SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 13th March 2013

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

- THE COMING WEEK –

Wed 13 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 16 **Parkruns – Free to enter,various locations 9am start**

Tue 19 **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 list Cross Country, Club champs etc
4 Marathon Training Program
5 Race reports etc
8… Lydd –all the reports and results
11… Club champs roundup so far
13 Wednesday night running map

And much more !

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.

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

Annual Renewal Fee Due

***If your membership card has 2013 on it then this does not apply to you !*
Memberships expired on 31st Dec so in order to compete and for your points to count in this year's club champs and other events as a Dulwich Runner you will need to:

RENEW ASAP RENEW ASAP RENEW ASAP
If you have competed in the Club Champs races so far this year but your membership wasn't renewed at the time, your perfomance will not count !

You will have received (if applicable) either by email or post your 2013 membership renewal reminder.
If you haven't received your renewal form then contact me asap barry@bg1.co.uk
To make it even easier for you there is the now the extra option to pay by direct bank transfer, details on your renewal form.

---------- 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 **Steve Cook and Ebe Prill** 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**

Volunteer/s needed	**13/03**
Jozef Danko	20/03
Melanie Edwards	27/03
Giles Gibson	03/04
Jo Hewett	10/04

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 13 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).*

A Dulwich Runner has a lovely onebedroom flat in Thicket Road overlooking Crystal Palace park to rent. It would suit an individual or a couple. Please phone Clive on 07881 622575 for further details

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, Neville 37:43, Rupert 37:51, Steve S 37:58, Ebe 38:11

Next in line: Chris T 39:21, Rob C 39:20 (Chris beat him on gun time), James B 39:32

No road times yet for: Wayne L, Dave B, Alastair L, Duncan H, Paul D etc ↗

The six fastest women are Shona McIntosh 36:10, Clare Elms 36:14, Catherine Lee 37:17, Charlie Wood 37:43, Mel Edwards 40:27, Kim Hainsworth 40:33

Next in line: Ola Balme 40:43, Nicola Richmond 42:54, Anna Thomas 44:17

No road times yets for Elkie Thorndyke, Andrea Pickup, Emily Gelder, Ros Tabor 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/

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	17	**Richmond Pk to Bushy Pk**	21 miles road / towpath and parks (+ shorter alternatives)
	23	**Orion 15**	Epping Forest (Chingford) http://www.orionharriers.org.uk
	24	**12 x 1 mile intervals**	Dulwich Park – 09:00
	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:

17 March Finchley 20 (Ruislip) http://www.activetrainingworld.co.uk/events/2013/03/10/finchley_20

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

Well done to all who ran the Lydd half on Sunday. A fast flat cold and pretty boring course!

Next Sunday it's our long run from Richmond Park. Meet in car park situated inside Roehampton Gate entrance to the left.

Meet at 0915 for a 0930 sharp start. Distances up to 22 miles. Route is around park out of Richmond Gate down to Thames footpath along to Teddington, over footbridge along to Bushy Park for a lap round and then back same route. There are various ways to take short cuts if required. This is a very popular route at this time of year, virtually all off road and a lot more picturesque than Dungeness!

Cheers - SW

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

17 Mark Foster	19:37
55 Graham Laylee	22:18
83 Michelle Lennon 10W	23:49
170 ran	

Bromley

9 Duncan Hussey	19:17
14 Oscar Hussey	20:12
98 Di Morgan 12W	24:49
107 Clare Osborne 16W	25:11
251 ran	

Dulwich

Dave Beaver ran his fastest ever parkrun and just missed the course M50 record.
Ian Sesnan also set a PB in his 63rd parkrun as did relative newcomers Andew Bright, Sam Crump and Andy Cottrill.

