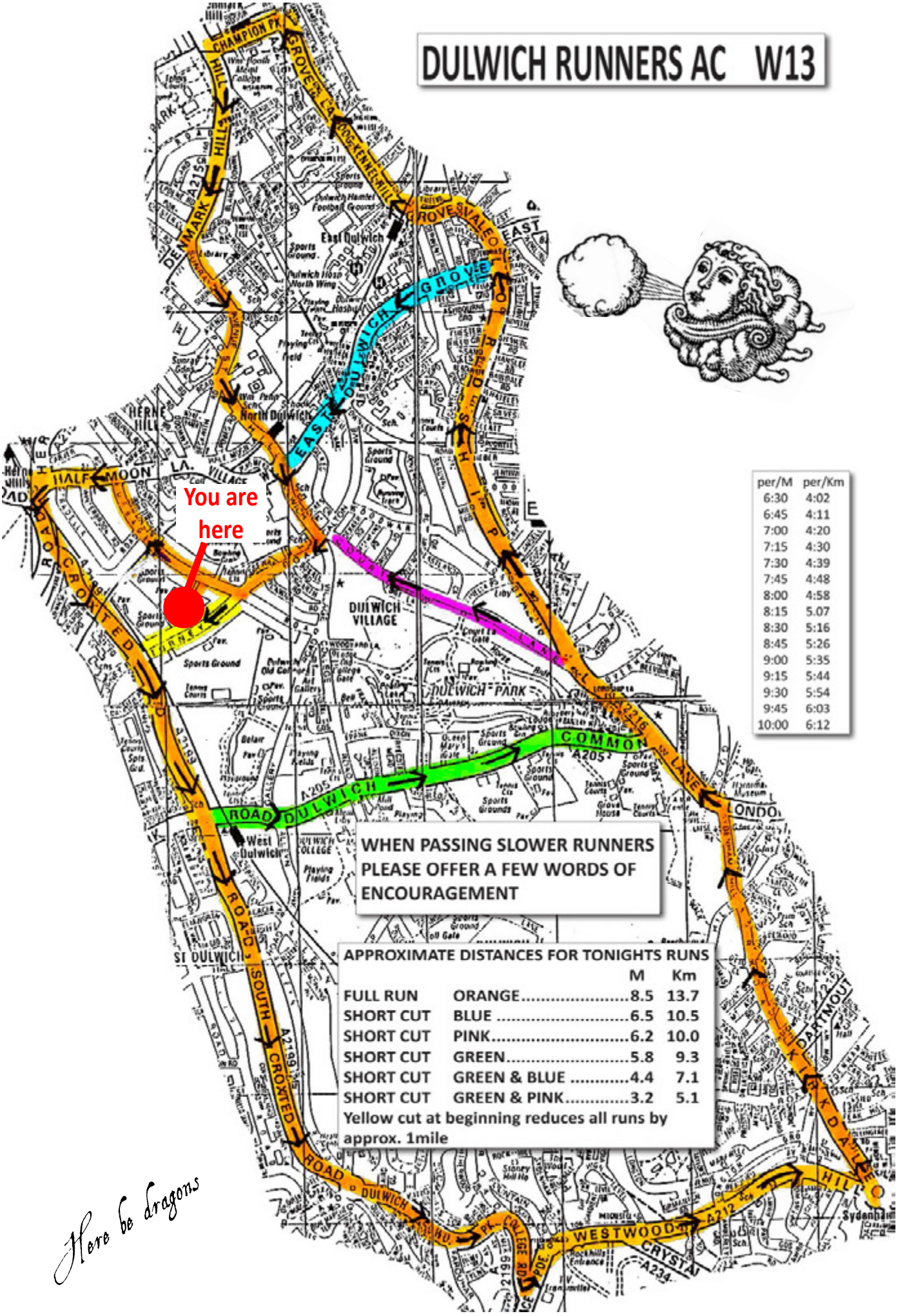
for more information contact:
Steve Wehrle or Claire Steward

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) http://www.parkrun.org.uk/
High Elms runs ('HERoS' High Elms Runners on Sunday) mostly off-road, start from Cuckoo Wood car park, High Elms Rd, between Green Street Green and Downe in Kent at 9:00 – usually two pace/distance groups, minimum ~10 miles

Alternative / additional race options:

Leith Hill Half	6 Mar, 11:00	www.trionium.com/leithhillhalf
Spitfire 20 (Dunsfold Aerodrome)	13 Mar, 09:30	www.eventstolive.co.uk
Finchley 20 miles (Ruislip)	13 Mar, 09:00	http://www.hillingdonac.co.uk/f20
Hastings Half Marathon	20 Mar, 10:30	http://www.hastings-half.co.uk
Cranleigh 15 or 21 miles	20 Mar	www.mabac.org.uk
Orion 15 (Epping Forest)	2 Apr (Sat) 10:00	www.orionharriers.com
Paddock Wood Half	3 Apr, 09:30	www.paddockwoodhalfmarathon.co.uk
Thames Towpath 10 (Chiswick)	17 Apr, 09:00	www.west4harriers.com

DULWICH RUNNERS AC W13



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	8.5	13.7
SHORT CUT	BLUE	6.5	10.5
SHORT CUT	PINK	6.2	10.0
SHORT CUT	GREEN	5.8	9.3
SHORT CUT	GREEN & BLUE	4.4	7.1
SHORT CUT	GREEN & PINK	3.2	5.1

Yellow cut at beginning reduces all runs by approx. 1mile