DULWICH RUNNERS

# SHORTS

Newsletter
Wednesday 2rd March 2011

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

*– THE COMING WEEK –*

*Wed* *02* **Club Night,** Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
**Fee £1** – 7pm for 7:15 start. Showers, Bar

*Fri* *04* ***Hills*** **– Cancelled for this week**
7:20 for 7:30 start, details here

*Tue* *08* **Track Session with Steve Smythe**
At Ladywell Track, Catford
7 pm **Fee £2.45** to reception

***TO SUBSCRIBE*** to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

## Track Sessions at Ladywell

**Improve you speed & strength over all distances**

**Tuesdays with Steve Smythe at Ladywell track**
Start 7pm. Track **Fee £2.45**
**pay at reception**

map: http://tinyurl.com/3xexuwq

## Annual Subs Overdue

***You will have received*** either by email or post your 2011 membership renewal reminder. Your current membership expired on 31st Dec 2010, so in order to compete in this year's club champs and other events you will need to renew **ASAP.**
If you haven't received your renewal form then contact me at barry@bg1.co.uk

## WEDNESDAY NIGHT £1 RUNNING FEE

**It seems that some members are running on Wednesday nights without paying the £1 fee.**
**We need this money to cover costs of hiring the club house, so please remember to sign in and pay up. Thanks. – Ros**

## In your *SHORTS* this week !

page 3 Club Champs Fixture List
page 4 The Challenge – DR Team PB Car
page 5 Tony Tuohy gallops to victory
page 6 1969…runners, not the year !
page 9 Leave the sheep alone !
page 11 Marathon interview

And much more !

## *NEW RUNNERS ROTA*

Thanks to **Jo Hewett, Tony Lee, Andy Murray & Ajay Khandelwal** for taking out new runners last week. If your name is on the rota to run with new runners, 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 swap with someone. Thanks. – **Ros**

| | |
|---|---|
| Sam Oyeyinka | 02/03 |
| Barrie John Nicholls | 09/03 |
| Brendan Pelican | 16/03 |
| Mary Roberts | 23/03 |
| Clare Osborne | 30/03 |

**A big thank you to Caroline for the excellent pancakes last Wednesday**

## LUCKY VEST this Wednesday

if you wear your Dulwich Runners vest on the club run on the **first Wednesday** of any month you will go into a draw and maybe win £5 in the clubhouse that evening
To purchase a vest and or any other club kit contact **Steve Cook** – stevecook6@googlemail.com

## Paddock Wood club champs

**Goodish news:** there is a train from London Bridge at 7.37, Norwood Junction 7.48, E Croydon 7.55, P Wood 8.57, also one at 8.31 LB, 8.44 C, 9.27 PW (but start time is 10 – beware loo and bag drop queues).
Both are change at Tonbridge. Check with the national rail website nearer the day.
**B.Ching**

## Lift Share

Hi. I'm running the Surrey Spitfire 20 on March 13 and wondered if anyone else from the club was going and was interested in sharing lifts.
Thanks, Anna Steward –annaingrenoble@yahoo.co.uk

## Race Entry Forms... will only be included in SHORTS if they are Club Champs races. For any other races please write a small note with a link to the entry
Thanks. Ed

## CURRY NIGHT

**Anyone for it? "Keep Wednesday 23th March post run evening free"**

We are planning a club curry night at the Surma Curry house. We have been there before and for some strange reason, they are happy to welcome us back !. Like previous visits there will be a buffet with enough choice to please the green veggies to the little baby lamb eaters.

The 23rd is approaching fast, please email me asap so I can secure a booking. Minimum number of 25

carolineschurmann@yahoo.fr

Surma Curry House, 42 Lordship Lane, SE22 8HJ

## Orion Harriers 10 mile XC race

Epping Forest 2.30 pm 5th March 2011– Dulwich Runners have been invited to take part. Known as 'The Mercury', this event was previously a closed race. Only first and second-claim members of Orion were allowed to enter and the male and female club titles remain a hotly disputed honour.

This year it has been opened up as a multi-mob match– which will pit Orion against Eton Manor, Victoria Park, Walthamstow and Dulwich Runners. The principle is that every Dulwich Runner that we field will score (with the exception of our slowest two). The course is a demanding ten miles of forest trails and paths with a short stretch of road. It is rare to have the opportunity to race in a longer distance cross country event.

If you are training for a marathon it represents an ideal opportunity to build and test your stamina, in delightful forest surroundings.

More details of arrangements and travel will follow in due course. However, it would be good to respond to the invitation with a great Dulwich turnout.

Photos from 2010 on flickr at:
http://tinyurl.com/5v64dcy

And from 2009 at

http://tinyurl.com/6duwbeu

**Kev Wood**

## ORION MULTI MOB MATCH, 5 MARCH Details

The multi mob match in Epping Forest organised by Orion Harriers takes place on Saturday 5 March starting at 2.30pm. This 10 mile race is suitable to runners of all abilities and the scoring system means that it is in our interests to field as many runners as possible. Runners are asked to register at Chingford Cricket Club, Kimberley Way, E4 by 2.10pm at the latest (5 minutes walk from Chingford station). The race starts near the Hunting Lodge just off Rangers Road.

Although in deepest Northeast London, the venue is quite easy to get to with trains from Liverpool Street to Chingford leaving at 03, 18 ,33 and 48 minutes past the hour with a 25 journey time. Alternatively take the Victoria Line to Walthamstow Central and change on to the train there (10 minutes to Chingford).

