SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 17th April 2013

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

- THE COMING WEEK –

Wed	**17**	**Club Night**, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7 for 7:15 start. Showers, Bar
Thu	**18**	**Beckenham Assembly league – open to all members**
Sat	**20**	**Parkruns – Free to enter,various locations 9am start** http://www.parkrun.org.uk/
Sun	**21**	**London Marathon**
Tue	**23**	**Track sessions with Steve Smythe** **Ladywell track** http://goo.gl/maps/92zNw Start 7:15pm, fee £2:60 pay at reception on entry. **NOTE this is the last session at Ladywell, from April 30 back at Dulwich track**

In your *SHORTS* this week !

3 Fixtures, Club champs, Assembly League etc
4 London Marathon info, who what , where
5 Race reports etc
7 Brighton rocks !
9 Wednesday night running map

And much more !

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An email with the title ***unsubscribe*** to the same address will remove you from the list.

DULWICH TRACK SESSIONS

Improve your speed & strength over all distances. Tuesdays with Steve Smythe are suitable for all abilities.

The sessions are between 7.15pm and 8pm and members should aim to get there to warm up at around 7pm

NOTE

Track sessions at Dulwich College Track start on Tuesday April 30.
The final Ladywell session is Tuesday April 23

LUCKY VEST

April winner was Charlie Lound.
Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win the £5 cash prize on the spot in the clubhouse that evening.

NEW KIT NEW KIT NEW KIT

new mens and womens vests and T- shirts,

Hoodies	**£15 each**
Vests	**£18 each**
T- shirts short sleeved	**£20 each**
T- " long sleeved T's	**£22 each**
Waterproof Jackets	**£25 each**

Available Wednesdays at the club – Ros

---------- *EVENT HORIZON* ---------

A brief look ahead

Apr 18 Beckenham assembly league
** note new date Thursday 18 April.
Apr 21 London Marathon

full fixture list page 3

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - Ros

NEW RUNNERS ROTA

Many thanks to Chris Loizou for taking out new runners last week.
If you are listed to take out 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 either swap with someone or let us know as early in advance as possible . Thanks. – **Ros**

Paul Keating	**17/04**
Graham Laylee	24/04
Alastair Locke	01/05
Charlie Lound	08/05

CLUB CHAMPS UPDATE

Dates have now been finalized for the 1 and 2 mile races this summer.
The 2 miles will take place at Dulwich Park on Thursday 20 June, while the Mark Hayes 1 mile will be held at Dulwich College Track on Friday 12 July

Sports Massage

Patrick O'connor writes…… You may know that I am a member at Breeze Yoga BreezeYoga@sut5.co.uk and receive their regular newsletters and offers.

Some of our club runners use the Sports Massage services of Nick Murrell but they may not know that he is offering a 20% discount on 1 hour massages in March / April to all Marathon runners.

I do not know if this is restricted to Breeze or if it is available to all his customers but the reduction may tip some people to go and get that treatment that helps them get round on the day

GREEN BELT RELAY

Following the cancellation of this year's event, we have decided to organise some Sunday runs on some of the stages across the North Downs as a partial replacement. We intend to run stages 16 (Lullingstone to Tatsfield, stage 17 (Tatsfield to Merstham) and part of stage 18 (a there and back run from Merstham taking in the off-road section).

The planned dates are 12 and 19 May and 2 June, and we expect to start at 10am. After the run the reward will be a visit to a local pub for refreshments and food. Each of the runs will be around 12 miles, but the first one from Lullingstone is quite tough but suitable for those who have run spring marathons or half marathons. If you are interested, regardless of whether or not you signed up for the GBR, please contact Martin or myself.

Mike Mann

SPRING RELAYS

We have now entered a team for the Welsh Castles Relay taking place on 8/9 June, but we still need additional participants as cover for injuries etc.

Although there are several tough mountain stages, many of the stages are relatively flat or even downhill and you only have to run once over the weekend. It is highly enjoyable social, as well as running, occasion, but for those hard pressed for time, it is not essential to spend the entire weekend in Wales, and some of the late Sunday stages can be done as a day trip from London.