5 Dave Beaver	17:19 (PB) (1M50)
10 Ed Hill	17:55
13 Adrian Greer	18:51 (1M55)
21 Andrew Bright	19:20 (PB)
22 Sam Crump	19:23 (PB)
29 Paul Hodge	20:20
38 Andy Cottrill	20:55 (PB)
40 Ian Sesnan	21:10 (PB)
41 Bob Bell	21:12
42 Jozef Danko	21:13
43 Alastair Locke	21:15
48 JimDowsett	21:36
73 Claire Steward 10W	23:32
82 Mick Mead	24:19
90 John Fletcher	24:42
13W/91Belinda Bell	24:44
95 Paul Hilton	25:16 (debut)
139 ran	

Hilly Fields

6 Ian Lilley	20:48
23 Susie Labinjoh 5W	25:27(PB)
70 ran	

Richmond

119 Barrie John Nicholls	24.14
311 ran	

Riddlesdown

9 Ange Norris 2W	23:34
48 ran	

Wimbledon Common

101 Ros Tabor 11W	23.07
122 Andy Muray	23.55

Dulwich Parkrun, 1st Anniversary

Dulwich parkrun is a regular fixture for many Dulwich Runners, including me. And judging by this week's incredible turnout, with 13 fellow club runners which included 9 PBs, it's proving to be a happy-hunting ground for many.

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**

BMAF Championships

Gold medals were won by Clare Elms (W45) and Cara Oliver (W35)
Silver medals by Ola Balme (W45) and Clare Wyngard (W50)
Bronze medals by Steve Smythe
Had they been BMAF members (M50) Claire Steward (W60), Buzz Shephard (M35) would have won gold and Neville Webb (M55) silver.
Any Dulwich Runner over 35 should think about joining the BMAF and the best way is joining Veterans AC, which increases competitive opportunities and they do a regular informative colour magazine.
Membership details here:
http://www.vetsac.org.uk/How-to-Join.html

BMAF INDOOR TRACK & FIELD CHAMPS, 9/10 MARCH

Mike Mann reports Our track competitors were amongst the medals in these champs at Lee Valley indoor track, with Ros winning gold in the 3000m and silver in the 1500m, Tony picking up silver in the 3000m and Nicola was third and ran another PB in her 1500m.

Tony had strong runs in both races and set club M50 bests (indoors or out) but he was hopeful of faster times as he wasn't much quicker in either events than when he did three events on the same day last month. He was just outside the medals in his 1500m but was a clear silver medallist in the 3000m. Ros did well in her 1500m to gain silver, running 10 secs faster than 2 weeks previously in the Vets champs. ↗

CRYSTAL PALACE 5K, 5 MARCH

5 club members took part on the warmest day of the year to date.

Ola Balme	21:20
Mike Mann	21:36
Ros Tabor	22:31
Graham Laylee	22:43
Jo Quantrill	23:34

Mike Mann

Wrap Up Warm 10K Crystal Palace 10th March 2013

On a freezing day 698 started this run but 14 clearly didn't wrap up enough, or maybe they overdressed, as only 684 made it round
Of those that did make it.

61	Andy Cottril	43.52 (Chip 43.40)
218	Belinda Bell	52.16 (Chip 51.56)
244	Penelope Bell	53.15 (Chip 52.55)

Bob Bell

In her 3000m, though not at full fitness, she actually ran faster than when she won the silver medal in the World Masters indoor championships in Finland last year.

In her 1500m Nicola stayed with a group in the early part of the race but picked up the pace and positions later to knock a further 5fivesecs off her PB. Mike, struggling with a hamstring injury which kicked in immediately after the gun, was unable to stretch out in his 1500m and finished well down on recent times.

Tony Tuohy

1500m 4th M50	4:29.07
3000m 2nd M50	9:32.26

Ros Tabor

1500m 2nd W60	6:01.17
3000m 1st W60	12:34.79

Nicola Richmond

1500m 3rd W40	5:16.03

Mike Mann

1500m 10th M60	5:39.02

Inter Counties Championships, Birmingham, March 9

While lacking the history of the National Championships, this event is now the premier cross-country race of the year. The event was live on Sky Sports for over four hours and with all runners selected for their county team, and teams from Scotland and Wales as well as all over England, the standard is very high.

On a tough muddy course, Dulwich had three representatives.

Representing Kent, Clare Elms wasn't feeling 100% so went for a safe paced run and did well and was close to Surrey League winner Ruth Clifton until the final 800 metres. She also beat W50 world record breaker Fiona Matheson, who will be her big rival when she is 50 later this year, for the first time.