The course is mainly off-road with some boggy patches, but there are short stretches of road that make it unsuitable for spikes. Cross country trail or fell shoes are recommended.

**For any further information please contact Kev Wood or myself. Mike Mann**

# CLUB CHAMPIONSHIP FIXTURES 2011

| Date | | Event | Venue |
|---|---|---|---|
| Mar | Sun 27 | **Paddock wood 1/2M (L) entry form** http://www.paddockwoodac.co.uk/ | Paddock wood |
| Apr | Sun 17 | **London Marathon** or other marathon run before final club champs race (L) | London |
| June | Tue 07 | **2 miles, Dulwich Park** (S) | Dulwich Park |
| | Sun 19 | **Richmond 10k** (M) | Richmond Park |
| July | Tbc Tue 12 | **1 mile, Dulwich College Track** (S) | Dulwich College |
| Sept | Tbc Sun 11 | **Eridge Trail 10m** (L) | Eridge |
| Oct | Sat 01 | **Bromley 5k parkrun** (S) | Norman Pk, |
| Nov | Sun 20 | **Epsom 10** (M) | Epsom |
| | | **Don't forget to take a look at the Cross Country fixture list on page 10** | |

This is this time of the year when we need people interested in participating in either or both Green Belt Relay (21st-22nd May) and Welsh Castle Relay (11th-12th June) to come forward and let us know so we can enter our teams with the race organisers.

The GBR takes place over Saturday and Sunday, meaning each runner gets to run a leg per day. The route is very scenic as we run through the countryside around London on a mixture of footpaths, towpaths and quiet roads. Some of you have already expressed interest in response to a request a few months ago, but this is a general request to all those interested to put your names forward.

The WCR takes place over a week-end in Wales, starting in Carnaervon, North Wales, finishing at Cardiff Castle. Each runner only runs a leg on either Saturday or Sunday, all on road. Usually this relay turns out to be a short holiday away and free minibus transport is organised by the club, leave Friday morning, back Sunday evening. We will enter one team of 20 .

information about these relays can be found online and on the club's website. **Those interested in taking part please email by end of February** as we need to enter teams with the organisers.

carolineschurmann@yahoo.fr

Info: http://www.greenbeltrelay.org.uk/index.htm

and http://www.lescroupierswcr.org/

Just a quick reminder for those thinking of running the Green Belt Relay (21-22 May), training should have started and it would be a good idea to enter the Paddock Wood 1/2M as well while you're at it....! More info on this in the coming weeks.

The organisers have indicated that we are likely to be successful with our entry to the Welsh Castle Relay (11-12 June) and we should know in just over a month.

Finally it looks like we now have 2 teams of 5 for the 1066 Relay (for details) on 8 May, but we are trying to make up a third. Those interested should contact Mike at mcmann90@yahoo.co.uk

"**Don't forget that Dulwich Runners** are on Twitter, drop in and say you like them."

"Tweet Tweet - Dulwich Runners are now on Twitter http://twitter.com/dulwichrunners

Follow them to get the latest salacious gossip, information and be able to suggest Wednesday night eats for tweets."

Thanks - **Giles**

*A big thank you to Giles for the superb Choccy Brownies and Mince Pies that he's treated us to in the past few weeks, top class Carbo-loading !*

PS: If you want more then don't forget to tell him what a great runner and cook he is ! (Ed..)

## The Man - Ajay Khandelwal

### The Challenge

I wonder if you could help me? A request to the Dulwich runners for ideas.
I'm looking to improve my running time for the Brighton Marathon in 2011 and I want to get as many ideas as possible from the great and good of Dulwich runners
I will take up a range of practical and crazy tips and will write a weekly column for shorts letting you all know how I get on (22 columns)
Email ideas to ninderajay@hotmail.co.uk or find me on face book.

**The Challenge**

**The brief**

Profile
Age: 40
Status: Mid Life Crisis
Height: 5'10
Weight: 72 kg
Marathon PB: 4.19 (London 2010)
Half PB: 1.41 (Paddock Wood 2010)
Running philosophy: chaos, fantasy, laziness and short cuts."
Dietary failings: "chocolate and red wine"

**Weekly Routine**

Working Hours 9 – 5, usually cycle in (30 minutes/ 6 miles)
Tower Bridge Area
Thursday based at home, Wood Vale, SE23 3EE
Can run some lunchtimes, and to or from work; weekends; Wednesday club runs.
2 young children to juggle
Current mileage 7-15 miles a week.
Goal to run Brighton Marathon faster than Jo Shelton and slower than Grant Barnes !

**Highs:** Riding in the Dulwich Runners PB car
**Lows:** Realising only five weeks left to Brighton Marathon
**Mileage:** 20 + track

Dulwich Team PB Car

**Wednesday**

*6.5 miles slow*

Set off for a steady club run, but found myself feeling tired around mile 3 and my knees a little sore. I decided to join a new runner up Kirkdale, forgot about pace and remembered why I got into running in the first place. Used this opportunity to expound my running philosophy and insights to captive new guy, who was unable to run off or answer back. Back at the club house I was warned that if I didn't get serious the Dulwich enforcers would be coming over to sort my knee caps out for good.

**Thursday**

*2.5 miles very slow*

The sun was out so I ran down to Dulwich park around midday, but couldn't get going, so abandoned, sat on a bench, and tried to give off a look like I'd actually run something close to an ultra.

**Sunday**

Kim H kindly drove the Dulwich team car down to Tunbridge Wells half. To be honest, I really didn't fancy this, given my recent inability to put one foot in front of another without having to lie down.