Mike Mann

ASSEMBLY LEAGUE 2013

This year's Assembly League races begin in April.
For those new to the club, this is a series of 6 races roughly 5k in distance open to all members free of charge.

The races are normally held on the first Thursday of the month from April to September, starting at 7.15pm.
Dulwich Park and Battersea Park are 5k in length, Beckenham around 4.5k and Victoria Park at 5.5k.

18 April	Beckenham **note changed date**
2 May	Victoria Park, Hackney
6 June	Dulwich Park (also our 5k club champs)
4 July	Battersea Park
1 August	Victoria Park
5 September	Beckenham

Further information on venues and times will be provided nearer the time. ***Mike Mann***

DULWICH RUNNERS CLUB CHAMPS 2013

Races still to come in this year's club championships.

- 21 April — London marathon (or alternative)
- 6 June — Assembly League 5k, Dulwich Park
- 20 or 27 June — 2 Miles, Dulwich Park
- 12 or 19 July — 1 Mile, Dulwich College Track
- 1 September — Lingfield (Dry Hill) 10
- 5 October — Trail race, Lloyd Park parkrun

The usual rules apply with the 8 races split into long and short categories. The marathon, half marathon, 10 miles and 10K will be classified as long and the remainder short.

4 races to qualify, including at least one from each of the 2 distance categories.

Mike Mann *(on behalf of ADSC).*

Wednesday Night Map

On page 9in SHORTS is the map for this weeks Wednesday night runs. 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 them in the clubhouse.

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.
Arrives around 9.
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 ! - **Ros**

DULWICH RUNNERS 2013 FIXTURES

Assembly league races are free and open to all club members and no advance entry is needed, just turn up and run. Details will be posted nearer race dates

Date		Race		Venue
Apr	18	Beckenham Assembly League **note changed date**		Beckenham Sports Club, Foxgrove Rd
	21	**London marathon (or alternative)**	L	**London**
May	2	Victoria Park Assembly League		Victoria Park, Hackney
Jun	6	Dulwich Assembly League 5k **(club champs)**	S	Dulwich Park
	20	**2 Miles club champs race**	S	**Dulwich Park**
Jul	4	Battersea Park Assembly League		Battersea Park
	12	**1 Mile club champs race**	S	**Dulwich College Track**
Aug	1	Victoria Park Assembly League		Victoria Park, Hackney
Sep	1	**Lingfield (Dry Hill) 10**	L	**Lingfield (Dry Hill)**
	5	Beckenham Assembly League		Beckenham Sports Club, Foxgrove Rd
Oct	5	**Trail race, Lloyd Park parkrun**	S	**Lloyd Park**

Surrey and Sussex Track & Field Masters Championships 2013 Held under UKA & WMA Rules for competition
1st June 2013 Ewell Court (King George's Recreation Ground), Poole Road, Epsom KT19 9RY
The entry for the Surrey, Sussex and Open Masters Championships is now open. Entry via online only at: https://www.jctsportssolutions.com/event-booking/event.php?id=14
Awards:
Surrey County Medals for 1st, 2nd and 3rd (5 year age groups).
Sussex County Medals for 1st, 2nd and 3rd (5 year age groups) subject to achieving the standard, details available on the Sussex Athletics Association website.
Entry: To enter a Surrey County Championship you must possess a current Surrey qualification. Details of the UKA rules regarding County qualification can be found at www.surreyathletics.org.uk/qualification where there is also a definition of what constitutes the county of Surrey for this purpose. ↗

To enter a County Championship you must not have competed in another county's championship nor have represented another county in inter-county competition during the current competition year which commenced on 1st October 2012.
Athletes from other Counties can enter as guests.
Events: 100m, 200m, 400, 800m, 1500m, 3K walk, 5k, 300mH, 400mH, HJ, LJ, PV, HT, DT, JT, SP, and H/Hammer.
Booking closes midnight 10th May 2013 - no late entries.
The timetable will be sent to all entrants after the closing date and will be posted on the Surrey CAA website.
£5 per event plus 5.4% Paypal booking fee (regardless of number of events entered).

