DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
April 26th 2017

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

- THE COMING WEEK –

Wed 26 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 2 **Dulwich College Track** - cost £1 per session
Start with a warm up at 7:10pm then first part of session will be on grass,second on the track.

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Fixture list, club champs, road, XC, etc
4 Race reports & results, London Marathon etc
8 Parkrun results
10 Wednesday 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

At Dulwich College track on College Road.
Warm up taken by **Elkie Mace** consisting of various drills and stretches etc will start around 7.10pm..
The main session taken by Steve Smythe will be part grass and part track and more suitable for all levels of ability than the Crystal Palace sessions.

Thurdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

------- EVENT HORIZON -------
A brief look ahead

May 4 Assembly League - Victoria Pk, Hackney
May 20 British Masters Relay - Sutton Pk, Midlands

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Thanks to Clare Cummings and her group for taking out new runners last week.
If you're on the list, please 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

Karina Burrowes	**26/4**
Lloyd Collier	3/5
Natalie Davys	10/5

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.

Thank you. - 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

P
O
T

Watch this space for future events.

Wednesday Apres-Run Carbo Loading !

For all you hungry runners, fish and chips can be ordered to indulge your calorie cravings after the Wednesday run. Arrives close to 9pm and the cost is **£6.00**
Just give me your name and money when you sign in - Ros
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 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 from Ros
ros.tabor49@gmail.com

SHORTS!

DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or slightly longer– Both styles are a bargain £15.

Socks only £5

Keep dry in a Dulwich Runners waterproof jacket. Incorporated hood. - all sizes available - £25

HOODIES...

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

Buffs/snoods - only £6

Post Marathon Rock Mayhem with English Rogues! - Sat 29th April 2017

Have you got post-Marathon blues? Well not yet, and hopefully not all. Either way, you will definitely need some post-Marathon ROCK (I know, capital letters mean LOUD)! Fed up with the cold (alright, it might be warmer by the time you read this)? You need some 'Summer of '69'! Even more fed up with not getting any PBs lately? You need some 'All or Nothing'!

You may have heard these 'jokes' before so I might be boring you. Anyway, you've guessed it, English Rogues appear to be short of a drummer again so I've had a call, which is just as well as I've been gagging to do a gig for months. If you STILL haven't previously indulged yourself with our little show, it's all the usual pub-rock mayhem; classic rock/blues tracks by the likes of Eric Clapton, ZZ Top, Rolling Stones, Jimi Hendrix, Bryan Adams, The Kinks, Crosby Stills & Nash, Small Faces, AC/DC, Free, Bad Company, Bob Dylan, Guns 'n Roses, etc., etc., you know what I mean! All with blistering guitar solos and mad 'Animal' drumming – admit it, you want it now, because you're weak!

And as if any more persuasion were needed, the hottest gig in town is at the very local Bricklayers Arms, 237 High St, Beckenham BR3 1BN (right on the roundabout), start about 9pm – and it's totally FREE.
https://goo.gl/maps/h4zPybYjnPH2

Tony 'Thundersticks' Tuohy.
Come on, let your ears bleed (don't worry, just an expression, it's not that loud. Honest…)

Dulwich Runners 2017 Fixtures

Further information about 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.

Road & other **Cross country** **Club Champs** **Assembly League** **Track**

		Race	Venue	
May	1	HHH Open Meeting	Tooting Track	
	4	Assembly League	Victoria Pk, Hackney	tbc
	20	British Masters Relay	Sutton Pk, Midlands	
	22	Blackheath& Bromley Open Meeting	Norman Park	
	24	BMC/ Cambridge Harriers Open Meeting	Eltham	
Jun	1	Assembly League incorporating Club champs 5k	Battersea Park	
	4	Surrey Masters Track and Field Championships	Ewell	
	12	Blackheath & Bromley Open Meeting,	Norman Park	
	21	BMC/Cambridge Harriers Open Meeting	Eltham	
Jul	6	Assembly League	O2, Nth Greenwich	tbc
	12	Dulwich Runners Midsummer relays 3 x (approx) 1m laps	Dulwich Park	
	14	Mark Hayes Mile	Dulwich Track	
	21	Mile club champs - SOAR Mile	Battersea Park	
	27	Assembly League	Victoria Pk, Hackney	tbc
Sep	7	Assembly League	Beckenham	tbc
	10	MT 5 mile race, organised by TH&H	Wimbledon Common	
Oct	1	Sittingbourne 10	Sittingbourne	

2017 CLUB CHAMPIONSHIPS

1	Jun	Assembly League 5k, Battersea Pk	S
21	Jul	SOAR Mile - Battersea Park	S
10	Sep	Thames Hare & Hounds MT 5m, Wimbledon Common	L
1	Oct	Sittingbourne 10	L

Note that the 5 mile MT race will be classified as a long race.