Last year I did it in 1.55, but Kim had already warned me I couldn't run it as a training race. So, I got behind the 1.40 pacer, but he went off really fast and I lost him within the first mile (ok, he was probably running at 1.40 pace). I couldn't bear the idea of getting back in the car, or going back to the club, without making a good effort., so pushed on.

Pleased to get 1.40.44 chip time, which gives me a new PB, and every reason to believe I can go well under 1.40 at the upcoming club championship at Paddock Wood. The best news was that all 4 of us running the official race got a PB, the only downside was that the organisers had the audacity to list us down as "Dulwich Park Runners".

**Tuesday**

I spent most of the session at the back of group, avoiding being admonished by coach ( a first), and managed a couple of good 200 metre efforts at the end.

*Brighton*

I've decided on a marathon time that I think is realistic and that will motivate me. So, I want to give Jo S a good race, and go 1 second faster than Josef D's PB time. V V motivating to beat the Slovakian cookie eating machine. That means a race target of 3.55.11. Reporting from the other end of the spectrum well done to Charlie L. who completed a 26 mile training run at 6.49 this week, including 12 miles of the London course, which puts him on target for his astounding race day pace of 6.06.

## Vale Gallop 10k Multi Terrain
## Walton on the Hill - Sunday 20th February

I know it's only a little local fund raising event but winning this race didn't 'alf put a grin on my face! Let's face it, I've never won an open event before (apart from parkruns!) so it's a bit of a novelty. I'm lucky there wasn't any major opposition but I didn't even think I could win until ending up in a battle in the last km.

After the usual rush (5.40 for my first mile, I nearly fell over at the first corner in the muck) I found myself in 5th with a bunch of three pulling away. Running steadily I moved through a bit and was 3rd after 3k (10.58, more downhill than up at this point) because one of the blokes in front pulled up limping. I patted him on the back as I passed and he laughed!

I was quite happy now as I was in the prizes and seemed to be pulling further ahead of 4th, but the two in front were still in sight (behind the lead quad bike!). One of them was stronger up the hills and dropped the other by 5k (about 18.50-odd for me) and I got up to the second bloke at 6k, pulling ahead by 7k. Miles 4 and 5 were real slogs, 6.53 and 6.48.

With 2k to go we joined the only tarmac, a little lane from Epsom Downs to Walton-on-the-Hill that was stiffly uphill for the whole mile. I was knackered but the surface suited me better so I just kept plodding away; but every time I looked up I thought the leader was coming back. We were still climbing when I got to within 10 metres of him and just got stuck there.
He was probably listening to my feet wondering when I was going to get on with it; the truth is I thought I was right on the edge of my legs folding because of all the climbing. ***cont...***

***...cont***

We finally turned off into a field again and I pulled alongside with just 1km to go; as nonchalantly as I could I said to him, 'Alright?', to which he replied. 'No, bloody awful!' There was a final little rise before turning into the finish field and he gained 5 yards here with me thinking that's it, I'm too tired, leave him to it. But he was suffering too and at the top I was back again and we turned into the field with 400m to go side by side.

I was pretty disoriented at this point and was lucky the event had one of those big inflatable finish gantries so I could see where it was! There were 200m to a left turn for another 200m to the finish. We ran together for 100m and I jumped him with 300m left to try to get round the corner first, glancing back after the corner as my sprint died. I'd got the gap but he was reacting. He didn't give in, he was coming back, but fear of losing it got me to the line a second in front. The hardest 39.41 I've ever run.

This was a very well organised event actually, with a shorter 4k race and kids fun runs as well, refreshments, even chip timing. And Isabella (my 10 year old daughter) was well pleased with her engraved medal for doing the 1k fun run (the reason I was doing the event in the first place), far more exciting than seeing Dad win a race!

1st Tony Tuohy 39.41
141 runners
***Steve S added*** ..Tony Tuohy hasn't won too many races other than Parkruns, but here he had a tremendous race with a junior runner on a very tough multi terrain course and he won by a single second in 39:41 which as Tony has regularly been inside 35 of late shows the severity of the course

***Barry Dabrowski*** *appeared from out of the blue and wrote...* I joined in with the annual reunion of **Imperial College Cross Country Club Old Farts** but running 1st leg for them in the Hyde Park Relay.
There is obviously quite an advantage in running first as I was about 45 seconds faster than last year.
21:56 for the 5.14 km

## Tunbridge 1/2M Feb 27th

Managed 1h 55m.
Also seen Jo Shelton, Ajay Khandelwal, Josef Danko, Caroline Schumann.
Good running conditions, but I had forgotten about Heartbreak Hill at 7 miles!
cheers - **Steve Wehrle**

## Tunbridge Wells 1/2M Feb 27

*Caroline Schurmann writes*..On a bright almost sunny Sunday morning, a small delegation of Dulwich Runners made their way to the start of this years Tunbridge Wells 1/2M, under the supervision of Miss Kim Hainsworth whose tired legs did not expect that she would get a PB for a race advertised by the organisers as "testing terrain".

1,969 runners took part in the race, but one could not see a single charity runner amongst them. Does this qualify as a race for serious runners?, maybe. We had to battle up many steep long hills, followed by long descents. I am to pleased to say that none of our DR crew walked a single step.

The race was very well organised with a man-handed tagged baggage area, chipped-time, plenty of portaloos, jelly babies, water stations and marshals all the way, including some GU energy gels at mile 8. The goodie bags we all received at the end were heavy with bananas, cereal bars, water bottle, mini sport bag and for once we got to collect our tech tee-shirt before the race, which allowed us to pick the right size !