Just over 80 seconds back, in her biggest cross-country race to date, Catherine Lee, representing Surrey, matched her Surrey league form with a solid run.

Alex Elms wasn't at his best after a knee problem and didn't quite maintain his speed over the second half but was a non scoring member of the winning Kent Team and finished within a minute of the winner.

Women's 8km

59 Clare Elms (Kent) 29:56
112 Catherine Lee (Surrey) 31:22
291 ran

Boys 3km

77 Alex Elms (Kent) 11:22
311 ran

The Swimmer - 09/03

On Saturday I took part in: a run, swim, run, swim, run, swim, run, swim from Hampstead to Brockwell lido, via Hampstead ponds, Parliament Hill lido and the Serpentine.

Having been reassured that there's no point in having a wetsuit as the swims are short, and a successful test swim at Brockwell last week where I avoided passing out and being carted off in an ambulance, I decided to give it a go. After all its starts to get warm in March, right?

It got off to a great start with coffee at McDonalds at 7am, then we really got going and headed off to our first swim. There I did the first thing of the morning that I never thought I'd do - swim in the men's pond after turning the nude sunbathing area into the 'ladies changing room'. After a refreshing and very quick dip, we changed again and headed off on a short run to Parliament Hill lido. There, we joined a couple of hardy swimmers already in the pool and completed 2 whole widths! The next run took us all the way to the Serpentine, on a nice route via Primrose Hill for some rather cloudy views, and Regents Park.

The things I learnt about swimming in the Serpentine: it's much colder than the other swims, (2°C on the website), and you get to share the water with swans and lots of green slime! The other thing I discovered is that when you aren't members and you're paying for the privilege of swimming in the Serpentine in the form of biscuits, you don't get access to changing rooms. So here I did the next thing I never thought I'd do; get changed on the banks of the Serpentine, regretting having only brought a rather small microfibre towel with me. I then I really regretted it after the swim when trying to change, this time with completely numb hands!

After a quick snack of caramel squares to warm us up, it was the last and longest leg down to Brockwell Park. The prospect of the jacuzzi and breakfast in the cafe after, not to mention the balmy water temperature of 6°C, made this swim the easiest of the lot, and some of the more acclimatised swimmers of the group managed as many as 8 lengths before getting out to warm up.

All in all, the event was great fun. It was certainly a good change from the long training runs I've been doing lately, and it was great not to focus on watching the clock or remembering the route. And the best bit? The next day my legs feel better than they have done in weeks! Now I'm considering how to build in a cold swim at the end of all my long runs to ward off the aches and pains!

Clare Quirico

Lydd Half- The Tale from the Tail

Chris Vernon writes

I was somewhat nervous going into the race as it was my first half since 2009 and this was the equivalent of four parkruns back to back, obviously time for a new PW.I had only entered to keep Sue company but she was laid up with the Flu and could not come. Not wishing to waste the entry I drove down with El Presidente Ron to give it a go.

After emerging from the pavilion at the last minute into the cold I joined the field near the back but still set off faster than planned. After a couple of laps of a field,(why?) we emerged onto the course of quiet country roads where the icy wind never seemed to be behind us which must be confusing to the local wind farm! At mile three I was surprised to see Gary jogging towards me with a broad grin on his face but on his way to a DNF,selfishly I thought at least I am not the last DR.

At the halfway turn I was feeling rough so was pleased to see gomousey aka Steve Street not far ahead on the return leg.10 miles came up, the wheels had not come off and only one parkrun to do.Lydd church did not seem to be getting any nearer but finally the finish was in sight and I picked up the pace(relatively speaking).Into the last mile and I overtook 'man with rucksack' and a couple of tri-athletes who were too busy chatting.When I crossed the line the presentations were just finishing,well done everyone,a great result for Dulwich especially Buzz and Shona,this must be a first in our history.

I was pleased with my run,only a 4 min PW,I had kept under 11 min miling (I know Buzz could have gone round twice) and I did not succome to hypothermia.Nutrition was right,I was on a 3 gel strategy (Clare S said one was ample) and I did not walk.

I hope this will encourage others to join me at the back of the pack,it is not only about winning.