Mile Club Champs, SOAR Mile, Battersea Park -21 July

Good news! We have now filled the one outstanding gap in the 2017 club championships programme. We will be using the SOAR Mile taking place on the track at Battersea Park on the evening of 21 July as our mile club champs event.
There will be 10 seeded races with up to 20 in each race. Entries are due to open next week. The Mark Hayes Mile will take place as planned a week earlier on 14 July on Dulwich College Track. It will be in your own interest as well as the family of Mark Hayes to support this event. There will be a social event to follow after the race.
Details will be available soon. If you want to achieve a good time in the SOAR Mile, the Mark Hayes Mile will provide ideal practice, as it is difficult to get the pace exactly right in your first attempt.

Sat 20th & Sun 21st May

Teams of eleven runners who each run a leg on Saturday and a leg on Sunday around the Green Belt of London. Starts at Hampton Court on Saturday morning and ends at Kingston at approx. 6 p.m. on Sunday, roughly following the Green Belt. Although it is a relay, each leg has a specific start time. www.greenbeltrelay.org.uk
We have entered one team so far and.

If you're a Green Belt Enthusiast or a Potential Rookie, email me if you are available and keen.
Legs vary in length from 6 miles to 13.5 miles and in degree of difficulty. We try our best to give runners legs that are appropriate to their ability.
Note – This is the same weekend as the BMAF relays at Sutton Park, Birmingham.
Ange – dulwichladiescaptain@gmail.com

BMAF Relays Sutton Park

Saturday 20th May 2017

So far despite the counter claims of the Green Belt, which has taken a few vets away, various family do's, birthdays, holidays, pregancies and a few deciding they are not yet in sufficient peak shape, to give us the pleasure of their form and company, we have 36 over-35s shown a interest in the British Masters Relay in May. We hope to find a run for everyone interested and field A and B teams at least in the men's age-groups.
Entries are being finalised now for the premier over-35 running event in Britain and we still want more runners. contact Steve Smythe immediately if you haven't already.

Steve Smythe - steve.smythe@athleticsweekly.com

Entries close next week.

Assembly League Races

These races will take place on the first Thursday of each summer month starting from April, with the exception of the August race which has been brought forward to the final Thursday in July.
Some venues are yet to be confirmed but most, if not all, are likely to be the same as in 2016. The race at Battersea Park on 1 June will be used as our 5k club champs. The confirmed dates and provisional; venues will be as follows:

May 4	Victoria Pk, Hackney
June 1	Battersea Park
July 6	O2, North Greenwich
July 27	Victoria Pk, Hackney
Sept 7	Beckenham

Assembly league races are free to enter, just turn up on the day. Open to all members whatever your ability.

Details of Assembly league race HQs and starts are as follows:
Victoria Park, Victoria Park Harriers clubhouse located at NE corner of the park, with start inside the park nearby, closest station Hackney Wick
Battersea Park, start near bandstand in centre of park (no HQ)
O2, Start on riverside east of North Greenwich station (no HQ)
Beckenham, race HQ Beckenham Cricket Club, Foxgrove Road, start at SW entrance park at the end of Beckenham Place Park Road

Vitality London 10,000

Monday 29 May 2017

Entry Deadline This Friday

The club has twelve free places (six for women and six for men) in the London 10,000 on the bank holiday Monday, 29th May.
We will be looking to select runners for these based on recent performances at the road relays etc.
If you'd like to be considered for these, please contact me on chas.lound@btinternet.com by Friday 28th April
Charlie Lound

Herne Hill Harriers Open Meeting - 1 May

The next HHH Open Meeting at Tooting Track takes places on Monday 1 May and features the Stan Alan Mile as well as 800m and 3000m races. You can enter on line or on the day up to an hour before the start of races

For further information about rany races please contact your captains: Ladies: dulwichladiescaptain@gmail.com
Men: mcmann90@yahoo.co.uk

Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, fell, xc, tri and track results etc, are welcome.