As we were changing into fresher gear post-race, the results were being printed and pinned on the wall and we were all delighted to see we had achieved good PBs with some knocking up to 12 minutes off last years time. Well done us!!

Mind you we were a bit surprised to see our names on the results sheets as being with Dulwich Park Runners! hopefully an email to the race organisers will put that right

| | | |
|---|---|---|
| 197 Kim Hainsworth | 91.38 | (Chip 1.31.29) 21W |
| 428 Caroline Schurmann | 99.05 | (Chip 1.38.23) 55W |
| 506 Ajay Khandelwal | 1.41.26 | (Chip 1.40.44) |
| 684 Joanne Shelton | 1.45.59 | (Chip 1.44.37 |

***Steve Smythe added***..though a testing course, there were big PBs for Kim and Caroline, Kim edging towards automatic London Marathon qualifying of 90 minutes, Caroline running 16 minutes quicker than 2010. Ajay was a few minutes up on his 2010 best while Jo Shelton was 10 minutes up on her 2010 best

## South London 10k, Sunday 27 February

Ola Balme had one of her best ever 'road' runs to go inside 40 minutes and finish third woman with new member Alexie Shaw, who has been impressing in training and is looking for a sub 3 in the Brighton Marathon, close behind in fourth.

| | |
|---|---|
| 3W Ola Balme | 39:57 |
| 4W Alexie Shaw | 40:25 |

## Gade Valley Harriers 17 mile training run 27th February

We spotted this run in Runners World and thought it would be a good distance for Barrie to do in his build up to the marathon. The running club is based in Hemel Hempstead and it holds three training runs targeted at marathon participants.

Although it is not a race and not timed officially, they ask for a £5 fee, which we had no qualms about paying as it went in part to a local premature baby unit and it also covered the costs of the run. It could well have been a race with mile markers, water stations and friendly marshals throughout, not to mention ample free tea and cakes afterwards.

Such was the popularity of the run that they staggered the start as the route quickly joined the narrow towpath alongside the Grand Union Canal. It was a real shame that the path has suffered in the wet winter weather and it was more akin to a cross country race - the first three miles demanded skills in dodging puddles and gloopy mud - without falling into the canal.

It was a relief to get onto the road, which made up the rest of the route apart from the final mile back along the canal. The scenery was lovely with the roads skirting forests and passing through open countryside. It did feel like a tough run though with three steep climbs after the strength sapping mud.
Barrie had a good run although found it hard work throughout. I went along with plans to do a relatively brief run, given I had only landed back from a 2 day business trip to Sao Paulo the day before.

The only route that seemed viable however, without going back to the dreaded gloop, was their 12-mile option, which had been a training run earlier in the year. I found myself on that route, therefore, and feeling quite tired on my longest run for a couple of years.

The tea and cakes were welcome afterwards as the rain started to come down. It's a shame their next training run of 20 miles clashes with the Paddock Wood otherwise it would be a good tester pre-London.

Lindsey Annable (12 miles) 2.00.32
Barrie John Nicholls (17 miles) 2.38
**Lindsey Annable**

## Parkruns 5km, Feb 19

### Crystal Palace

| | | |
|---|---|---|
| 11 Joe Brady | 22:51 | |
| 13 Bob Bell | 23.10 | |
| 14 Claire Steward | 23:11 | 2W |
| 15 Mike Dodds | 23:25 | |
| 21 Clare Wyngard | 24:53 | 5W |

### Bromley

| | |
|---|---|
| 2 Nolan Wilkens | 19:07 |
| 20 Martin Morley | 22:37 |
| 25 Colin Frith | 23:10 |
| 52 Clare Osborne | 25:46 |
| 88 John O'Byrne | 28:54 |

### Banstead Woods

| | |
|---|---|
| 2 Tony Tuohy | 18:09 |

### Brockwell

| | |
|---|---|
| 13 Andy Murray | 20:39 |
| 28 Giles Gibson | 22:16 |
| 59 Barry Walker | 27:02 |

## Roding Valley Half Marathon, February 27

This isn't a course for fast times lots of hills each lap (one of two miles and two of 5.5) and hardly any running along the valley and windy conditions too, made it hard.

Mike Williams in great shape did most of the leading with Clare keeping an eye on him and trying to run relaxed. They passed 5 miles inside 30 minutes with the 10 miles just over 61 minutes and when the finish approached, Clare kicked past and courtesy of a sub 5:30 last mile and fast track finish, she took almost half a minute off her PB.

Mike followed closely behind and smashed his PB. The third Dulwich runner was Rob Watts, After injury some way short of his 73:04 PB form he started slowly but he held Mike and Clare over the second half and finished just over a minute down.

Clare won the women's race by three minutes from Vicky Gill, a 32 minute 10k runner who beat her in the 10k in the London Duathlon last year and gained her third victory in three days.

| | | | | |
|---|---|---|---|---|
| 21 Clare Elms | 80:09 | (chip | 80:07) | 1W (PB) |
| 22 Mike Williams | 80:15 | " | (80:13) | (PB) |
| 30 Rob Watts | 81:28 | " | (81:22) | |

***Steve Smythe***

## Crystal Palace Canter

Ola first home in 19.24, I went around with Clare in 22.33, gallantly ceding 5th place to her at the very end – Ros is my witness – to protect my hamstring having very nearly torn it altogether in latter stages, matching Claire S stride for stride at the parkrun at the same venue on Sat..