Helpline number: 07968 131 577 up to 9pm

Masters Fixtures

These are the main British Masters fixtures. The main club event will be the BMAF Road Relay Championships, where we have done well in recent years.

There are M35, M45, M55 asnd W35 and W45 and W55 events and we could have teams in all of them. Last year we won the W45s and medalled in the W55s and were well up in the M45s (6th) and M55s (4th) and should do even better in 2013 and could do well in the W35s and M35s too.

May 18	BMAF Road Relay Champs.	Sutton Park
Jun 16	BMAF 5km road Champs.	Horwich
Jun 23	BMAF 10k track women's Champs.	Oxford
Jul 27/28	BMAF 10k track men's Champs.	Oxford
Aug 18	BMAF 10km Champs., Pollok Ctry. Pk.	Glasgow
Sep 14/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs.	Porte Allegre, Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Colwyn Bay

Kent Grand Prix and Surrey Road Leagues

As well as the races we select for the Club Championships and the Assembly League races, listed elsewhere in Shorts, we also take part in the Kent Grand Prix and Surrey Road Leagues.
Some of these are designated County Championship races for the given distance, for runners that are suitably qualified. In addition, all runners can accumulate points over the season to compete in the league by age category.
For more details see the following links:
Kent Athletics:http://www.kcaa.org.uk/road%20races.htm
Surrey Athletics:http://www.surreyathletics.org.uk/road/league
Charlie Lound

Kent Grand Prix		**Surrey Road League**	
tbc	Beckenham 10k	2 Jun	Dorking 10 miles
tbc	Mount Ephraim 10k	23 Jun	Richmond 10km
tbc	Kent Coastal Marathon	13 Jul	Elmore 7 miles
tbc	Tonbridge 1/2M	21 Jul	Elmbridge 10km
tbc	Sittingbourne 10m	11 Aug	Wimbledon 5km

DULWICH RUNNERS LONDON MARATHON SUPPORT

THIS SUNDAY

Please come out and support our runners THIS SUNDAY.

Your support means so much to our runners, especially if the weather is poor.
If you have your own favourite viewing points thats fine !

If not, why not come and join us at the 17.5 mile point near Canary Wharf.
This is an area that is not overcrowded and there is an Asda Store close by.
This can be reached from London Bridge (Jubilee Line) or D.L.R.(from Lewisham, Greenwich etc).
We can also easily get to the Marquis pub afterwards (at Chandos Street, close to Charing Cross Station) where we can meet our runners and (hopefully) celebrate.
If you are joining us, please meet at the ticket ofice at Canary Wharf Station at 10.0 am.

Thanks for your support.

FRIDAY TRACK SESSIONS

The response has been good so we are looking to start this on Friday 26th at Dulwich College Track, College Rd. Dulwich. Start time is 7:15pm so please arrive at 7pm for the warm-up.

Duration is approximately 1 hour and it is aimed at all levels. Remember people running at 13min+ pace will improve far more than a currently faster runner!!
Any questions/comments then please contact me.
Martin Morley

BRITISH BUPA 10Km May 27th

This event includes the British 10km championships and we can put in 6 free male and 6 free female entries and places will go the six most likely fastest runners available.
Contact Steve Smythe for details
stevesmythe2006@yahoo.com Or
steve.smythe@athleticsweekly.com

BUPA Westminster Mile

The organisers of the 10km above have asked the club to publicise details of the BUPA Westminster Mile which will be held the day before on Sunday May 26.

They are planning 50 different races on a road course from the Mall to Buckingham Palace, and the event will contain the first ever British age group Mile Championships and should be a fun event, and possibly even a good warm up for the 10km.http://www.bupawestminstermile.co.uk/

SPECTATORS GUIDE TO LONDON MARATHON

Chris Vernon writes

After the harrowing scenes from the Boston Marathon on Monday it is time to focus on our home event on Sunday.

We have a great turnout of 30(as far as we know) Dulwich Runners this year more than we have had for several years and with a very strong womens team who could podium.