As a set of results – for men and women, and in the manner paced, this has to be the best set of London marathon results yet for Dulwich Runners with lots of PBs, and unofficially it looks like the women may have picked up team British bronzes and English silvers.

The conditions were good - not too hot (as in early April) or cold (like it was a few days later) and not too windy.
The usual like clockwork organised event had a few gliches such as for some reason the red start was delayed by well over a minute which caused problems for those hoping to meet up from those on other starts and meant the red start had to work their way through more slower runners than normal and the blue start runners found more people pushing past them than the normal when the two starts converged.
Generally, while running is an honest sport and you usually get back what you put in, it doesn't always apply to marathon running. While you can usually safely predict times for shorter events based on other races and training times, because of the extra distance so much can go wrong on the day or even in the build-up. Consequently, while it was a good day for most, a few had disappointing results that does not reflect all the hard work they put in over the winter and a few injuries also caused problems.
There were no problems for Tim, who became the fastest Dulwich Runner of this century with a superb piece of pacing. Thinking he may have gone too quick on the first half, he actually accelerated on the second half and moved his way into the top 100 for a massive PB of 2:32:46.
Alastair also ran a negative split and finished strongly to run his first sub-2:40 as he also goes from strength to strength.
Charlie Lound didn't pace it quite so well as he tried to break 2:40 and though missing his target, he just about hung on with a gutsy run – almost certainly his last marathon before he breaks the club M50 record next year to add to his M40 and M45 marks.
Since 2006, Charlie has run the last 12 successive years – 2:45, 2:43, 2:44, 2:41, 2:40, 2:45, 2:42, 2:40, 2:39, 2:39, 2:37 and now 2:42!
Steve Davies can now join the other three on the Championship start next year as he took four minutes off his PB as he continues to rewrite his best times.
Like Charlie, he also found the last few miles tough, but finished very well with 43 seconds to spare on the qualifying time.
In her final marathon as a first-claim Dulwich Runner, and getting into amazing shape after her baby Rory was born late last year, she run a very even race and finished strongly – 42 seconds up on Charlie for that last 2km to make the dozen women off the non elite start.
Tom Marshall, rarely seen at club races, wasn't in the results on Tuesday so must have had a chip failure but may have done a PB 2:48.
Greg Hills confirmed his good form at Dartford and Paddock Wood with a well judged run and big PB 2:53.
Paul Devine, who almost chose to not race the event, until a late burst of good form persuaded him otherwise, ran a strong second half (in contrast to previous marathons) to set a PB 2:53.
He was a few seconds quicker than Mark Lacey, who wasn't far outside his PB and held on well but deserved better after good training.
Also in the Mid 2:50s was Mark Callaghan who set a PB with a strong set of even splits.
Michael Hutchinson, may be one of the best ever UK cycling time trialists but after a strong first half, he couldn't quite maintain a sub-3 tempo over the closing miles in a still promising debut.
After a 2:55 last year in Frankfurt, Shane O'Neill was looking in far better shape this year but he had a very bad third and fourth 10km though did at least rally a little in the last 2km but was well over three.

Next in for the club was Helen Lister, who set a big PB and was two minutes quicker on the second half as she moved from fifth Dulwich woman to second in the closing miles.
Mel Edwards also finished well but unable to hold Helen's last 2km – which was even quicker than the likes of Charlie and Steve Davies, who were 20 minute quicker overall.
Ange Norris headed Mel and Helen for much of the race despite having had a niggle that had stopped her running and slowing, she still ran 3:08 and finished as third W55 and score top points in the Dulwich Champs and virtually match her previous PB, which was the senior women's club record 26 years ago!
Grzegorz Galezia smashed his PB with a strong even run. Steve Smythe, suffering from injuries after his 2:56 in Seville, just did enough to get a good for age time – his last 5 of his 36 London's have been consistently mediocre – 3:12, 3:16, 3:14, 3:11, 3:13.
Ebe ran a good steady run with faster second half and finished in the vicinity of a steady PB from Jim who was just up on Michelle, who also ran excellently to set a PB.
Both Yvette and Ajay paced it really strongly around 3:30 tempo. Interestingly, Ajay's importance is such that he is the only Dulwich Runner whose name is capped in the official results.
Lucy Pickering set a 15-minute PB with another well-paced run. Her fourth and final 10km was five seconds faster than her first.
Clare Cummings got her pacing even better in her first marathon and clearly can go faster judging by her closing splits.
The best negative split of all Dulwich Runners though came from Karina Burrowes, who was nearly five minutes faster on her second half.
Pat McMorrow, who had been 10 minutes up on Karina at halfway, found the second half much, much harder as did Barrie John Nicholls, who was actually reasonably even until a very slow final few miles Matt Ladds found it hardest of all as his last 10km was 46 minutes slower than his three previous ones.
Former first claimer Kevin Chadwick, now in Petts Wood colours, surprisingly failed to break three but did match his Berlin 3:03:29 PB to the second.
Sadly, two runners dropped out – Clare Elms and Fiona Askew and a few others failed to make it to the start line.

