SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 27th March 2013

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

- THE COMING WEEK –

Wed 27 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 30 **Parkruns – Free to enter,various locations 9am start**

Tue 02 **Track sessions with Steve Smythe**
Ladywell track http://goo.gl/maps/92zNw
Start 7:15pm, fee £2:60 pay at reception on entry. **Fusion Gym members entry is free**

In your *SHORTS* this week !

3 Fixtures, Club champs, Assembly League etc
4 Marathon Training Schedule
5 Race reports etc
10 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.

Tuesday track sessions are now in full swing at Ladywell. http://goo.gl/maps/92zNw
Around 20-30 club members attend these over a wide range of speeds. The sessions are between 7.15pm and 8pm and members should aim to get there to warm up at around 7pm
If you are a Fusion Gym member then entry is free , all others £2.55 pay at reception

---------- EVENT HORIZON ---------

A brief look ahead

Apr 18 Beckenham assembly league
** Assembly League race at Beckenham has been put back put back to 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 **Ameet Patel, Charlie Lound** 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**

Jo Hewett	**27/04**
Roy Hibberd	03/04
Paul Hilton	10/04
Paul Keating	17/04

Birthday

As some will know, it was my 60th birthday on 17 March. I am currently away in San Sebastian, mainly watching Ros, Tony and Mike at European Vets indoors (starting with 3000m on Tu 19th) but am competing in my new age group in the cross country on Sunday.
When I get back please join me in celebrating my birthday at the Edward Alleyn Club, Wed 27 March after the run - I will buy a drink for all there.
Andy Murray

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

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.

At present one team of 11 is entered for the Green Belt Relay, taking place on 11/12 May but would like to enter a second team if more come forward.

Mike Mann

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

LUCKY VEST

March winner was **Sue Cooper** 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

Wednesday Night Map

On page 10 in 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.

ASSEMBLY LEAGUE 2013

This year's series of Assembly League races begins in April. For those new to the club, this is a series of 6 races of 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.

The races at Dulwich Park and Battersea Park are both 5k in length, while those at Beckenham are shorter at around 4.5k and at Victoria Park longer 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. Please register early for the Chichester 10k to avoid disappointment.

Mike Mann *(on behalf of ADSC).*

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.

Mar 16	BMAF Champs.	Sunderland
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**	
7 Apr	Paddock Wood 1/2M	5 May	Richmond 1/2M
14 Apr	Darenth Valley 10k	12 May	Sutton 10km
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

BRITISH BUPA 10Km

May is going to be a busy month again this year with plenty of club events and relays.
For those aged 35 to 60, who are are amongst the best in their age group in Dulwich, it is hoped that they will be available for the British Masters Road Relays at Sutton Park on May 18.
For all ages, On Monday May 27, Dulwich have been invited to take part in the National 10km Championships at the BUPA British 10k in Central London which the women won a significant amount of money last year.
There are six free places available for men and six for women
At the moment the six fastest men in 2013 are Buzz 32:33, Tony 34:31, Dave B 36:56, Neville 37:43, Rupert 37:51, Wayne L has a 35 time fromlast year and subject to fitness would be in the team ↗

Next in line: Steve S 37:58, Ebe 38:11, Chris T 39:21, Rob C 39:20 (Chris beat him on gun time), James B 39:32
No road times yet for: Alastair L, Duncan H, Paul D etc
Shona isn't available (on honeymoon!)
The six fastest available women are Clare Elms 36:14, Catherine Lee 37:17, Charlie Wood 37:43, Mel Edwards 40:27, Kim Hainsworth 40:33, Ola Balme 40:43
Next in line: Nicola Richmond 42:54, Anna Thomas 44:17
No road times yets for Elkie Thorndyke, Andrea Pickup, Cara Oliver, Emily Gelder, Ros Tabor, Angie Norris etc
Please contact stevesmythe2006@yahoo.com to confirm your availability.↗

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/

British Masters Relays, Sutton Park, May 18

At present we look like we could potentially be fielding 6 different teams and most would have medal potential based on our strongest squads: the M35-44 led by Buzz, where we need 8 (but may need some older runners), the M45-54s led by Tony and Charlie, where we need 6, The M55s where we need 4 and have 8 potential runners, the W35s where we need 4 led by Emily Gelder, the W45s where we need 3 led by Clare E and Ola, the W55s, where we need 3, led by Ros.