The following is the list of those we know about with anticipated finishing times(thanks to Steve Smythe) to give you a clue when to expect them round the course.
Sub 2.40: Buzz Shephard
Sub 2.45/sub 2.50: Charlie Lound,Shona McIntosh,Alistair Locke,Lawrence Avery(Kent AC 2nd Claim)
Sub 3.00 :Steve Smythe,Steve Smythe(the elder)Tom Marshall,Emily Gelder,Jim Estall (Belgrave 2nd Claim)
Sub 3.10/sub 3.20 :John English,Toni Holt,Mel Edwards,Charlie Wood,Ola Balme,Chris Treble,Josef Danko
Sub 3.30 :Claire Steward,Robert Balzanella,Andrew Bright,Oliver Montford
Sub 3.45 :Kim Hainsworth
Sub 4.00/sub 4.30:Barrie John Nicholls,Steve Wherle,Jim Dowsett,Ajay Khanderwal,Per Hedberg
Sub 5.30 :Susan Vernon,Roy Hibberd,Steve Street.

It would be a great help if you could send me your running number(so we can track you from the Pub!)and whether you will be wearing a Dulwich or a charity vest.(vernonrun@aol.com)

Ron and his Posse will be at 17.5m and many others will be round the course cheering you on.

GOOD LUCK TO YOU ALL

British Masters Relays, Sutton Park, May 18

With the Green Belt and Hastings Relays cancelled, all those over 35 can focus on these relays where we have traditionally done well at – a few are away on holidays but most of our top runners are available and we hope to field teams in the W35, W45, W55, M35 and M45 and M55 events. Contact Steve Smythe for details.
stevesmythe2006@yahoo.com or
steve.smythe@athleticsweekly.com

The Turks Head 10km 9th June

run in the Marble Hill area along some of the Cabbage Patch course.
For those not running in the Welsh Castles it looks a nice one to do and there's entertainment and food in the local pub afterwards.
It is being held as part of the Twickenham Alive Riverside Festival. See *www.bearcatrunningclub.com/turks-head-10k*

Race Reports & Results

Unless it's a club champs race, one of the more local parkruns or other major club race which **Steve Smythe** kindly finds & collates results for us, then it's highly unlikely that your results will be appear here in SHORTS
So to make sure your race results, road, fell, XC, Tri etc, are mentioned please send them in, and if you can write a report to go with it even better.

5km Results, Sat 13th April

Brockwell

Another win for Ola.

20 Mark Foster	19:32
24 Lewis Laylee	19:54 (PB)
31 Bruce Blackwell	20:12 (eqPB)
1W/37 Ola Balme	20:43
14W/91 Katie Balme	24:41

176 ran

Bromley

4W/40 Lucy Elms 22:28 (PB)
64 Colin Frith 23:40
272 ran

Burgess

30 Paul Keating 24:22
32 Barry Evans 24:34
60 ran

Crystal Palace

9W/39 Jane Harbage 25:06
86 ran

Dulwich 1st Birthday Run

Huge thanks to our six pacers who helped make Dulwich parkrun's first birthday such a great success.

Jozef Danko, Paul Devine, Ajay Khandelwal, Ian Lilley, Alastair Locke and Ebe Prill all did a wonderful job which was hugely appreciated by everyone.

Twenty-seven Dulwich Runners ran with 11 PBs, including Ian Sesnan who celebrated winning the men's annual points award by finishing under 21 minutes for the first time.

Pacers at Dulwich parkrun will become a regular event now, shared among the local clubs. News to follow in Shorts.
Rob Cope

On it's first birthday there was a record field and though we had lots of pacers, there were quite a few PBs. Ed Hills was the fastest as he chased Tony though perhaps the most notable was Ian Sesnan who took 21 seconds off his overall parkrun best in his 67th parkrun.