-Steve Smythe

Steve Smythe, who didn't particularly follow his own advice very well, produced this piece of advice for Athletics Weekly website last week.
https://www.athleticsweekly.com/blog/steve-smythes-36-thoughts-36th-london-marathon-60159

100	Tim Bowen	2:32:46 (PB) 76:49, 75:57) (3:37 km, 5:50 1M av) (10km splits: 36:11, 36:40, 36:15, 35:52, 7:48)
288	Alastair Locke	2:39:15 (PB) (79:55, 79:20) (3:46. 6:04) (37:41, 38:07, 37:58, 37:31, 7:58)
426	Charles Lound	2:42:48 (79:27, 83:21) (3:51, 6:13) (37:19, 38:01, 38:27, 39:36, 9:25)
500	Steve Davies	2:44:17 (PB) (80:29, 83:48) (3:54, 6:16) (38:01, 38:20, 38:50, 40:08, 8:58)
684	Shona McIntosh	2:47:52 12W (mass) (83:33, 84:19) (3:59, 6:24) (39:34, 39:43, 39:42, 40:10, 8:43)
???	Tom Marshall	2:48:44 (chip failure? – not in results)
802	Stephen Pinkster	2:49:45 (former member entered as Dulwich, not paid up)
1053	Greg Hills	2:53:05 (PB) (85:56, 87:09) (4:06, 6:36) (40:45, 40:50, 40:05, 41:31, 9:54)
1075	Paul Devine	2:53:21 (PB) (87:03, 86:18) (4:06, 6:37) (41:13, 41:24, 40:38, 40:43, 8:51)
1089	Mark Lacey	2:53:28 (85:11, 88:17) (4:07, 6:37) (40:32, 40:22, 41:45, 42:24, 9:27)
1189	Mark Callaghan	2:54:22 (PB) (86:25, 87:57) (4:08, 6:39) (40:37, 41:21, 41:13, 42:05, 9:06)
2069	Michael Hutchinson	3:01:22 (PB) (88:45, 92:37) (4:18, 6:55) (41:45, 42:25, 42:14, 44:39, 10:19)
2237	Shane O'Neill	3:03:08 (86:16, 96:52) (4:20, 6:59) (40:00, 41:39, 44:03, 47:34, 9:52)
2467	Helen Lister	3:05:19 112W (PB) (93:41, 91:38) (4:24, 7:04) (44:06, 44:46, 44:19, 43:16, 8:52)
2538	Mel Edwards	3:06:02 117W (93:17, 92:55) (44:06, 44:25, 43:53, 43:57, 9:41)
2831	Ange Norris	3:08:29 146W (3 W55) (92:41, 95:48) (4:28, 7:11) (43:59, 43:58, 43:57, 45:55, 10:40)
3114	Grzegorz Galezia	3:10:39 (PB) (95:08, 95:31) (4:31, 7:16) (44:41, 45:35, 45:22, 45:38, 9:33)
3288	Steve Smythe	3:13:45 (92:21, 1:41:24) (4:36, 7:23) (42:56, 44:34, 46:07, 48:24, 11:44)
4813	Ebe Prill	3:21:43 (1:42:38, 1:39:05) (4:47, 7:42) (49:53, 47:47, 45:54, 47:46, 10:23)
5074	Jim Dowsett	3:23:25 (PB) (1:40:11, 1:43:14) (4:49, 7:46) (47:09, 47:51, 48:33, 49:30, 10:22)
5618	Michelle Lennon	3:26:51 669W (PB) (1:39:50, 1:47:01) (4:54, 7:53) (47:06, 47:39, 49:39, 51:28, 10:59)
6351	Yvette Dore	3:30:10 855W (PB) (1:43:53, 1:46:17) (49:27, 49:08, 49:06, 51:41, 10:48)
6436	Ajay Khandelwal	3:30:38 (PB) (1:44:54, 1:45:44) (5:00, 8:02) (49:15, 50:07, 50:17, 50:08, 10:51)
7131	Lucy Pickering	3:34:37 (PB) 1108W (1:47:03, 1:47:34) (5:05, 8:11) (50:59, 51:36, 50:28, 50:54, 11:41
8455	Clare Cummings	3:41:10 (PB) 1563W (1:51:24, 1:49:46) (5:14, 8:26) (52:43, 53:01, 52:49, 51:49, 10:48)
9959	Alasdair Moore	3:47:44 (former member not paid up)
15088	Karina Burrowes	4:07:57 (PB) 3791W (2:06:48, 2:01:09) (59:33, 60:55, 58:29, 57:08, 11:52)
12348	Pat McMorrow	4:14:50 (1:56:03, 2:18:47) (6:02, 9:43) (52:58, 56:42, 62:07, 70:09, 12:54)
18767	Barrie John Nicholls	4:22:58 (2:06:47, 2:16:11) (6:14, 10:02) (60:37, 59:52, 59:47, 64:01, 18:41)
26752	Matt Ladds	4:55:00 (1:58:11, 2:56:49) (6:59, 11:15) (56:02, 56:02, 59:23, 1:45:13, 18:20)