Lydd Half-marathon inc British Masters championships, March 10

*Steve Smythe writes…..*This was a highly successful club championships as we won the men's team, rhe women's team awards and had the individual race winners, man and woman, and we won a number of medals in the British Masters Championships.

We also had a great turn out and there were a number of PBs despite very windy conditions on the exposed Romney Marshes.

The course is very flat and the race was well organised and it was a good course other than probably the start and finish on a field.

Buzz Shepherd continued his superb form to take close on two minutes off his PB and win the race and lead us to victory. He would have won a national masters title but his British Masters application was a little too late, **Shona McIntosh** showed she is also heading for a great marathon at London with a strong run moving through the field and running one of the fastest ever times by a Dulwich woman.

Alastair Locke is also in his best ever shape and he broke 87 for the first time. **Clare Elms** had run the Inter Counties cross-country the day before so took it easy over the first half and then sub-80 pace over the second half and easily won the overall British Masters race and W45 gold.

Steve Smythe won a tactical battle to be first Dulwich M50 but was disappointed to be slower than his time on a hilly course the week before and was lucky to pick up a BMAF bronze.

Close behind **Neville Webb** had what was probably his best half-marathon for around 35 years and was 2nd M55 in race but wasn't BMAF entered. **Ebe Prill** smashed his PB by around 10 minutes after hanging on to Steve and Neville until 9 miles while another big improver **Paul Devine** went over three minutes quicker than his best after hanging onto the group on the first half. **Mel Edwards** took two and a half minutes off her PB and it was nine minutes better than her time this time last year and she completed the winning women's team. ↗

Jospeh Brady ran his best time for some years. **Cara Oliver** had her first race in a Dulwich vest and set a PB and in the last kilometre she passed a W35 rival to win the British Masters title.**Ola** wasn't at her best but had a solid run and won the W45 silver behind Clare.

Both **Jozef Danko** and **Olivier Montfort** continue to make progress and were a few minutes up on their times from Paddock Wood last year . New members **Robert Balzanella** and **Andrew Bright** sprinted the finish together and it might be PBs for both of them as they matched times on gun and chip and Dulwich points.

On the eve of his 60th birthday, **Andy Murray** isn't at full fitness and he was eight minutes down on his times from last year. **AnnaThomas** is going in the other direction and her time was six minutes inside her PB. Second claimer **Helen Garrett** was close behind Anna. **Jim Dowsett** and **Sue Cooper** were close to their best of last year.

Both **Bob Bell** and **Clare Wyngard** ran the fastest halfs for some time and Clare had the added bonus of a British Masters W50 medal.**Claire Steward** isn't at 100% fitness after injury was still first W60 race but missed out on a British Masters title due to not being a member.**Cameron Timmis** and **Jo Shelton** were just outside their bests of last year and **Ajay Khandelwal** was slightly more down on his best.

Mike Dodds ran his best for some time as did **Barrie John Nicholls,** who looks to be coming into good form with marathon training. **Martin Morley** is not at his fittest and ran one of his slowest ever times but in Mike Mann's absence was first Dulwich M60.

Brendan Greaney and **Susannah Wilkie** ran their first ever club championships and may have set PBs. **Steve Wehrle** ran his fastest half-marathon for a few years though **Lindsey Annable** was slightly down on her 2012 time as were **Patrick McMorrow** and **Steve Street.Chris Vernon** did his first half for some time and completed the Dulwich Runners.

Alex Elms won the fun run.