6 Tony Tuohy	16:57 (1M50)
7 Ed Hill	17:05 (PB)
13 James Burrows	18:57 (PB)
24 Alastair Locke	19:32
25 Steve Ackroyd	19:35 (PB)
27 Andrew Bright	19:42
32 Paul Devine	19:48
47 Mike Fullilove	20:22
48 Andy Cottrill	20:23 (PB)
57 Ian Sesnan	20:49 (PB)
58 Jozef Danko	20:56
59 Duncan Wilson	21:18
8W/85 Claire Steward	22:47
90 Ebe Prill	22:54
95 Grant Barnes	23:22
98 Barrie John Nicholls	23.31
10W/96 Jo Shelton	23:29 (PB)
101 Sam Crump	23:37
106 Mick Mead	24:01
20W/115 Lindsey Annable	24:23
21W/116 Belinda Bell	24:33
25W/122 Penelope Bell	24:49 (PB)
128 Rob Cope	25:02
30W/134 Stephanie Burchill	26:00
145 Ian Lilley	27:04
55/173 Susan Vernon	30:39 (PB)
174 Ajay Khandelwal	30:40

183 ran (record: previous best 161 race 1)

Gunnersbury

Chris Vernon writes

Another Saturday another tour,this time next to the North Circular in Acton.It sounds grim but Gunnersbury is a lovely park with a figure of eight one lap run,most of which is on tarmac.It is flat and fast(sub 16 record) and is the home parkrun to Ealing Eagles RC(founded in 2009 with a rather boring black and white strip but a great soaring eagle logo)

The start is wide on grass but funnelling down to a boggy bit 2m wide after 100m remeniscent of the old STFR,who remembers that? After the initial rush I knew that a 2.5 hr run with Sue the day before had been a mistake and from then on I crawled ,watching the field stretch out ahead.At the end of the first loop, just over half way, I met the winner running in to the finish.

The second loop is the best bit of the park,a grand lake in front of the imposing Gunnersbury House,a playground,golf course,cafe and avenues of trees.Eventually the torture came to an end as I paddled thruogh the mud and over the line. Then it was off to the excellent cafe to swop stories with a couple of old BA runners who had been on the NY Marathon trips in the 80's. My verdict,a great parkrun with a friendly crowd, worth returning to
in the summer with a picnic.The Eagles 10k in May should be a good one.

185 Chris Vernon 32.50 (2Vv65)
209 ran

Hilly Fields

Ben's 12th consecutive parkrun victory out of 13 races.
1 Ben Fairhall 18:01
63 ran

Orpington

9 Paul Hilton 26:34
36 ran

Riddlesdown

2W/19 Angie Norris 23:32
79 ran

Thames Towpath Ten 14th April 2013

Although the kitchen cupboards are filling with Thames Towpath pint glasses collected over the years, this race is too good to miss. It followed its usual riverbank course from Chiswick Bridge, to Richmond and then by road to Kew and a return to the river.

This year the only change was the absence of the usual shower and refreshment facilities.

The sports club was asking an extortionate £4000 to hire the clubhouse – so much for the legacy of the Olympics and promotion of grass root sports. We therefore congregated in the field at the start with scant facilities – in fact a probable miscalculation on the requirements for portaloos meant massive queues and a delayed start.

By the race off it seemed quite warm already although there was quite a breeze in parts. We soon realized the parkrun the previous day had left us feeling tired. Barrie had in mind to take the race at a steady pace in light of the impending marathon. I decided to treat it as a training run although managed to pick up the pace in the last two miles to dip under the 90 mins.

Claire and Jo, both TTT loyalists, were there too to fly the Dulwich flag and seemed to have good runs. Mike was also there but we didn't manage to see him.

This year there was the added bonus of something to put in the usual pint glass memento – a pint of London Pride! We saw one chap had already downed his pint straight after the race. The cans were temptingly cooled and probably very refreshing in the increasing warmth of the mid morning!

No doubt we'll be back for more pint glasses next year…

143	Claire Steward	1.17.35 (1.17.14)
169	Jo Shelton	1.19.23 (1.19.01)
212	Mike Crilly	1.23.04 (1.22.44)
258	Barrie John Nicholls	1.26.04 (1.25.58)
311	Lindsey Annable	1.29.49 (1.29.41)