Jim Dowsett writes,....

I would just like to start by congratulating all the Dulwich runners who ran the marathon on Sunday! I know not everyone's race went to plan, but for the majority, there were some excellent performances out there on the streets! Well done all!

Mention must also be made to the support out on the course on Sunday! It really does make such a difference when you spot/hear a familiar face/voice! It just gives you that little lift that perks you up and spurs you on.

For me, there is always quite a few nerves on the lead up to the big day. Even more so this time as I thought training was going well until an injury 1 month out put a bit of a spanner in the works. It just sewed a bit of a seed of doubt in my mind as to whether I could achieve my target, but thanks to Helen (and others)and her positive comments (even lending me a book on positive thinking) it was just a miner blip.

The morning of the race, the weather conditions were just right (thank god it wasn't 25 degrees like 2 weeks previous) as I made my way along Blackheath to the blue start.
A few words of encouragement from Sharon and Natalie who were helping on one of the baggage trucks was a nice start to the day, and I said my good lucks to Grzegorz who I travelled up to blackheath with, and with a few number checks by the security, into the blue start I went.
It always amazes me how some of these people who wear fancy dress outfits do it? This one guy had an ice hockey goalie outfit on, complete with massive foam shoes, body armer and Friday 13th Jason mask on, unbelievable.
After indulging in the free tea/ coffee tent, and handing my baggage over to one of the volunteers on the trucks, it was time to assemble in the starting pen area, and get bombarded with various items of clothing as fellow runners started to throw their keep warm gear to the sidelines. Add into the mix the last gasp runners urinating at every spare fence Panel space available, it was just a relief to get moving!

Over the start line we went (I didn't spot the royals) and it was time to weave in and out of the slower runners (not you Ajay, I did pass him) on my way to the red and blue merging point, were I was supposed to meet Ebe! We had made a plan the day before to meet at that point so he could run with me and pace me around the course. But the blue start seemed to get to the merging point quicker then the red (the red 3 hour pacer was going past when I arrived) so I just carried on staying over to the left hand side until he caught me up.

Originality, my target time was to go for 3h.15, but after an injury, I had to reassess for 3h.20ish , so a pace of between 7.30/7.40 minute mile was the order of the day, and it was going ok (through half way in 1h.40) until mile 18/19 around Canary Wharf when I just stated to struggle a bit. The two previous London marathons I'd run were the same, with me having a bad patch around that part of the course! This was compounded when I was passed by a bishop (now officially the fastest bishop in the gunnies W/R) dressed in full regalia passing me with his mate dressed as a monk!

I was starting to go backwards at that stage, so it was nice to hear a friendly voice from behind to give me a boost! It was Ebe, and it was just the tonic I needed to get me through the last 6 or so miles! Although at the time I could have just given up, I new he would of had none of that, and with a few words of encouragement in his German accent it was onward and upwards.
I'm not sure where I managed to get my new found energy from, but it's shows that the marathon is such a mental battle as well as a physical one, and those good vibes from Ebe's encouragement really did the trick, plus add into the mix the psychological boost, when you start to pass slowing or walking runners, it really peps you up.