Race Photos: NB Jeremy Hemming took photos of most Dulwich Runners at Lydd and they are available on www.imagetogo.net/go/?26672

RUNS, RACES AND REPS

To help you prepare for London Marathon (or Paris or Brighton) – 3½ to 4½ hr pace
Including: mid and long distance multi-terrain races, cross country fixtures
Sunday runs at High Elms or Dulwich Park; mile intervals in Dulwich Park
Local Sunday runs will be scheduled on a week to week basis

Date		Event / Distance	Information
Mar	31	**HERoS at High Elms 17miles**	Trail run - 09:30 – The Grasshopper, Westerham TN16 2EU
April	7	**Paddock Wood Half**	http://www.paddockwoodac.co.uk/
	14	**tbc – Thames Towpath 10**	Chiswick – http://www.west4harriers.com/
21 April		**London Marathon**	**Blackheath to The Mall**

Races Mile reps Long runs

As a Sunday alternative, meet with 'HERoS' (High Elms Runners on Sunday) for a mostly off-road, start from Cuckoo Wood car park, High Elms Rd, between Green Street Green and Downe in Kent at 9am, usually two pace/distance groups, min ~10 miles

For more information contact Steve Wehrle or Claire Steward

Alternative Sunday race options:

24 March Hastings Half http://www.hastings-half.co.uk/
Cranleigh 15/21 - Choice of 15 or 21 miles http://www.mabac.org.uk/index.html

FRIDAY TRACK SESSIONS AT DULWICH COLLEGE 2013

Friday track sessions will be run subject to enough people committing to turning up on a regular basis.
This is so that the sessions do not cost the club money for hiring the track from Dulwich College.
This will mean we need 10+ runners at each session.
So what is different to Steve's Tuesday night track sessions. Well the main aspect is speed. We concentrate on the short distances so work over 100mts, 200mts 400mts 800mts 1k and 1500mts. This means we work over much shorter distances with longer recoveries but at a more intense effort. Style is more important with this speed work so time is spent on this to improve efficiency. The more efficient you run means that the effort goes into the speed rather than trying to keep you running in a straight line. Combine this with the speed endurance of Steve's sessions and you should see improvements right across the spectrum of all types of runs.
You may have noticed that I have spoken only about speed and this is **your** speed. This does not matter if you run at 13min+ pace to whatever. We work just as hard with all levels and, **we aim to improve all abilities on their speed, so don't be shy about coming along.**
Details. Friday evenings 7pm for 7:15 start at Dulwich College Track. College Rd. Dulwich. Cost £2(TBC) Duration approx 1hr. Starting 12th April 2013.
So what do YOU need to do now? Send me an e-mail that you are interested and that you will attend on a regular basis. e-mail martin.morley11@ntlworld.com or speak to me on Wednesday night. Cheers. - Martin Morley.

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.

parkrun 5km Results, Sat 16th March

Brockwell

7 Mark Foster	19:51 (1M45)
111 ran	

Burgess

20 Paul Hilton	24:58 (course debut)
35 ran	

Crystal Palace

A cold and very slippery course meant diffficult conditions for Bob's 100 parkrun.
Family, including Andy and Chris, who was marshalling, sported bibs with "Bob 100 today" which must have confused the few dog walkers braving the elements

5 Steve Ackroyd	20:57
6 Jozef Danko	21:23
7 Andy Cottrill	21:27
13 Bob Bell	22:40
20 Graham Laylee	24:00
21 Clare Wyngard 2W	24:31
29 Belinda Bell 3W	25:43
31 Ruki Sidhwa 4W	26:29
32 Penelope Bell 5W	26:33
48 Chris Vernon	33:40
52 ran	

Dulwich

15 Cameron Timmis	21:52
17 John Fletcher	22:18
33 Mick Mead	24:17 ↗
42 Stephanie Burchill 6W	26:04
43 Ameet Patel	26:10
54 ran	

Hilly Fields

2 IanLilley	20:36
7 Mel Edwards 1W	21:34
26 Carolina Lilley 5W	27:46
43 ran	

Dulwich Parkrun, 1st Anniversary

Dulwich parkrun is a regular fixture for many Dulwich Runners, including me. Dulwich parkrun celebrates its first anniversary on **Saturday 13 April**. I recently joined their committee to help parkrun integrate more with the community. A key part of this is helping to encourage local running club membership.