509 ran

DARENT VALLEY 10K SUN. 14 APRIL

10 Dulwich runners enjoyed this challenging multi-terrain race in warm sunshine.

		gun	chip	
6	Tony Tuohy	36:41	36:40	6th, 1MV50
34	Neville Webb	40:51	40:49	
44	Paul Devine	41:58	41:54	
?	Mike Fullilove	43:55	43:50	
102	Mike Mann	45:00	44:54	
131	Ros Tabor	46:24	46:17	1FV55
145	Graham Laylee	46:54	46:47	
173	Andy Murray	48:20	48:07	
473	John O'Byrne	1:05:05	1:04:35	
521	Richard Pole	1:10:09	1:10:01	

Ros Tabor

National Youth Relays, Sutton Park, Birmingham, 14th April

U13 Boys 3x3.863k

With 46 completed teams, Oscar's Blackheath team did well to finish 9th overall. Running on 2nd leg Oscar sensibly took the first hill steadily and worked hard to hold off some very good teams before handing over. He was 17th fastest on his leg in 15.02. Tonbridge A won comfortably.

Duncan Hussey

Maxifuel Duathlon, Eton, April 13

(long 5k, 20k bike, long 5K)

On a fast traffic-free course that surrounds Dorney Lake, Clare Elms won fairly comfortably and was easily the best runner and the third best cyclist and won by just under two minutes.

Steve Smythe lost his chip and didn't get an official time until almost a minute after finishing when he found it on the start line! He was first M50 by five minutes and did much better on his bike than the runs.

1W/11 Clare Elms71:23
(18:42¸ 0:27, 32:02. 0:29, 19:41)
22 Steve Smythe 73:00 (officially 73:58)
(20:00, 0:30, 31:00, 0:30, 21:00)
98 ran

Kent Young Athletes League, Bromley, April 14

Division 2 800m

In very windy conditions, Alex Elms wasn't expecting to run his best time but perfectly paced to 500 metres, Alex kicked to victory in the last 200m and took three seconds off his PB. He also did a 11.80m throw in the discus.

1 Alex Elms 2:18.0 (PB)

Brighton Marathon

Anna Thomas writes…Sunday 14th April – the day spring seemed to arrive and the date of my 2nd marathon. I have tried to blank my 1st attempt at a marathon from my mind. But I still get flashbacks of Milton Keynes, driving rain, misery and slowing to a near walk. Second time round I wanted to see if I could run a better paced, hopefully faster race and ultimately to work out if I even liked running marathons?!

This time I was better prepared having followed one of Steve's training plans (I now don't know what to do with my life!), tapered properly and tried to have a restful last week before the race. I lined up on the start line in Preston park along with over 10,000 other runners thinking 8 minute milling here I come! The route was mainly flat except for a steady uphill for a few miles near the beginning. It followed the coast out east and then back through the town centre to the west and the oh so scenic Portslade powerstation. The final stretch was along the coast to finish just past the pier.

As the route looped back on itself quite a bit I got to see the front group of elite men and women running like the wind. Records were broken in both the female and male races by Kenyans Eunice Kales and Dominic Kangor. It also meant I caught regular glimpses of fellow Dulwich Runner Clare Quirico and her dad who were also running.

I had lots of friends and family supporting me along the route which was amazing and made a huge difference. I was on pace until about mile 18 when I felt my legs get heavier and my speed decrease like a durcell bunny losing power. Even a shot blok and saying positive mantras couldn't speed me up! However this time I knew I could make it to the end. Moments of elation were followed by moments of wanting to stop. I started counting down the last few miles. It's only one more parkrun to go…its only once round Brockwell park to go.

There was a crowd cheering all the runners on for the last 3 miles and I finished feeling victorious in 3hr 42m 08 sec (chip). Not quite the 3hr 30 I wanted and just like my 1st marathon I still lost pace in the last miles but still a personal best of 22 minutes! More importantly will I ever run a marathon again?! Despite aching quads and knees I think Brighton has won me over. As a 2nd timer I have concluded that they don't get any easier! You still want to give up at points. You just know what to expect and have more confidence that you can do it.

Anna Thomas
03:42:08 (Chip time)
03:43:01 (Gun time)
105 out of 3177 women

Clare Quirico
04:09:12 (chip time)
04:10:32 (gun time)
582 out of 3177 women
9067 finished
1st woman – Eunice Kale 2:28:50

Saturday 27th April 2013 – Post Marathon Rock Mayhem with English Rogues!