**Mike Dodds**

## Surrey Road League and Kent Grand Prix

Dulwich Runners are registered in two local road leagues. By taking part in these races you can earn points for the club and take part in the individual championships. For details on these (including individual qualification for the Kent GP), see the Surrey Athletics or Kent Athletics websites. We have also included two of the races, the Ranelagh Richmond 10k and the Paddock Wood Half Marathon in our club championship.

As well as an opportunity to represent your club, these races are reasonably priced and mostly conveniently located way to trim time off those personal bests! Our league membership does not guarantee entry to the races, so make sure you enter in plenty of time.

**Charlie Lound**

| Date | Race |
|---|---|
| **Surrey Road League races 2011** | |
| 1 May | Sutton 10k |
| 8 May | Richmond Half Marathon |
| 5 June | Dorking 10 miles |
| 19 June | Richmond 10k* |
| 16 July | Elmore 7 miles |
| 24 July | Elmbridge 10k |
| 14 August | Wimbledon 5k |
| **Kent Grand Prix races 2011** | |
| 30th January | Canterbury 10 |
| 27th February | Tunbridge Wells Half Marathon |
| 6th March | Greenwich Meridian 10k |
| 27th March | Paddock Wood Half Marathon* |
| 23rd April | Folkestone 10k |
| June | Beckenham 10k |
| July | Dartford Half Marathon |
| September | Thanet Marathon |
| 2nd October | Sittingbourne 10K |
| 6th November | Deal 5K |
| * The Richmond 10k and Paddock Wood HM are also part of our club championship | |

## British Masters Indoors, Lee Valley, Feb 26/27

It was a fantastic weekend for the four Dulwich Runners who won seven medals between them. Clare Elms only got half the medals of her club mates but she did do the race between two road race victories!

While the others had done indoor races to prepare for the Championships, Clare was running her first track race since last summer. A big field meant a careful start and a very slow first 100 metres and any hope that anyone else might take the pace including her old rival Bernadine Pritchett who gave her a great race to the line when Clare set her first British record three years ago evaporated in that 20 seconds.

Clare then picked the pace up well and though well clear of the rest of the field she maintained a pace that gave her a chance of breaking her W45 GB indoor record of 4:38.05, however because of the lapped runners she lost a little ground on the last lap but it was still a world class 4:40.58 and she won the race beating W40 Pritchett by 14 seconds and she took gold in the W45s by just under half a minute. Ros Tabor also showed exceptional form, perhaps benefitting from the Thursday sessions she does with Clare, Mike and Ola.

First off was the 1500m where she was up against two record holders in her age group Nancy Hitchmough and Angela Copson but she kept her form well and finished strongly and her 5:40.88 at 61 was close to her best ever age performance of 5:34.05 in the 2009 World Masters outdoors. The 3000m the next day she was up against Copson, who was minutes ahead of her in last week's National. Ros held the gap to a few seconds until well past halfway and only began to lose form slightly after 2km.

Copson went onto set a world W60 indoor record and Ros who kicked the last lap well finished 20 seconds down to add a silver to the previous day's bronze. The time 11:49.96 was her fastest for five years and within 10 seconds of her lifetime best. In age terms it scored a huge 96.34%, her first run above 95% and second in club history only to Clare's 4:31.87 GB record 1500m of 96.83% While Ros and Clare's runs were good they weren't quite PBs but Tony Tuohy had his best weekend of running and in age graded terms his two best ever runs. First off was the 1500m where he had someone just ahead running a sub 4:30 pace and the lure of his first National medal.

*cont...*

***...cont***

Tony sensed after a 1000m that his rival was slowing and kicked past and held off his challenge to take the bronze and beat his lifetime best of the summer. The 3000m, Tony had what was probably a better run in terms of points though strangely on age graded terms scored a fraction less. Hanging on to the leading two M45until well past 2km after passing a mile dead on 5 minutes, Tony kicked past a M40 on the last lap and was only five seconds down on the runner up Anderson who is the World Masters Champion, Tony's time was 9.22.83. taking a huge margin off his PB and the second best by some distance for Dulwich veteran to Kofi Agyei.

Mike Mann did the same double and he started off with the 1500m. At halfway Mike seemed slightly off the pace of his two main rivals but as the pace slowed with around 400m to go, Mike kicked past into the lead and held his form well to go well inside five minutes. In the 3000m, he didn't run as well sharing the pace with his Irish rival Pat Timmons, who he has yet to beat and was running as a guest. After doing most of the work, Mike lost contact with Timmons in the last kilometre but he won the gold by 37 seconds from former winner Pete Hamilton.

**M45**

**1500:** 1 Anderson 4:15.13; 2 P Greaves 4:25.38; 3 **Tony Tuohy** 4:28.86 (PB)

**3000:** 1 R Andrew (MV) 9:13.69; 2 Anderson 9:17.97; **3 Tony Tuohy** 9:22.83 (PB)

**M60**

**1500: 1 Mike Mann 4:54.52**; 2 I Snow 4:56.47

**3000:** 1 P Timmons (IRL) 10:35.04**; 2 Mike Mann** 10:43.38

**W45**

**1500**: **1 Clare Elms 4:40.58**; 2 J Pidgeon (MV) 5:08.06

**W60**

**1500:** 1 N Hitchmough 5:23.58; 2 A Copson 5:26.81; 3 Ros Tabor 5:40.88

**3000:** 1 A Copson 11:29.52 (world W60 rec); 2 Ros Tabor 11:49.93

**Age Grading**

Ros 3000: 96.34%

Clare 1500: 94.97%

Ros 1500: 94.34%

Mike 1500 90.59%

Tony 1500 88.00%

Tony 3000 87.96%

Mike 3000 86.55%

**Steve Smythe**

## Meon Valley Plod – 27 February 2011

*Claire Steward writes:* Having now completed this event 8 times, forgive me if I find it hard to find a new slant for my report, if you have a sense of déjà vu as you read this – well done, your memory is obviously better than mine.