To celebrate their first birthday, Dulwich Runners will help the Dulwich parkrun community smash a few PBs by volunteering as pacemakers.

Ideally we'd have at least 10 pacers – from 30 minutes to 20 minutes and below…

It's a bit of fun, but it also promises to be a great way to spread the word about Dulwich Runners. Oh, and there'll be cake.

You may even be able to help a few of your other fellow Dulwich Runners to a new 5k PB as well… (and yes, it's one of the few parkrun courses that officially counts on Powerof10..)

Please email rob@rememberacharity.org.uk if you'd like to get involved. - Thank you. **Rob Cope**

European Veterans Athletics Championships Indoors, San Sebastian, Spain, 19-24 March

As reported last week, on the first Tuesday Ros won the w60-64 3,000 and the lap counters had missed one of Tony's laps, leaving him out of the results. After appeal they relented and gave him a time.
M50-54 3,000m final 19.03.13
8 Tony Tuohy 9:44:53

21.03.13
An 800m heat for Tony. He led for over 3 laps but was then overtaken by 3 runners. Although not qualifying for the semi-finals, Tony felt better than in the 3,000 which was affected by previous illness.
M50-54 800m Heats
4 Tony Tuohy 2:16:19

22.03.13
Ros had a straight final for her 800m. The race went to form with little change in position, Nancy Hitchmough (GB) running strongly for a championship record, leading Eggar (Italy) Caroline Marler (GB) and Ros, who moved from 5th to 4th in the last lap, strung out behind.
W60 800m final
4 Ros Tabor 2:54:88

23.03.13
On the Saturday Tony was in one of three 1500 semi-finals, with the first 3 in each and 6 fastest losers to go through. In order to make sure of a good position and time Tony set off in the lead and held that into the last lap with just 3 close to him. A burn-up saw the other 3 at one stage pass him but he recovered in the last few metres to 2nd and a place in the final.
M50-54 1500m semi-final
2 Tony Tuohy 4:31:59

24.03.13
On Sunday there were 1500 finals and cross country, several miles apart. Tony opted for the 1500m, where he started at the back of the 14 runners to keep out of trouble and worked his way up to 8th in a faster time than in the semi.
M50-54 1500m final
8 Tony Tuohy 4:31:46

The cross country races were held about 10 miles out of town at Lasarte horse race course, on/inside an oval grass track overlooked by green hills and a series of concrete grandstands. The weather was bright and breezy, warming to nearly 20 degrees for the women's races. The going was soft and the course had a few twists in the middle of the laps - 1k then 2x2k.

Mike and Andy ran the combined M60/M65 race and, both injured, ran steadily whilst hoping there might be a team prize. Unfortunately the GB team was only 5th in the M60's, shown up by the GB 65's who were 2nd.
Ros set off strongly but having missed a few cross country races was not moving as well as on the track. As the field spread out, Emilia Vaquero of Spain (3rd behind Ros in the track 3000) was closing and running strongly.
She passed Ros on the last lap and held on to win by 4 seconds. We later found out that Vaquero had also run the 1500 in 5.55 the same morning -obviously a good warm up. In addition to individual silver in the race, Ros was also part of the winning w60+ team, so came home with 2 golds and a silver.
M60 5k XC
34 Mike Mann 23.33
35 Andy Murray 23.36
W60 5k XC
1 E Vaquero (Spain) 23.00
2 Ros Tabor 23.04

Andy Murray

Hastings Half Marathon
24th March 2013

On the 24th March 2013, 3 relatively new members to Dulwich Runners AC completed their first Half Marathon. Following a freezing and snowy Crystal Palace Park Run (no PB's set) the previous day and having seen the temperature gauge on the car sitting at 0 C we were having second thoughts but decided to push on with our journey down to Hastings.

To experience a first half marathon or any event of that size was truly amazing from the marshals to the thousands of people lining the streets and without them braving the cold I don't think we would have finished the course. 3,324 people all continued with the commitment they'dmade and managed to plod along in the cold and windy (not too bad) conditions. ↗

A brave effort from Penelope and Belinda Bell coming in together in 118 mins 5 secs. A credible 381st by Andy Cottrill with a time of 96 mins (disappointed not to be under 95 mins) and we all felt that we had done our part. We would like to take this opportunity to thank all the helpful tips from Dulwich Runners members about the hill climb leading up to the hospital as this was invaluable and enabled us to have a decent attempt at course management.