1 Buzz Shephard 72:37 (72:36 chip) (PB) 826 pts
1W/7 Shona McIntosh 77:35 (77:33) (PB) 849 pts4
15 Alastair Locke 79:43 (79:39) (PB) 743 pts
3W/20 Clare Elms 81:57 (81:54) 899 pts (BMAF W45 gold)
28 Steve Smythe 84:03 (84:01) 825 pts (BMAF M50 bronze)
29 Neville Webb 84:13 (84:10) 846 pts
30 Ebe Prill 84:33 (84:31) (PB) 792 pts
33 Paul Devine 84:59 (84:54) (PB) 703 pts
39 Rob Cope 85:33 (85:28) (PB) 716 pts
5W/51 Mel Edwards 86:34 (86:28) (PB) 762 pts
55 Joseph Brady 87:47 (87:45) 738 pts
9W/87 Cara Oliver 89:58 (89:51) (PB) 753 pts
11W/94 Ola Balme 91:07 (91:00) 784 pts
105 Jozef Danko 92:07 (91:48) PB 646 pts
107 Olivier Montfort 92:45 (92:15) PB? 663 pts
110 Robert Balzanella 94:08 (93:41) PB? 632 pts
111 Andrew Bright 94:08 (93:41) PB? 632 pts
137 Andy Murray 97:09 (97:03) 747 pts
22W/142 Anna Thomas 97:48 (97:39) 675 pts ↗
23W/144 Helen Garrett 98:04 (97:54) 2nd claim
150 Jim Dowsett 98:40 (98:20) 622 pts
154 Bob Bell 99:00 (98:52) 734 pts
28W/157 Clare Wyngard 99:29 (99:21) 770 pts
33W/173 Claire Steward 1:40:20 (1:40:09) 862 pts
175 Cameron Timmis 1:40:37 (1:40:28) 624 pts
39W/189 Jo Shelton 1:41:36 (1:41:26) 663 pts
207 Ajay Khandelwal 1:43:31 (1:43:04) 613 pts
230 Mike Dodds 1:45:21 (1:45:14) 659 pts
251 Barrie John Nicholls 1:46:45 (1:46:33) 681 pts
271 Martin Morley 1:48:18 (1:48:06) 683 pts
288 Brendan Greaney 1:49:18 (1:48:50) (PB?) 595 pts
67W/303 Susanna Wilkey 1:50:52 (1:50:13) 597 pts
329 Steve Wehrle 1:53:11 (1:53:00) 673 pts
89W/350 Lindsey Annable 1:55:34 (1:55:07) 614 pts
434 Patrick McMorrow 2:03:18 (2:02:41) 575 pts
544 Chris Vernon 2:L23:38 (2:23:10) 556pts
592 finished

FIRST MEN'S TEAM: Dulwich
FIRST WOMEN'S TEAM: Dulwich

Dulwich Prize winners
Overall winner: Clare Elms
Fastest man: Buzz Shephard
Fastest woman: Shona McIntosh
Senior man: Alastair Locke
Senior woman: Mel Edwards
M40+: Steve Smythe
M50+: Neville Webb
W40+ Ola Balme
W50+ Clare Wyngard
M60: Martin Morley
Age graded 2: Claire Steward
Age graded 3: Ebe Prill
Captain's: Cara Oliver
Nb the Captain's award goes to someone who hasn't won one of the other awards and will normally go to someone for a PB of a series of consistent performances but anyone who has won a Captain's award over the last few years also isn't eligible

2011 winners: Sue Rowlands, John Fletcher, Ed Hill, Sue Cooper, Chris Treble, Jozef Danko, Mel Edwards, Tom Marshall, Anna Thomas
2012 winners: Steve Ackroyd, Ameet Patel, Mick Ward, Ian Sesnan, Lindsey Annable, Jo Shelton, Gary Sullivan, Clare Osborne, Paul Devine
2013 winners: Rob Cope

Overall Championships scores – top 15
Clare Elms won the overall championships fairly easily.
Clare Elms 899
Claire Steward 862
Shona McIntosh 849
Neville Webb 846
Buzz Shephard 826
Steve Smythe 825
Ebe Prill 792
Ola Balme 784
Clare Wyngard 770
Mel Edwards 762
Cara Oliver 753
Andy Murray 747
Alastair Locke 743
Joseph Brady 738
Bob Bell 734

Lydd 1/2M

On a morning with cold blustery winds I didn't really feel the most aerodynamic person at the start-line, so my plan was not to get isolated too soon and somehow stick behind some pacers, like Haile at the 2008 Berlin marathon.

Since there was a distinct lack of tall Kenyans to shield me from the elements, the next best thing was Steve Smythe and Clare Elms, soon joined by Paul Devine and Neville Webb. We formed a nice little bunch for the next miles, starting off rather faster than my intended 6:30 min mile pace, but somehow I felt quite comfortable till about mile 8, even able to go with several testing accelerations Steve and Neville threw at us from time to time.