Have you got post-Marathon blues? Well not yet, and hopefully not all. Either way, you will definitely need some post-Marathon ROCK! 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'!

I think I've done most of these 'jokes' before so 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, especially since the last one got cancelled, and that was January. 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 – you need it and you need it now!

So once again it's exciting, edge-of-your-seat, totally unrehearsed live music guaranteed – it's time to really let your hair down (I can't anymore but don't like to talk about it)! Get on the 'Highway to Hell' and come and 'Love The One You're With'! And then……oh, I'm doing all those old song title jokes again……..

And as if any more persuasion is needed, the gig's at the not-too-distant William IV, 116 Croydon Road, Elmers End, Beckenham BR3 4DF, start about 9pm – and it's totally FREE.

http://www.randompubfinder.com/pubmap.php?Name=William_IV,_116_Croydon_Rd,_Elmers_End,_Beckenham&Pub=725

Tony 'Thundersticks' Tuohy.

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

The 7 Meanest Ways to Win a Parkrun

Since I had no victory to celebrate last Saturday (just a lot of sweat on Sunday's training run), why not sharing my favourite recipes for running glory with you? After all, if nature hasn't favoured you, hard graft is not your way and age is against you, it's time to even the odds!
So, in no particular order:

Befriend your local dog walkers: the strategic employment of groups of dogs in the path of any competitors annoyingly in the lead or disturbingly nipping at your heels will not only liven up the otherwise monotonous sight of a file of panting sportspeople but also see you on a clear(ed) way to a well deserved win. Note: Border Collies are especially valuable in their natural ability to herd live stock in the required direction, i.e. away from the finish.

Pick your local health scare:
a little bit of make-up can work wonders. For instance there are two new parkruns in the Swansea area where showing up on the start line with bright red dots on your face might give you the required head start for success.

Use political fervour:
as an astute follower of current affairs you might for example target a parkrun in the old Finchley constituency. Here the sudden apparition of a recently deceased former PM - you need to fork out a bit for a good look-alike impersonator; forget Meryl Streep - will certainly awe everyone (except you) to a standstill.

As an admittedly risky alternative you could regal your fellow parkrunners at the line-up with a hearty rendition of that classic Wizard of Oz number: "Ding Dong The Witch is Dead!". After that in all likelihood you might need to run as fast as you can, albeit maybe not in the direction of the finish. Note: Don't do that in a Dulwich vest!

Financial Clout:
Bribe everybody!

Number Crunching:
The Saturday before the London Marathon is a particularly auspicious day to target for your parkrun triumph. No hard-training, hard-tapering marathon hopeful will risk a flat out 5k performance 24 hours before the great event. For this to work you need to know which runners faster than you at any particular parkrun are likely to do the marathon.

So lots of checking and cross-checking at various websites required. Hire an expert at Monte Carlo Simulation (Patrick!) to get the probabilities for each parkrun. Then you pounce!

The power of promotion:
Set up a sports drink company. Mix something remotely palatable out of water, sugar, salt and artificial colouring.

Give it a dynamic brand name like Superboosterpowermate-TM and employ some PR campaign. Sponsor parkrun to give out free samples before the start with a prize draw for a weekend to the Las Vegas Marathon. Spike the samples with LSD and you will be the only one not dreamily wandering off to the horizon ...
You even might have stumbled on a profitable business, once you avoided a lengthy spell in prison.

Make your own:
If Kip Litton, the Michigan dentist can do it with a whole marathon http://worldrecordrun.com/) so can you with a mere parkrun. Set one up in a remote corner of the world (Iceland? Someone tried that already. North Korea? Good idea! They have marathons there! Just last Sunday in Pyongyang!) register it with parkrun, fabricate the results and claim your victory. If it's North Korea, I guess Kim Jong-un has to win the first ten ones, but then it's your turn!