This year, car-parking was in a muddy field about half a mile from the race HQ (the Sustainability Centre, East Meon, near Clanfield), a pleasant stroll in the morning sunshine before the last minute preparations, bag deposit and a half mile jog to the start. The race director was his usual cheery self, warning the men that there had been complaints from an elderly lady last year about men 'getting their willies out'. Thankfully this had not been for the purpose of shocking or scaring her, but male participants were warned that she would be waiting with a hose at the ready should there be any further transgressions.

"Leave the sheep alone!"

After warning us to leave the sheep alone and keep our eyes open, he sent us on our way. Despite the recent heavy rain, the route was nowhere near as treacherous as last year, although there was still mud and puddles in abundance, and ample opportunity to nose-dive into the mire or slither into a slime-filled rut for those in less suitable shoes. A change of route to avoid erosion damage on the slope to the top of Butser Hill gave us a shorter, steeper, muddier ascent and an additional climb later on.

*cont...*

***...cont***

Despite starting out under blue skies it got progressively darker and rained on and off for the second half and feeling pretty damp and chilly I found myself slowing over the last few miles. The Garmin registered exactly 20.00 miles at the finish confirming that this is shorter than the previous route and this was reflected in the generally faster times.

Portsmouth Joggers do an amazing job to stage this event; club members are actively encouraged to take part by giving them a discount on the entry fee, and this year 52 of them took part, with a couple acting as sweepers to bring the last finisher home in just under 5½ hours.

Family and friends are drafted in for marshalling duties with 75 of them at various points along the route offering good humoured encouragement.

The feed stations were, as usual, handing out fruit cake, jelly babies, and 'Mars' bars. At the finish there was a short queue for the pressure washer operator to hose down muddy shoes and legs, and I was grateful for an offer to have my shoes untied. After pulling on several layers of warm dry clothes, downing a cup of coffee and a piece of cake, I jogged back to the car in the rain and turned the heater on full-blast for the return journey.

Winner: 2:21:02
122 Claire Steward 3:20:44 (W16)
354 finishers

## Brooks Serpentine 5km, Feb 25

Mike Williams had the start of a good weekend when he attacked this race from the off and ended with a good finish and he set a big PB of 17:26.

Clare Elms only went along to watch but couldn't resist a run and running within herself she did enough to win and maintain her unbeaten record.

20 Mike Williams 17:26
24 Clare Elms 17:53 1W

## Friday Hills – cancelled this week

| Venue | Start/finish | Meeting Point |
|---|---|---|
| Crystal Palace Park Rd. | Crystal Palace Park Rd – Bus stop just before top of hill | Bus stop top of Crystal Palace Park Rd |
| Summer Hill | Under railway bridge bottom of Summer Hill | Gosshill Rd. Chislehurst. Off Summer Hill. |
| Court Lane | Dulwich end of Court Lane | Same as start |
| Low Cross Wood Lane (Sydenham Hill Station) | Bottom of Low Cross Wood Lane. | Opposite Sydenham Hill Station |
| Canonbie Road | Westwood Pk end of Canonbie Rd | Westwood Pk end of Canonbie Rd |

| Venue | | |
|---|---|---|
| Crystal Palace Park Road | | 18/03 |
| Summer Hill | | 25/03 |
| Court Lane | | 01/04 |
| Low Cross Wood La (Syd. Hill Station) | | 08/04 |
| Canonbie Road | 11/03 | 15/04 |

**Hi all,**

Our pre marathon training run this Sunday starts from inside Roehampton gate of Richmond park at 0930. arrive by 0920 to park in car park. Distances up to 22 miles, predominantly off road around park and taking in Thames towpath and Bushy park.

This is a great run route with many runners on the route. Maps on the day

cheers – **Steve Wehrle**

# Preparation for London Marathon 2011

## SUNDAY RUNS, RACES AND REPS

***(Provisional – dates and events subject to change)***

Includes: middle and long distance multi-terrain / road races, Cross Country (XC) Fixtures on Saturdays

**Sunday runs at High Elms, Mile repetitions in Dulwich Park**

| Weeks to go! | Date | Event / Distance | Information |
|---|---|---|---|
| 7 | Sat 5 Mar | Mob Match – Orion Harriers | Epping Forest |
| 6 | 6 Mar | Richmond – 22 Miles | 9:30am Roehampton Gate |
| 5 | 13 Mar | 12 X 1 mile in Dulwich Pk. | Dulwich Park 9am |
| 4 | 20 March | 18 MILE RUN | Dulwich Park 9am |
| 3 | 27 March | Paddock Wood Half | CLUB CHAMPS |
| 2 | 3 Apr | 10 x 1 mile | Dulwich Park 9am |
| 1 | 10 Apr | Easy 10 miles | High Elms 9am |
| Zero | 17 Apr | **London Marathon** | CLUB CHAMPS – Marathon |

The traditional Sunday Dulwich Park runs start at 09:30 or 09:00 for longer runs for marathon prep.