I could be predictable and say that I am now hooked but having signed up for the Bournemouth marathon in October I am sure this is a redundant comment."

381	Andy Cottrill	1:37:11	(chip 1:36:00)
1621	Penelope Bell	1:59:17	(chip 1:58:05)
1622	Belinda Bell	1:59:17	(chip 1:58:05)

3,324 finished

Self-transcendence 10k Battersea Park, Saturday 23. March

Another go at this early morning event after last August's not quite successful attempt to do a sub-40. Paul kindly provided Rob and me with a lift to the start in his nice and warm(!) car (although I'm not entirely sure if after the race his more competitive side wouldn't have preferred to let me freeze my arse off on a bicycle in the driving snow outside instead).

Conditions on the course were ... well, you all know how the weather was like, and compared to the Orion 15 we had it easy I guess. In fact the 8 am start worked in our favour, since wind and wet snow got worse after 9. Still I preferred to stay in the shelter of the toilets next to the start and warm my hands under the dryer while hopping from one foot to the other as a kind of pre-race warmup.
Paul, Rob and me were joined by Scott and Joe in a field of 157 runners and Dulwich without a doubt would have won the men's team prize if there had been one!

My race plan was basically to throw all caution in the biting wind and start as fast as I could. Then settle into some kind of rhythm after half a k and see if I can stick to the pace (and some fellow runners). After a fairly quick first mile in 5:50 min I found my pace dropping to above 6 min, shadowing two runners just ahead. The course consists of 4 laps and a bit, and as soon as I got the wind in my back I got quicker, edging ahead, only to drop again once the wind hit me from the front. That effect lasted throughout the race and my pacing was far from even. I also felt for the first time getting colder the longer the race went, despite a brisk pace, and I started pumping my arms just for warmth.

The 5 k marker passed at 18:54, which gave me some confidence to finish under 39 min (never being much of a negative splits man on an even course so far). The idea crept in my head that maybe even improving on my Chichester PB from last month might be on the cards - and inching a spot ahead in the Bupa 10 k pretenders list - but the wind and the cold soon let this idea die a shivering death.
From k 7 on it was just a race to get back into the car as fast as possible.

Approaching the finish on a long straight I heard the time being called out second by second: 37.55...37.56... 37.57... It seemed so close, yet despite my best imitation of a sprint the line somehow had acquired that nightmarish quality of staying immobile. 38.05... 38.06, still not there! 38.11 ... finally! 38.12 it was, a second outside my PB but not so bad on the day, considering. And almost 2 min faster than last August in Battersea.

Paul came in a minute later, easily running his first sub40 PB, improving more than a minute on last August's race (he told me to mention that his pace was all over the place, he felt bloody awful and wanted to drop out midway ... or maybe he told me not to mention that, I forgot which, my brain is still defrosting, there's some strange inverse relation between running fast and thinking clearly... apologies, Paul!).

Rob had another strong run too, beating his guntime from Cichester, coming in not far behind Paul and overtaking Scott on the last lap, improving a good minute on his Battersea 10 k time from last November. Scott had another very consistent sub40 race, only one second slower than in August here.

Joe improved almost a minute on Chichester and half a minute on his best 10k time from last year. We all came in between positions 15 and 32, a good performance by Dulwich! It also turned out I had won the VM50 trophy, but didn't expect it and felt far too cold to hang on for the ceremony, so we drove off without it. Very nice and cheerful organisers and volunteers by the way, despite hard conditions.

15. Ebe Prill	38:12 (1. V50)
21. Paul Devine	39:16 (PB)
24. Rob Cope	39:27 (Guntime PB)
26. Scott Hemmens	39:40 (SB)
32. Joe Brady	40:24 (SB)

Ebe Prill

Cranleigh 15 and 21 24th March

A fully subscribed race showed that this is a key part of the build up to the London Marathon for many. Barrie was also entered for the 21 in the run up to London. I had decided to attempt the 15 and had entered prior to knowing I was on a business trip in the States during the week, so I left it to the day to decide whether to do the full 15 or not.

The race is a 9 mile loop followed by a 6 mile loop, the latter being repeated for the 21 mile participants, so it lends itself to being flexible about how much to run. The course isn't the most interesting with quite a few undulations, and generally lacks support apart from towards the finish funnel. This year they had moved the finish onto a field to keep the road open to traffic so the distances were about 15.1 and just over 21 miles.