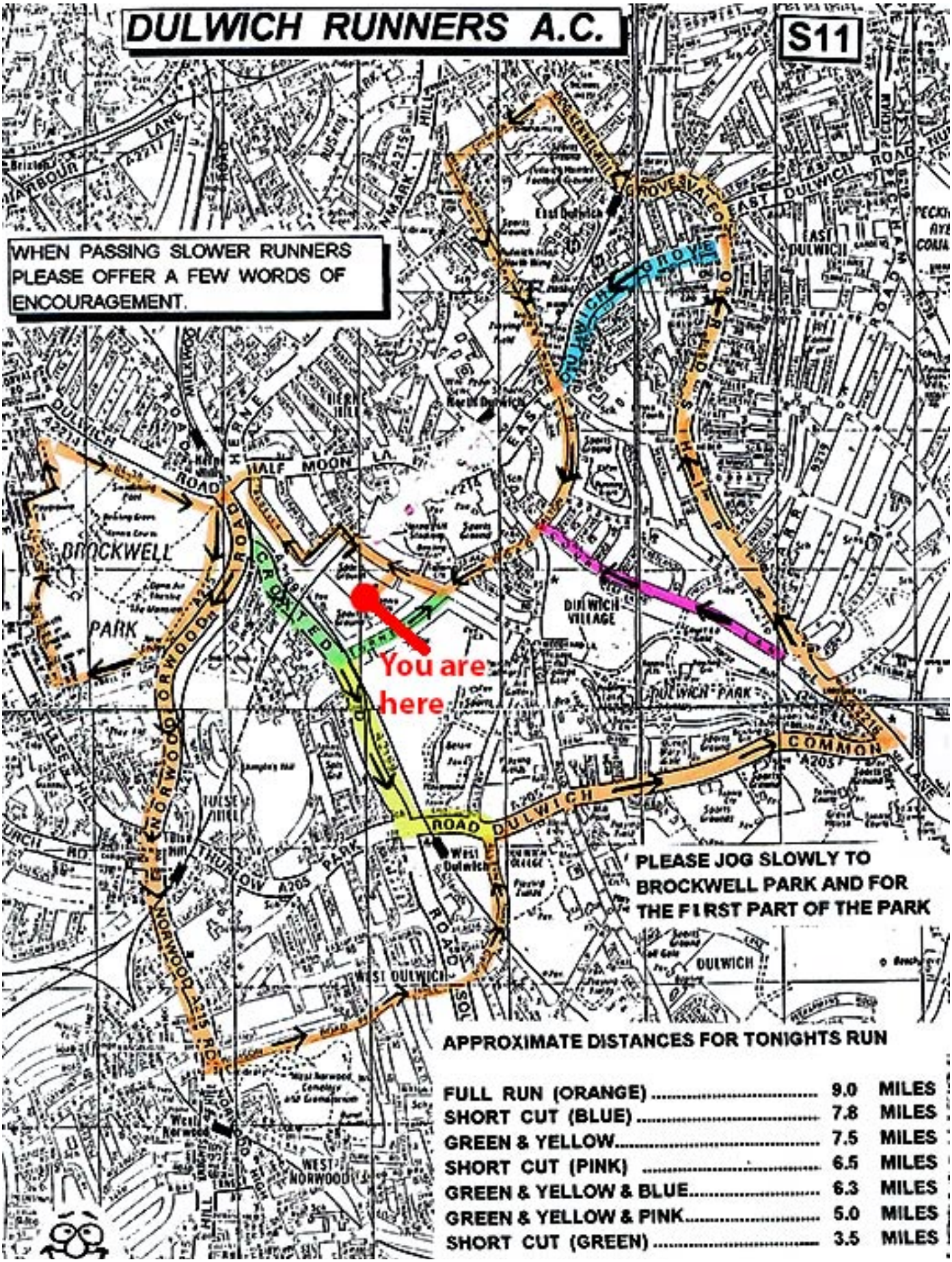
Enjoy crossing that line,

Yours sincerely
Ebe

DULWICH RUNNERS A.C.

S11

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	9.0	MILES
SHORT CUT (BLUE)	7.8	MILES
GREEN & YELLOW	7.5	MILES
SHORT CUT (PINK)	6.5	MILES
GREEN & YELLOW & BLUE	6.3	MILES
GREEN & YELLOW & PINK	5.0	MILES
SHORT CUT (GREEN)	3.5	MILES