SHORTS

Dulwich Runners AC
Weekly Newsletter
April 2nd 2014

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

- THE COMING WEEK –

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

Thu 03 Assembly League -Beckenham - 7:15 satrt
Free to enter, club vest essential. All members welcome to run. **http://goo.gl/maps/ITEIW**

Tue 08 **Track session with Steve Smythe** - £2.50 fee
Crystal Palace Track - 7 for 7:15pm start

In your SHORTS this week !

3 Fixture list, Club champs,XC road, trail etc
4 Medal haul for Dulwich at Budapest
5 Race reports and results
7 Parkrun results
8 Wednesday night running map

And much more !

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

TRACK SESSIONS

Crystal Palace Track

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

We pay a monthly fee so it is important as many people use the track as possible so we don't make a loss.

The entry & payment systemsystem has changed.
£2.50 per session
Ideally aim to arrive at 7pm warm up for 7:15 start.
Please see page 2 for full details on track entry and payment system - Steve Smythe.

Dulwich Runners Membership
Annual Renewals Due

If you have not yet renewed your 2014 membership then you cannot score as a Dulwich Runner in any club races, XC, club champs and any other events you may enter.
You must RENEW ASAP

You will have received either by email or post your 2014 membership renewal reminder.
If you haven't received your renewal form then contact me asap barry@bg1.co.uk or see me at the club on a Wednesday evening
Thankyou to those of you that have renewed

LUCKY VEST
tonight Wednesday 2 April

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.
Vests £18 each and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk
for all other club kit please see **page 7**

EVENT HORIZON
A brief look ahead

full fixture list page 3

Apr 3 Beckenham Assembly league
Apr 13 London Marathon

NEW RUNNERS ROTA

Many thanks to **Oliveir Montfort, Carolina Lilley, Susie Labinjoh** for taking out new runners last week.
If you are on the list, 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**

Andy Murray	**02/04**
Ameet Patel	09/04
John O'Byrne	16/04
Barrie John Nicholls	23/04

WEDNESDAY NIGHT £1 RUNNING FEE

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

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is on the last page of Shorts.
Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse - Thanks

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered to scoff after the Wednesday run.
Arrives close to 9 and the 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 !

Rehydration !

Come up to the bar and have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also available)

Crystal Palace Track

The entry system has changed, a Crystal Palace duty manager or a Dulwich Runner will hand out a wristband at reception so you don't need to pay or queue at reception but you will need to pay £2.50 to whoever is doing the club rota at the track. Ideally aim to arrive at 7pm.
You may need ID eg: DR members card or EA/UKA reg card
It might be easier to pay £5 for a further session. It will be £3 if you can't pay. Some of us travel some way to do this so those who live within a few miles should make a special effort to run on what has traditionally been one of the best tracks and athletic stadiums in the world and every top class athlete of the last 40 years has competed on it at some stage. - ***Steve Smythe***

DULWICH CHARITY EVENT

Susan Vernon writes:
At the moment no Dulwich Charity event will be taking place this year. Why? Because I have only received one offer to help on the organisation of this event. Is there anyone out there with ideas for an event or an alternative route for our 10k?
We can no longer use our usual course as it is much too crowded in Dulwich Park and through Dulwich Village. Also there is the possibility of the carriageway in the Park being closed for drainage works. I would very much like to hear from lots of people otherwise sadly, after 28 years, this will not happen.
It is very important that Dulwich Runners gives something back to the community so we need an event to raise money for a local charity.
My email address is vernonrun@aol.com and I look forward to hearing from you. Thank you

DULWICH RUNNERS CLUB CHAMPS 2014

We have now finalized the events and structure of next year's club champs. There will be 9 races in total split into 3 distance categories. In order to qualify it will be necessary to complete 5 races in total, including at least one from each distance category.
The structure of awards will be unchanged from recent years. Club vests are compulsory for all events other than the mile. You will need to ensure that your club membership is up to date in order to qualify for points.
For those wishing to know the Clup Champs rules they are on the clubs website
The events are as follows:

1 February	Brockwell parkrun 5k (short)
2 March	Tunbridge Wells Half (long)
13 April	London (or other) Marathon (long)
5 May	Ted Pepper 10k (medium)
25 May	Rye 10 miles (long)
16 June	Battersea Park 2 miles (short)
22 June	Beckenham 10k (medium)
11 July (tbc)	Mark Hayes Mile (short)
31 August	Sevenoaks 7 (medium)

Mike Mann (on belhalf of ADSC)

CLUB CHAMPS UPDATE

Owing to impending drainage works in Dulwich Park, it has been decided to shift the 2 mile race there scheduled for 11 September, to Monday 16 June in Battersea Park, where we will use the Sri Chimnoy 2 mile race as our club champs. This starts at 7pm just past the entrance to the main car park and you can enter on the evening.

GREEN BELT RELAY UPDATE

We have now successfully entered two teams for this year's Green Belt Relay on 17/18 May. This is likely to consist of a men's and women's team. However the women's team numbers are tight, so if anyone else would like to take part, please get in touch.
Those who have put their names have now been contacted with further details, including a request for stage allocation preferences and for a £10 contribution towards entry costs. Provisional stage allocations will be sent round early in April. Mike Mann mcmann90@yahoo.co.uk

Orpington High Elms 10k

will take place on Sunday, 15th June 2014 starting @ 09.30 am

- It will be a single lap, challenging course incorporating the park's woodland nature trails and will be 99% off road
- There will be chip timing, medals, prizes, parking and photos all marshalled by the experienced ORR team.
- All profits will be donated to the Alzheimer's Society.
- Full details including arrangements on the day at the new venue and how to enter are available now at www.orprunners.com

We look forward to welcoming you and members of your club to what we think will be a great event.
Any questions please contact
racedirector@orpingtonraces.com
Thanks & regards - ORR Race Committee

Dulwich Runners 2014 Fixtures

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesday club night.

Date		Race			Venue
Apr	3	Assembly League	3miles		Beckenham - 7:15 start
	13	London (or other) Marathon		(long)	London / various
May	1	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	5	Ted Pepper 10k	for online entry see below	(medium)	Bromley, Norman park
	25	Rye 10 miles		(long)	Rye
Jun	5	Assembly League	5k		Beckenham - 7:30 start * **note changed venue**
	11	Dulwich Club Champs 2 miles		(short)	Beckenham * **note changed venue**
	22	Beckenham 10k		(medium)	Beckenham
July	3	Assembly League	5k		Battersea Park - 7:30 start
	11	Mark Hayes Mile		(short)	Dulwich College Track
Aug	7	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	31	Sevenoaks 7		(medium)	Sevenoaks
Sep	4	Assembly League	3miles		Beckenham - 7:15 start

Ted Pepper online entry **http://tinyurl.com/q98cmgv**
Club champs rules now available on the website

ASSEMBLY LEAGUE 2014

This year's series of Assembly League races has now been decided.
They will take place on the first Thursday of every summer month, venues will be the same as last year.
This summer evening series of races is popular with club members, and all including newly joined members are warmly welcomed and encouraged to participate.
For those that are new to the club these races are open to all standards and abilities, 5k, and free to enter, all you need to do is have a club vest, turn up and run.
If there is any further information regarding these races it will appear here in Shorts as and when it becomes available

3 April	Beckenham	3miles	7.15 start	
1 May	Victoria Park	3.5 miles	7.30 start	
5 June	**Beckenham**	5k	7.30 start	* **note changed venue**
3 July	Battersea Park	5k	7.30 start	
7 Aug	Victoria Park	3.5 miles	7.30 start	
4 Sept	Beckenham	3 miles	7.15 start	

TRACK MEETINGS

For those of you interested in competing on the track, there are several open meetings held at local venues during the spring/summer season.
Open meetings, hosted by HHH are held at Tooting Bec on some Saturday afternoons with the first one scheduled for 12 April.

Other open meetings are at Norman Park, Bromley on Monday evenings and at Crystal Palace on Saturday afternoons.
The events held vary but there are usually 800m and 1500m races and 3000m, 1 mile and 5000m races at some meetings.