Barrie and I ran together until about mile 9 when I decided to push on and go for the 15 despite the jetlag. Barrie kept a steady pace mindful not to take too much out of himself. I finished feeling reasonably strong and kicked to the line to come in at just under 2.20 by the race clock and my watch although the unofficial results say different. Nonetheless I was pleased to complete my longest run since 2001. Barrie came in almost an hour later although he found the second six mile loop tough going.

For a small fee we were able to use the showers in the local leisure centre afterwards, which was nice to relax tired muscles and warm up after very cold winds and snow flurries. Given it was so cold we dispensed with a stroll around the village and headed home to the warmth of indoors.

Official results not available at the time of writing!

15 miles

107 Lindsey Annable	2.20.15 (31 W)

194 ran

21 miles

425 Barrie John Nicholls	3.19.54

560 ran

Eastleigh 10km, March 24

Clare Elms was pleased with her run, which but for a foot pain during the race, might have been even quicker. It went top of the 2013 club women's 10km rankings and her 35:55 at age 49 gained 94.41% on age-grading – the highest ever by a Dulwich Runner at 10km and worthabout 31:00 for a senior woman.

It was a good day for the Elms' as Alex won the 1.5 mile un run, with brother James close behind and sister Lucy was second in the girls race.

4W/87 Clare Elms 35:57 (35:55)

Orion 15 Saturday 24 March

Hugh Balfour writes. It had to be done. Eventually we had to get out of the car and do this race. But we're Dulwich Runners right? So we weren't put off by the prospect of 15 miles of snow, mud, water and near-freezing temperatures. Actually after the first 500yards running through bog into the driving snow and head wind, it wasn't too bad. So here are some of my highs and lows.

The highs: the descent off Pole Hill – a real brain off, brakes off moment, overtaking about 8 other runners, and revelling in the joy of going flat out down a steep soft hill. As Claire mentioned the magical forest bedecked in snow. The camaraderie with other runners, as we all endured the same conditions. Last but not least, the best cup of tea I have ever had when I finally staggered into the Orion clubhouse.

The lows: the mud... the thicker mud... the wetter mud... Basically I went off too fast; thought I was fitter than I am, and the mud did for me in the end. I had been hoping for a sub 2 hour time, but by the 12 mile mark it was clear that wasn't going to happen. Over the last three miles I lost about 10 places as other, more sensible, runners were able to pick up the pace over the firmer tracks, while I plodded along at what felt like a 10 min/mile pace. Actually I was doing about an 8.15 pace, but felt utterly shattered.

But it is a great race, which I definitely want to do again. Orion do a superb job putting it on for free (they only ask for a donation). It was well marshalled, friendly, and a good challenge in any conditions. Much to be recommended.

Hugh Balfour

Claire Steward writes*:* The first official running of this race in Epping Forest was in 1954 with just 33 entries, and apparently women were only officially admitted in the early 1980s, this year accounting for just one quarter of the field. Driving through the sleet on Saturday morning I confess that I was wishing that women were still barred from entry and that I was tucked up in bed. I last did it in 2008 and although the course has changed it was the same old mud, ditches and icy puddles.

My feet were soaked within the first 25 metres and numb after about 5 minutes. As I puffed and panted and cursed the wretched weather, I was just concentrating on putting one foot in front of the other and staying upright. Then suddenly, as if we had found the magic wardrobe, we were in Narnia – a winter wonderland with every detail of the forest down to the tiniest twig outlined in snow with flakes gently blowing to the ground as the runners passed by. Unfortunately, it didn't last as we alternately plunged back into the gloop, then found a little more of the pretty stuff.

I managed some nifty overtaking on the descents but even though I'm sure the course is less than 15 miles I found it hard going and was grateful to get to the finish where we were welcomed with a plastic beaker of Cava fizzy while we waited in line to scrub our shoes and legs at the outside taps. If only all XC races had such a civilized finish.