Big Ben was finally getting closer, and under the 25 mile banner we went. Not far now, and a bit of a push on in pace for the last mile until you see that sign 400 meters to go, and the Finish gantry. Thank god for that! Over the line in 3.23.25 and a p.b as well.

A big thanks to Ebe for giving up his race to help someone else! I'll buy you a beer when I see you next! And also to coach Steve for not only his marathon plan, but all his time and efforts that he dedicates to the club for the benefit of others! You never know I might actually follow the plan properly one year and do it some justice.
Jim Dowsett 3.23.25

DULWICH RUNNERS LONDON MARATHON 2017 CLUB CHAMPS POINTS

	Cat.	Time	Age Grade Pts
Timothy Bowen	m s	**2.32.46**	806
Alastair Locke	m s	**2.39.15**	774
Charles Lound	m40	**2.42.48**	836
Stephen Davies	m40	**2.44.17**	814
Shona Mcintosh	f s	**2.47.52**	***809***
Tom Marshall	m40	**2.48.44**	755
Stephen Pinkster	m s	**2.49.45**	#N/A
Gregory Hills	m s	**2.53.05**	710
Paul Devine	m s	**2.53.21**	725
Mark Lacey	m s	**2.53.28**	712
Mark Callaghan	m40	**2.54.22**	730
Michael Hutchinson	m40	**3.01.22**	713
Shane O'Neill	m s	**3.03.08**	671
Helen Lister	f s	**3.05.19**	***733***
Melanie Edwards	f s	**3.06.02**	***733***
Ange Norris	f50	**3.08.28**	***871***
Grzegorz Galezia	m40	**3.10.39**	707
Stephen Smythe	m50	**3.13.45**	768
Eberhard Prill	m50	**3.21.43**	705
JimDowsett	m40	**3.23.25**	636
Michelle Lennon	w50	**3.26.51**	***744***
YvetteDore	w40	**3.30.10**	***685***
Ajay Khandelwal	m40	**3.30.38**	635
Clare Cummings	f s	**3.41.10**	***612***
Lucy Pickering	f50	**3.34.37**	***726***
Alasdair Moore	ms	**3.47.44**	#N/A
Karina Burrowes	f s	**4.07.56**	***546***
Patrick Mcmorrow	m60	**4.14.50**	590
Barrie John Nicholls	m60	**4.22.58**	588
Matt Ladds	ms	**4.55.00**	*417*

The good the bad and the ugly

Whilst Barrie was happy with his 8th London marathon, it didn't go quite as well as might be expected. After a good build-up marred only by a couple of busy weeks, he had produced some sterling performances, particularly in the PW Half. He hadn't let this get the better of him, though, and aimed to run with the 4:15 pacers and see how he felt. Such is the atmosphere of the marathon he claimed he wanted to be able to enjoy it.

I took up my usual position on Tower Bridge early to get a front of house view and see the elite. When Barrie came over near the blue 4:15 flag he was looking full of beans and energy. In fact, I almost thought he should have been running with the sub 4 pacers. The same thought must have crossed his mind as he decided to pick up the pace after the bridge as he was feeling so good. All was going to plan until he said he suddenly started to lose pace and by mile 20 he was caught by the very same pacers he had left. He found this rather demoralising and had to fight tooth and nail to hang on for another couple of miles. However, the inevitable happened as they slipped away and he had a painful shuffle towards the finish. I had rather anxious moments waiting for him at the end as he took so long to complete the final 2k! He was quite the worse for wear when we finally were reunited at our pre-arranged meeting point.

MODs Mark Chapman summed up the ups and downs of the marathon with the statement when he was interviewed en route 'it's amazing and horrible at the same time'. And despite the horrible Barrie still found it an amazing experience. The crowds were out in force and in loud voice to boot. Many were holding motivational banners from the more amusing 'No pain no champagne', 'If Trump can run America, you can run the marathon' to the more tear jerking 'You don't know me and I don't know you but I am proud of you all'. The DR support was fantastic as ever and Barrie was given a loud cheer by former member Di Morgan who was manning a water station. His big highlight was to receive his medal from the future King of England, Prince William.

We went to his charity party Bloodwise afterwards where he had a massage as per usual and we enjoyed a welcome cup of tea and sandwich.

So will Barrie be entering next year's race is the big question? That was put beyond doubt as he claimed he still wanted to reach ten marathons before he retires from this great event. No pain no champagne as they say.