At some point Clare moved away ahead and Paul fell behind a little, leaving Steve, Neville and me as the 50s bunch doing battle for the club champs. Well, the real test came soon enough: mile 8 had passed in around 6:20 and Steve 'Bond' Smythe decided to inject some rocket fuel into his Aston Martin (in the form of an energy gel). Neville 'Blofeld' Webb cunningly used the time Steve was fumbling with the rocket switch to make his break-away, turbo-charged his Jaguar and sped away. ↗

Steve followed in hot pursuit (I swear I saw flames coming out of his exhaust) and my Volkswagen wasn't really able to find the proverbial another gear (well, maybe a quarter gear, I got slightly quicker, but not enough to stay with them). The two of them had moved about 100 yards ahead and the rest of the race I could watch them from behind battling it out, sometimes tantalisingly coming closer, but never really in reach, and as they say, that was that!

Behind me Paul's Range Rover was never far away, hoping for some tough terrain to eat up, I assume, but the road stayed clear to the finish, allowing me to achieve my best Half marathon time yet, and to experience one of the most exciting races I had so far.

Thank you to the selectors of this years club championship races! Good fast choices with excellent results for Dulwich so far! And I should probably watch less Top Gear...
Ebe

Lydd Half Marathon

Outside the Brittannia Inn - 'The only pub in Dungeness' near the nuclear power station- Stephen Street

HOODIES

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

DULWICH RUNNERS CLUB CHAMPIONSHIPS 2013

POSITION AFTER 2 EVENTS OF 8 - BEST 4 EVENTS TO COUNT - 50 for first in category, 49 for 2nd etc