23	Alastair Locke	1:53:00
65	Hugh Balfour	2:04:23
74	Paul Mottram	2:06:12
152	Claire Steward	2:22:50

233 Finishers – winner 1:36:29; final finisher 3:02:38

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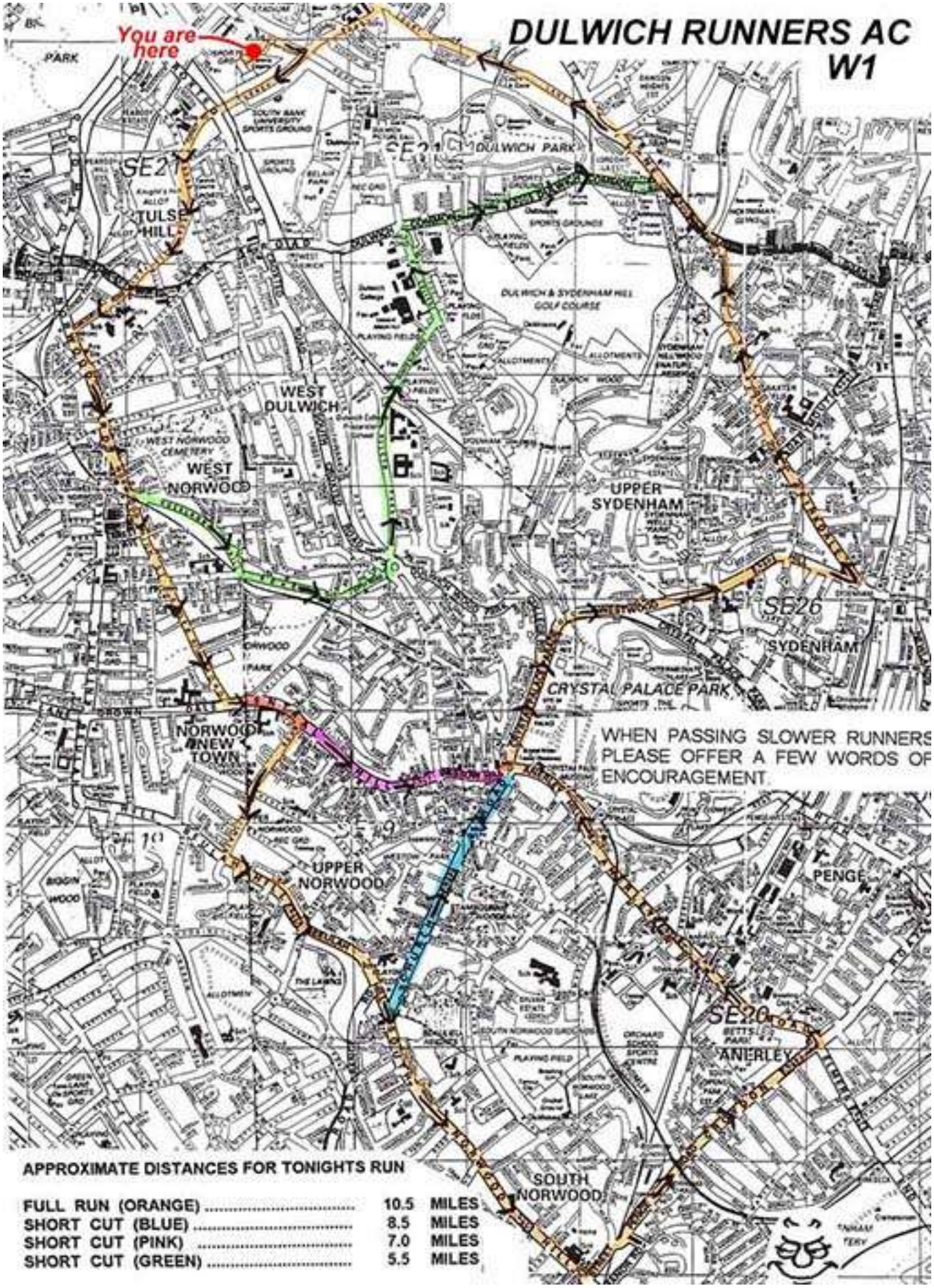
DULWICH RUNNERS HOODIES

Several people have asked for hoodies, but I only have a few XXS and XS left.
I have arranged for us to be able to order some more (in larger sizes) at the same price (£15), but I need to have 10 definite orders.
Please let me know of you are interested BY WEDNESDAY 3 APRIL.
Thanks – Ros ros@28kerfield.freeserve.co.uk

Now available £15 each. Cheques should be made out to Dulwich Runners AC. – **Ros**

DULWICH RUNNERS AC
W1



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

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	10.5	MILES
SHORT CUT (BLUE)	8.5	MILES
SHORT CUT (PINK)	7.0	MILES
SHORT CUT (GREEN)	5.5	MILES