-Lindsey Annable

Barrie John Nicholls 4:22:58

VL Mini-marathon

U17M 3Miles

Seventh and final mini marathon. End of an era. But for the oncoming track season, would have been much faster two months ago but least it was a 15 second PB. His Bromley Team won the Inter-London challenge comfortably.
-Duncan Hussey

Inter London Champs
29 Oscar Hussey 16.37
144 ran

Paris Marathon

Being part of the club is definitely paying off (finally got my half marathon monkey off my shoulder at Paddock Wood also)!

3150 Paul Vivash 3:18:18 (PB
42473 finsished

Hamburg Marathon

In an extremely foolhardy move I managed to sprain my leg two weeks out from Hamburg marathon. I'd love to say this was unavoidable but I am never one to be able to resist the lure of the trails, or big hills. Thus having found myself on a rather nice work jaunt to Oviedo, I naturally had to run up and down Mount Naranco. It was the down that was the undoing…

After a couple of torture sessions, it was with some joy that the Physio announced that I would probably be able to still run the race, but to be prepared for it to hurt a lot.

Hamburg lived up to its reputation and despite all forecasts to the contrary, the first two miles happily coincided with a heavy hail storm. It then proceeded to alternate between glorious sunshine, rain and hail for the next couple of hours. The legs coped admirably until mile 16 and then they really were not at all happy. I had to slow down to complete the course and was really delighted in the circumstances to still get a PB. I'm quietly confident that elusive 3:45 is in there once the legs are back on track.

Side note: I don't necessarily recommend having to walk around an airport immediately afterwards…

Laura Vincent 3:50:21

Dulwich Runners are also invited to form teams and run

parkrun

April 22rd

Beckenham Place

201 Ran

Pos	Gen		
22	2	Ola Balme	20:45
24	22	Michael Mann	20:54

Brockwell

345 Ran

Pos	Gen		
18	18	Mark A Foster	19:51
66	64	Cameron Timmis	21:38
67	3	Anna Thomas	21:42
71	4	Becca Schulleri	21:46
104	94	Kees Kuijlaars	23:06
269	185	Rafe Collier	29:04
284	95	Rhoda Collier	29:37
285	190	Lloyd Collier	29:39

Bromley

637 Ran

Pos	Gen		
14	14	Jonathan Whittaker	18:53

Crystal Palace

318 Ran

Pos	Gen		
10	10	Alexander Dodds	19:28
40	4	Susan Cooper	22:27
47	41	Graham Laylee	22:38
54	7	Belinda Cottrill	22:53
65	9	Ros Tabor	23:20
67	58	Andy Murray	23:22
74	11	Clare Wyngard	23:46
75	64	Michael Dodds	23:47
85	14	Penelope d'Arcy Graham	24:07
98	16	Joanne Shelton Pereda	24:39
103	86	Bob Bell	24:48
104	87	Ameet Patel	24:50
115	19	Claire Steward	25:20
223	151	Tom Wilson	30:33

Conwy

238 Ran

Pos	Gen		
198	87	Susan Vernon	37:44
228	122	Chris Vernon	46:11

Dulwich

378 Ran

Pos	Gen		
5	5	Edward Chuck	16:21
11	11	Tony Tuohy	17:19
116	104	Mark Muffett	22:44
220	167	Mick Mead	26:41
221	54	Colleen Williams	26:44

Greenwich

288 Ran

Pos	Gen		
13	12	Michael Fullilove	20:30

Hull

509 Ran

Pos	Gen		
111	103	Paul Hodge	23:41

Malling

204 Ran

Pos	Gen		
9	1	Tereza Francova	20:29

Orpington

183 Ran

Pos	Gen		
41	36	Colin Frith	24:05

Peckham Rye

245 Ran

Pos	Gen		
1	1	Andy Bond	16:52
34	4	Emma Ibell	20:50
84	73	Gideon Franklin	23:46
93	14	Michelle Key	24:13
168	47	Claire Barnard	27:52