12	Apr	Tooting track
5	May	Tooting track (same day as Ted Pepper 10k club champs)
10	May	Crystal Palace
19	May	Norman Park
9	Jun	Norman Park
26	Jun	Tooting track
19	Jul	Crystal Palace
21	Jul	Norman Park
11	Aug	Norman Park
23	Aug	Tooting track
23	Aug	Crystal Palace
27	Aug	Norman Park

These meetings, where there are usually 800m, 1500m and 3000m races on offer, are ideal for those looking for improved times, having done some earlier races. Please contact me for further details.
Mike Mann

Surrey Road League 2014

As well as the events we choose for our Club Championships, we are also eligible to compete in the Surrey Road League. Individual positions in the league are determined by the best five scores and you also contribute to the club's position.
As soon as the fixtures are confirmed they will be listed here

For more info go here:
http://www.surreyathletics.org.uk/road/league/index.php?Y=2013&O=R&S=2014
Charlie Lound - Men's Road Captain

Race Reports & Results

Nb Steve Smythe will now only send in results for races he attends or arranges for someone else to attend, so to be sure your race results appear in SHORTS you must send them in.

If you can write a report even better, all road, fell, XC, Tri results etc, are welcome .

World Masters Championships Budapest, March 25-30

Following the cross-country on day 1, action turned mostly to the track and runners from Dulwich won a record number of medals as including team events, they actually got more medals than some nations do at championships.
We won 6 gold, 1 silver and 2 bronze

Day 2: March 26

M65 800msf1

Mike ended up in the first heat and qualification was unusually totally by time. With a good run, the day after a tough cross-country, Mike finished third but ran quicker than any of the other heat winners managed, so he finished as third fastest of the nine qualifiers but only two seconds quicker than the ninth best. It was his best time of the year and his fastest since August 2012.
(1 P Molloy GBR 2:28.68;
2 J Schroedel GER 2:30.27)
3 Mike Mann GBR2:33.04. (85.7% AG).
18 ran in 3 heats.

W50 800m sf1

Clare sat back behind the American keader at a slow pace until the last lap when she kicked hard and won easily and her time was the fastest of the semis
1 Clare Elms GBR 2:30.17 (84.6% AG);
2 Nele Hillewaere BEL 2:31.18;
3 Lorraine Jasper USA 2:31.24

Day 3: March 27

M65 3000m final

Mike had a good solid run and kept to a sensible pace to try and break 11 minutes and he finished well in seventh place. It was his best time for over two years and his first sub-11 for 15 3000m races.
(1 D Rappo ITA 10:24.91;
2 P Molloy GBR 10:30.59;
3 W Schmidt GER 10:32.42)
7 Mike Mann 10:58.40 (86.9% AG)
23 ran in 2 finals

W60 3000m final

After getting the pace and tactics wrong at cross-country, Ros was determined to make up for it at 3000m. The German world record holder Lidia Zentner moved well clear and former winner Waltraud Egger of Italy was second and Ros was leading the next pack. Egger slowed and the American Coreen Steenbach moved into second. Ros followed her and was in a clear medal position as the last lap started and she ran a very fast last lap to go pass the American and move six seconds clear and take a silver and match her time when winning the European Championships last year.
Even though Ros probably could have gone quicker, her time gave her an age graded score of 97.4%, and be 0.1% down on her very best at any distance.
1 L Zentner GER 11:33.77;
2 Ros Tabor GBR 12:14.76 (97.4% AG);
3 Coreen Steinbach USA 12:20.48
(12 ran)

M50 3000m final

Tony decided to give it a go and ran a very fast first kilometre as he tried to hang on to a bronze medal position. Gradually he slowed and began to lose contact with the Irish runner Paul Cowhie. At the start of the last kilometre, he was 10 metres down on Cowhie in fourth. In the last 400 metres, a medal still looked possible but he couldn't get any closer or accelerate because of his quick start and he was overtaken late by two runners who had paced it more evenly and one of them sprinted into third. In retrospect, had Tony ran the first kilometre five seconds slower, he probably would have won the bronze but easy being wise after the event.;
(1 G Ribiero FRA 8:56.16;
2 G Pelletier FRA 9:05.91;
3 B Nilensjo SWE
9:28.12)
6 Tony Tuohy 9:34.64 (88.2% AG) 24 ran)