For a more rural run, meet up with members of Orpington and Blackheath Clubs, 'HEROS' (High Elms Runners on Sunday) starting from High Elms at 9:00

For more information contact Steve Wehrle or Claire Steward

For XC events, contact the Cross Country Captains for further details

## SOUTH OF THAMES 7.5M, 19 MARCH

The organisers have now confirmed that this race at Farthing Down, postponed as a result of snow, will now be rescheduled for 19 March. Could all those originally entered for the race due to take place on 18 December please reconfirm your interest to your respective captains or let them know if you will not be available. Also entries are invited from anyone not originally entered. Responses are requested no later than 6 March. ***Mike/Kim/Charlie***

## Athletics Weekly: Club offer

Nb while the magazine may not be for the casual beginner, Athletics Weekly (which 2 Dulwich Runners work for) is now far more suitable for the club runner with articles on how to improve as well as the usual weekly list of race results and fixtures and news of the top Olympic sport. There is a special subscription offer now available if you go to www.subscribeme.to/athletics-weekly/cluboffer or call 01778392018 which if you subscribe gets you a free pair of hilly socks worth £11 and gives a donation of £5 to Dulwich Runners and gives you access to the digital version as well as the old fashioned paper copy which has had a redesign in recent weeks.

| ***XCountry Fixture List 2010/11*** | | | | |
|---|---|---|---|---|
| ***All fixture are on Saturdays unless otherwise stated*** | | | | |
| ***Date*** | | ***Event*** | ***Venue*** | ***Distance*** |
| Mar | 05 | Orion Mob Match | Epping Forest | 10m |
| | 12 | BMAF Champs | Perry Park, Birmingham | |
| | 19 | South of Thames | Farthing Down | 7.5m |
| | 26 | Vets AC XC | | |

## "*Letter to Clare....*

There are many exceptional Clare and Claires in our running club. One of them through a combination of hard work and talent has succeeded in making it to the top to take her place alongside the elite runners that represent their country. In doing so she has helped to put Dulwich Runners AC on the UK athletics map, both through her personal achievements and contribution to the women's team performances in cross country and road races.

We know that in past weeks and for a few to come, Clare Elms is facing a great new challenge – her first marathon, and what better choice than London.
The author of this piece had heard other club runners wondering how Clare's preparation was coming along, so decided to ask her in person.

This is also a good opportunity to let her and all the other Dulwich Runners at this years marathon know we are behind each and every one of them and that they can count on seeing and hearing plenty of support on the day, whether it be on the pavement or standing on benches.

**Running our first marathon for most of us, was decided on the spur of the moment and usually in a pub ! What triggered Clare's decision for her first time? Was it taken recently or something you had always considered doing at some point in your running career and as a major event to add to your race portfolio?**

*"As a non runner I remember watching the London marathon and secretly dreaming that one day I would run one. I didn't have the confidence or self-belief until I joined Beckenham Running Club in 2006 and realised that people can run that distance because they train for it. I applied in 2007 but didn't get a ballot or club place. In January 2007 I arrived at Ladywell track with Andrea for my first speed session and met the coach for the first time (he ignored me!)*

*Within weeks it became obvious I had good track speed. Track races followed and I was advised to stay away from marathons until I had more years of endurance training behind me and I had seen what I could run for shorter races first. Now having been training properly for 3 to 4 years my endurance has improved and hopefully I'm ready to run my first marathon.*
*Having watched others running around the course over the last 4 years, it will be interesting doing it myself and I am really excited and looking forward to my marathon debut!"*

**What is the longest distance you have ever run, race or training session before before starting marathon training**

*" I have done my longest ever runs during the last month, i.e. a few 20s and an 18 – some with much faster second halves. Before then most of my long runs wouldn't have been more than 13 miles or 90 minutes."*

**What has been the toughest marathon training session you have done and how did you cope with it?**

*"Apart from the longer runs my schedule isn't that much different. So far I have really enjoyed the long runs and found them relatively easy. I love to train and race and am lucky to be able to do so and I enjoy nearly every minute. The hardest part is having to cope with three very busy, lively children at home and making sure that my running doesn't compromise all their activities.*
*My coach is helping in terms of long run at week-ends; a medium length run of around 12 or 13 miles mid-week, track work, marathon pace training and races.*
*I have been building my long run up since January and also doing some miles at marathon pace. Last week I did 9 miles slow and then 9 miles in 6:45 mileing and then 2 miles slow jog.*
*I will be aiming to run my first ever 20 mile race shortly and also hope to run a fast half marathon this month and also get one long run in of maybe 22 miles. The important thing is not to get injured.*
*My mileage isn't that much – maybe 60 miles a week at most but the key is to do the two main endurance runs and try and keep the speed. I ran a 1500m Saturday and it was a shock to the system! "*
*(Ed. She completed it leading from the front in 4:40.58, one of her fastest times.)*

**Obviously, your overall fitness level is very high and should see you running a good time this April, but if you had to pinpoint them precisely, what do you think your other strengths will be for running a marathon, and conversely your weaknesses?**

*"I am so lucky to have my family who supports my running and makes it possible and also a dedicated coach. I am looking forward to the challenges of the next few months and really excited about the marathon. It is also an opportunity for the coach to prove he really is a 'super 6 coach'. His challenge is to get me ready to run a good time.*

*I have been advised to aim for a sub 3 hours for my first marathon because due to lack of long runs my endurance probably isn't equal to my speed. My speed should be my strength but maybe pace judgement and lack of confidence my weakness. If I follow my schedule over the next few weeks hopefully this will improve."*

**I won't ask what you're planning to have for breakfast on D-day as what works for you may not work for the rest of us, but on another note have you decided what shoes you intend to take with you to the starting line ?, I know for a fact there are quite a few eager people wanting to find out (well ... I am!).**

*"I tried a pair of Adidas for a half at the weekend. They were the Adizero Adios which are quite light but brought them as well because I liked their colour (they are red and blue, Dulwich colours!!) I will also maybe try Asics Racers which are a real favourite of mine! I am lucky enough to have just got a small sponsorship deal with Asics for shoes and kit, so it will probably be them! I am just trying shoes out at the moment and will probably decide after Finchley! If Finchley doesn't put me off running a Marathon all together*!!"