Richmond

503 Ran

Pos	Gen		
164	25	Lindsey Annable	24:34

Roundshaw Downs

214 Ran

Pos	Gen		
73	64	Peter Jackson	25:17

Southwark

475 Ran

Pos	Gen		
185	148	Paul Keating	24:23
263	73	Kaylee Coxall	26:37

Tooting Common

524 Ran

Pos	Gen		
97	87	Ian Sesnan	22:31

Western Springs , NZ

99 Ran

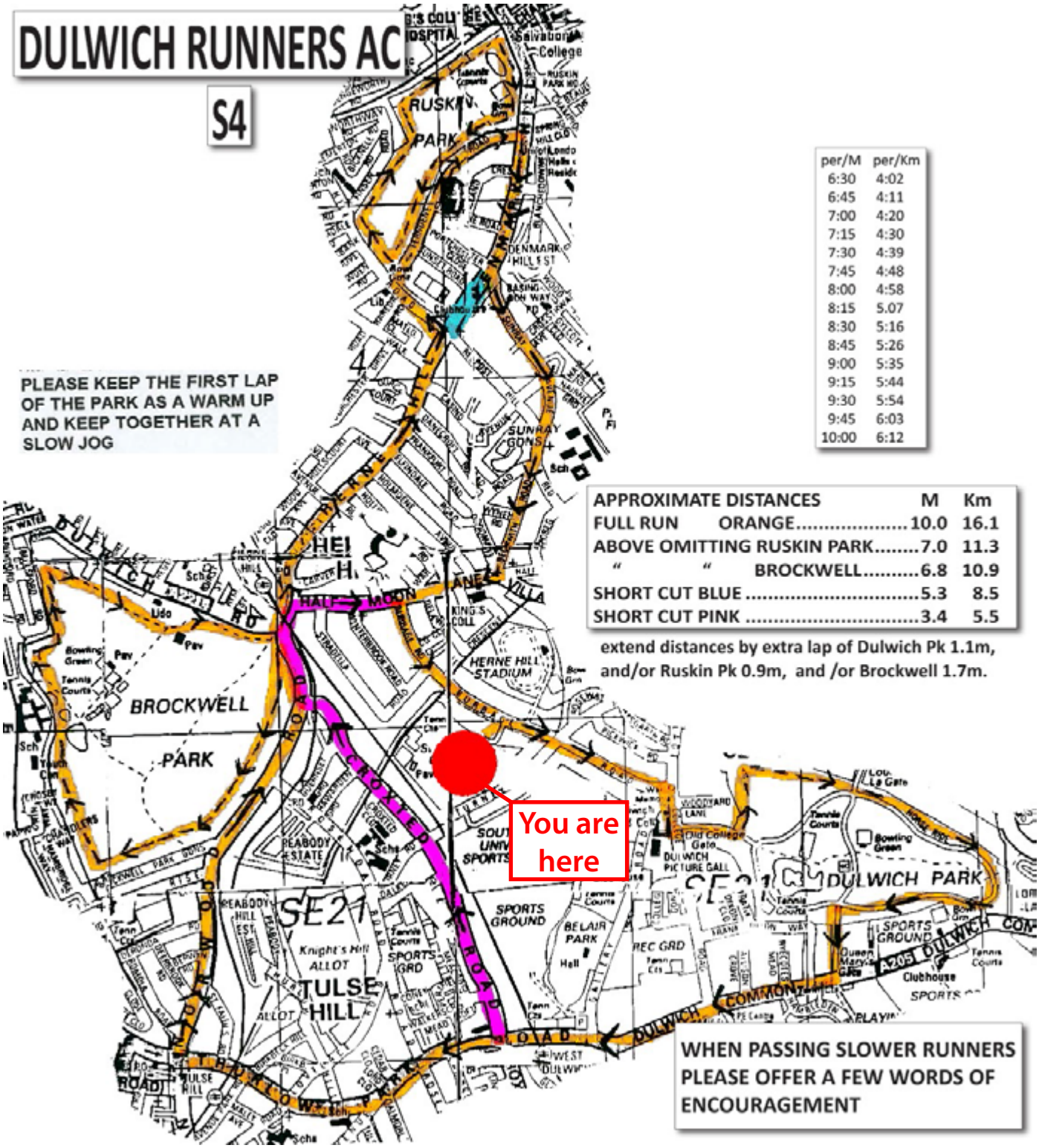
Pos	Gen		
25	18	Nick Bell	22:55

New members especially, and others....

For your results to appear here you need to update your parkrun profiles to show you are a current member of Dulwich Runners AC. or send them in.

DULWICH RUNNERS AC

S4



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

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
ABOVE OMITTING RUSKIN PARK	7.0	11.3
" " BROCKWELL	6.8	10.9
SHORT CUT BLUE	5.3	8.5
SHORT CUT PINK	3.4	5.5

extend distances by extra lap of Dulwich Pk 1.1m, and/or Ruskin Pk 0.9m, and /or Brockwell 1.7m.

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

Here be dragons