AGE CATEGORY CHAMPIONSHIPS EVENTS COMPLETED

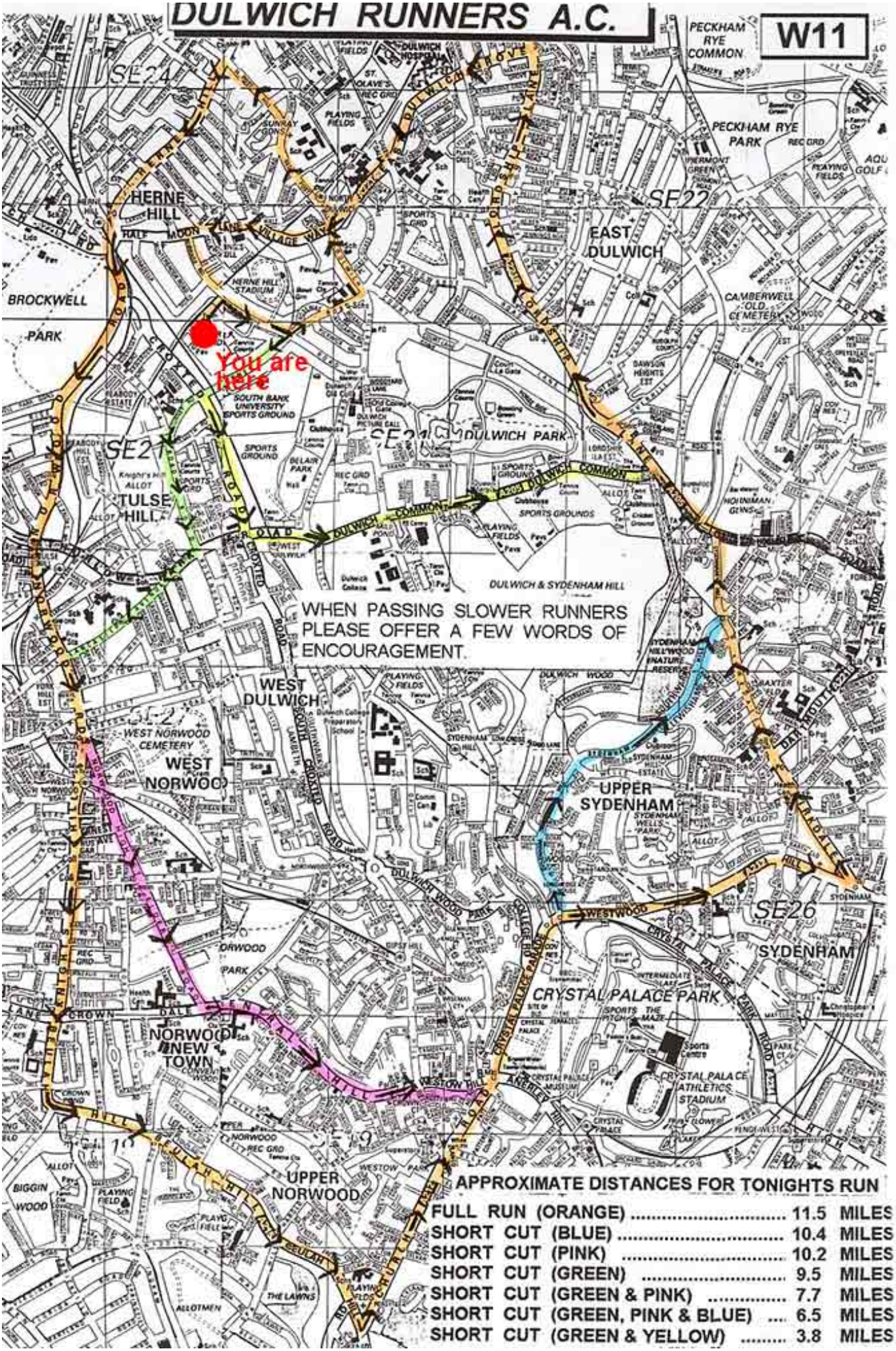
	Short				Long					
	Assy League 5k Dulwich Pk 6 Jun	**Dulwich Park 2 miles 20 Jun**	**Dulwich Track 1 mile 12 Jul**	**Lloyd Pk 5k 5Oct**	**Chich-ester 10k 03 Feb**	**Lydd 1/2M 10 Mar**	**London (or any other cert. Marathon 21 April**	**Dry Hill 10 mile 1 Sep**	**Events completed**	**TOTAL POINTS inc 1 bonus for each event**
Name/Champs cat.										
WOMEN SENIOR										
Shona McIntosh					50	50			2	102
Melanie Edwards					47	49			2	98
Anna Thomas					45	47			2	94
Joanne Shelton					44	45			2	91
Sue Cooper					43	46			2	91
Catherine Lee					49				1	50
Charlie Wood					48				1	49
Cara Oliver						48			1	49
Kim Hainsworth					46				1	47
Susanna Wilkey						44			1	45
WOMEN V40										
Clare Elms					50	50			2	102
Ola Balme					49	49			2	100
Claire Steward (50+)					46	47			2	95
Lindsey Annable					45	46			2	93
Nicola Richmond					48				1	49
Clare Wyngard (50+)						48			1	49
Louisa Pritchard					47	-			1	48
MEN SENIOR										
Buzz Shephard					50	50			2	102
Rob Cope					47	47			2	96
Rupert Nash					49				1	50
Alastair Locke						49			1	50
Chris Treble					48				1	49
Paul Devine						48			1	49
James Burrows					46				1	47
Jozef Danko						46			1	47
Steve Ackroyd					45				1	46
Olivier Montfort						45			1	46
Robert Balzanella						44			1	45
Andrew Bright						43			1	44
Jim Dowsett						42			1	43
MEN V40										
Joseph Brady					50	50			2	102
Ameet Patel					48	47			2	97
Mark Foster					49				1	50
Cameron Timmis						49			1	50
Ajay Khandelwal						48			1	49
Brendan Greaney						46			1	47
MEN V50										
Neville Webb					49	49			2	100
Steve Smythe					48	50			2	100
Ebe Prill					47	48			2	97
Andy Murray					44	47			2	93
Bob Bell					42	46			2	90
Barrie John Nicholls					41	44			2	87
Steve Street					40	40			2	82
Tony Tuohy					50				1	51
Gary Sullivan					46				1	47
Mike Mann (60+)					45				1	46
Mike Dodds						45			1	46
Graham Laylee					43				1	44
Martin Morley (60+)						43			1	44
Steve Wehrle (60+)						42			1	43
Patrick McMorrow						41			1	42
Chris Vernon (60+)						39			1	40