## 1066 RELAY MAY 8TH 2011
## ENTRIES REQUESTED

**Nick Brown writes:** Inspired by running in the Green Belt Relay, I am now organising the inaugural **1066 Relay** on behalf of my local club Hastings Runners. This will be a 5 stage off-road team relay following the historic route of the 1066 Country Walk from Pevensey, where William the Conqueror landed, to Rye.

The 34 mile event starts in the grounds of Pevensey Castle, one of Britain's oldest fortresses, and passes by such iconic landmarks as Herstmonceux Castle and Battle Abbey before passing through Battle Great Wood.

The final two stages cover some glorious countryside, including a fantastic panoramic view at Icklesham next to the windmill which Paul McCartney uses as a recording studio, before a fast, flat finish along National Cycle Network route 2 into the charming town of Rye. cont...

...cont

This is an ideal prep run before the GBR, and I would be happy to take any interested runners round some of the relay stages nearer the time.

There is an entry limit of 60 teams, so please book early to avoid disappointment. Check out the website www.spanglefish.com/1066relay for more detailed information

Also I would be happy to take runners around the course nearer the time, if people were interested in running some of the stages beforehand. There will be **a team** limit of 60 teams, so would be great if Dulwich could field several or more teams in this (only 5 runners per team needed!) – **Nick Brown**

### 1066 RELAY, 8 MAY: ENTRIES REQUESTED

Entries are now invited for this relay which Nick Brown is organising on behalf of Hastings Runners. It starts in Pevensey and finishes in Rye and takes place on Sunday 8 May. Since there are only 5 stages, it should be possible to enter several teams, but we need to get an early idea of numbers before submitting entries. Two reasons for taking part are that it takes in some fantastic scenery and it should provide excellent preparation for the Green Belt and Welsh Castles Relays, which follow shortly afterwards. Could all those interested please email me at mcmann90@yahoo.co.uk by 26 January

### Next events.

Sunday 20 March
Sunday 17 April

Trail – 12Km run with basic navigation, 1hr collect as many check points as you can £12.50
Sprint – 12Km run, 18Km bike with basic navigation, 2hr collect as many check points as you can. £20.00

Sam Mayne
TRI ADVENTURE
Trail Running - Navigation - Mountain Biking
(T) 07792453136
(W) www.triadventure.co.uk

## Tic Toc - Clock buddy wanted!

In a moment of extreme weakness I stupidly agreed to temporarily take over the bookings for the two race clocks that Dulwich Runners are the proud owners of. The hiring of the clocks brings in much needed funds for the club to spend on worthy needs for the club members. Peter Gibbons has done it for what seems like the last millennium and done it really well. It is a tough act to follow.

I suggested offering race organisers a special extra priced feature of having the clocks run slightly slow to create more PB's for their race – all new innovation eh?

But what is really needed is a clock buddy.

A clock buddy would deal with any booking that had to be picked up or returned if I am away. All you would need to do is a bit of e-mail or phone liaison and picking up the clock(s) when necessary so that the hirer can collect at their agreed time. You would need a bit of space in a shed or garage to store them while waiting for collection.

So, if you could raise that hand and volunteer to help I would be really grateful. I may even let you have first pick of the chocolate brownies on club night.
**Giles Gibson**.

**A few races which club members have supported in the past**
**Race entry forms will only be included for club champs races, you can enter most races at:**
**www.runnersworld.co.uk/events**
**or the address on the ads**

## BBC/DULWICH RUNNERS 18th Tour 2011

Starting to plan this year's trip to Majorca from Friday October 14th to Tuesday October 18th, ( 4 nights).
There is a marathon/half marathon and 10km, all starting at the same time on the Sunday. If interested let me have your name and a non refundable £10 asap. Either give to me or post to; 30, CHARTERHOUSE ROAD, ORPINGTON, KENT BR6 9EL
Total cost for flights and accommodation will be appx £350. This will be clearer when I have numbers.
First 50, so get moving! – **Steve Wehrle**

**36 PLACES NOW GONE FOR MAJORCA TRIP 14 – 18TH OCT. Last chance to sign up for this event**

## facebook

**Dulwich Runners** now have our own group on the flickr photo website (at long last). It already has pics from the Green Belt Relay and a growing selection of other content.
There is a link from the photo section of the Dulwich Runners website. Or use the following link to go there directly
http://www.flickr.com/groups/1411047@N20/

The group is currently moderated by me, as the flickr member with the alias 'two blue hoops' and there are further DR photos that are not yet in the group on my page. If you already use flickr and want to add some pics you need to visit the Dulwich Runners group and ask to become a member.

Once I have reviewed the application you will be able to add your flickr pics, initiate or contribute to discussions and generally build the group.
So seek us out on www.flickr.com. And help to make our

## BBC RUNNING CLUB
## Regent's Park 10K

**Date: Thursday 26th May 2011**
**Start Time: 6:30 p.m**
**Place: The Hub, Regent's Park London**

**First 100 only**To get an entry form for this race contact Steve Wehrle on steve.wehrle@bbc.com

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