OVERALL CHAMPIONSHIP - AGE GRADED

	Short				Long							
Name	Assy League 5k Dulwich Pk 6 Jun	Dulwich Park 2miles 20 Jun	Dulwich Track 1 mile 12 Jul	Lloyd Pk 5k 5Oct	Chich-ester 10k 03 Feb	Lydd 1/2M 10 Mar	London (or any other cert. Marathon 21 April	Dry Hill 10 mile 1 Sep	TOTAL POINTS	average	best	position
Clare Elms					937	899			**1,836**	918	937	**1**
Claire Steward					849	862			**1,711**	856	862	**2**
Neville Webb					863	846			**1,709**	854	863	**3**
Shona McIntosh					839	849			**1,688**	844	849	**4**
Buzz Shephard					848	826			**1,674**	837	848	**5**
Steve Smythe					835	825			**1,660**	830	835	**6**
Ebe Prill					804	792			**1,596**	798	804	**7**
Ola Balme					807	784			**1,590**	795	807	**8**
Melanie Edwards					751	762			**1,513**	756	762	**9**
Andy Murray					754	747			**1,501**	751	754	**10**
Bob Bell					748	734			**1,481**	741	748	**13**
Joseph Brady					720	738			**1,458**	729	738	**14**
Rob Cope					717	716			**1,433**	717	717	**15**
Anna Thomas					686	675			**1,361**	680	686	**16**
Barrie J. Nicholls					671	681			**1,352**	676	681	**17**
Joanne Shelton					685	663			**1,348**	674	685	**18**
Sue Cooper					659	669			**1,328**	664	669	**19**
Ameet Patel					607	625			**1,233**	616	625	**22**
Lindsey Annable					564	614			**1,178**	589	614	**23**
Steve Street					560	518			**1,077**	539	560	**24**
Tony Tuohy					889				**889**	889	889	**25**
Catherine Lee					814				**814**	814	814	**26**
Charlie Wood					806				**806**	806	806	**27**
Mike Mann					804				**804**	804	804	**28**
Gary Sullivan					779				**779**	779	779	**29**
Clare Wyngard						770			**770**	770	770	**30**
Cara Oliver						753			**753**	753	753	**31**
Kim Hainsworth					749				**749**	749	749	**32**
Alastair Locke						743			**743**	743	743	**33**
Nicola Richmond					735				**735**	735	735	**34**
Graham Laylee					724				**724**	724	724	**37**
Mark Foster					716				**716**	716	716	**38**
Rupert Nash					711				**711**	711	711	**39**
Paul Devine						703			**703**	703	703	**40**
Louisa Pritchard					700				**700**	700	700	**41**
Chris Treble					686				**686**	686	686	**42**
James Burrows					685				**685**	685	685	**45**
Martin Morley						683			**683**	683	683	**46**
Steve Wehrle						673			**673**	673	673	**47**
Steve Ackroyd					669				**669**	669	669	**48**
Olivier Montfort						663			**663**	663	663	**49**
Mike Dodds						659			**659**	659	659	**50**
Jozef Danko						646			**646**	646	646	**51**
Robert Balzanella						632			**632**	632	632	**52**
Andrew Bright						632			**632**	632	632	**53**
Cameron Timmis						624			**624**	624	624	**54**
Jim Dowsett						622			**622**	622	622	**55**
Ajay Khandelwal						613			**613**	613	613	**56**
Susanna Wilkey						597			**597**	597	597	**57**
Brendan Greaney						595			**595**	595	595	**58**
Patrick McMorrow						575			**575**	575	575	**59**
Chris Vernon						556			**556**	556	556	**60**

DULWICH RUNNERS A.C.

W11



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

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	11.5	MILES
SHORT CUT (BLUE)	10.4	MILES
SHORT CUT (PINK)	10.2	MILES
SHORT CUT (GREEN)	9.5	MILES
SHORT CUT (GREEN & PINK)	7.7	MILES
SHORT CUT (GREEN, PINK & BLUE)	6.5	MILES
SHORT CUT (GREEN & YELLOW)	3.8	MILES