W50 3000m final

Clare was up against the world record holder Fiona Matheson but no one else looked a threat. The opening kilometre was a slow 3:35, before Matheson picked it up and by halfway it was down to two with the Scottish athlete getting faster throughout. Clare didn't have too many problems following and made her move in the last 400m and easily opened up a winning gap without going flat out and won gold by three seconds and the rest were over 30 seconds back.
1 Clare Elms GBR 10:11.17;
2 Fiona Matheson GBR 10:14.33;
3 E Pedroso ESP 10:45.24;
4 K Schon SWE 10:53.35 13 finished.

Day 4, March 28

M65 800m:final

Racing for the fourth day running, Mike wasn't at his best and after a on schedule first half he drifted off the pace on the second half and was slightly slower than his heat.
(1 Johann Schroedel GER 2:24.06;
2 Hans Smeet BEL 2:24.45;
3 Pete Molloy GBR 2:24.52
7 Mike Mann 2:33.75 (85.3 AG)
9 finished)

W60 800m final

Ros never really got in a medal position and couldn't follow the American, who she outsprinted in the 3000m but she finished very strongly and finished fourth. It was her best time for three years.
1 Jeanette Flynn AUS 2:41.40;
2 Coreen Steinbach USA 2:46.72;
3 Caroline Marler GBR 2:50.04
4 Ros Tabor 2:52.66 (91,4% AG),
8 finished)

W50 800m final

The pace was reasonably fast on the first lap as American Lorraine Jasper set out quickly but it gradually slowed and Clare moved into a challenging position. Clare kicked hard 300 metres out and opened up a gap. Briefly down the backstraight the former champion Zofia Wieciorkowska of Poland reduced the gap, but Clare went away again in the last 100 metres. Considering the pace slowing in the middle, her time was surprisingly fast and she missed her world record by just 0.18 of a second though it was announced as a world record in the stadium as her previous record has yet to be ratified.

The Pole went second on the all time lists to Clare.
(h1: 1 Clare Elms 2:21.27 (89.9%)
2 Zofia Wieciorkowska POL 2:23.56;
3 Lorraine Jasper USA 2:25.95, 8 finished)

Day 5 March 29

M65 1500m heat

Mike felt tired but ran a strong race and finished strongly and qualified as fifth fastest, making the final on time with 10 seconds to spare.
(h1: 1 J Boxsteens BEL 5:13.08;
2 Pete Molloy GBR 5:15.33;
3 Mike Mann 5:15.96 (84.7% AG), 23 ran)

M50 1500m heat

Tony finished third in his heat to the eventual winner but only made the top 12 by less than a second and he had another strong run as he ran his fastest 1500m of the year,
(h1: 1 Gunnar Duren SWE 4:23.51;
2 Toon Van Cauteren BEL 4:28.89;
3 Tony Tuohy 4:31.28 (87.4% AG) 11th fastes

Day 6, March 30

Half Marathon

M50 race

With a medal possibility quite small in the 1500m, Tony was persuaded to do the half marathon instead as Britain needed a strong runner in the M40 section, he had an excellent run. His time was a new PB and coming through the field strongly, he finished fourth in his age group and then combined with two younger runners, to take a team bronze.
(1 M Eror AUT 73:59;
2 P Kravochvil CZE 75:35;
3 G Grassi ITA 76:19
4 Tony Tuohy 77:14 (AG 87.4%) – 52 ran

M60

Andy had a steady tun and was rewarded with a team bronze and he passed Steve with a few miles to go
(1 Rolando Di Marco (ITA) 1:18:20
21 Andy Murray 94:04 (78.6 %) 40 ran)

W65 Half-Marathon

Ros decided she didn't want another track race and take on 3000m winner Zentner (who withdrew later herself). She ran another sensible race and went into the second half in control. She pulled away for a victory over the Finn Tynkkynen by just 18 seconds. The Fim had caught her late in the cross-country but hadn't looked a threat since. Considering the lack of distance runs, Ros was very pleased with her time and medal and she hasn't been faster since 2011.
1 Ros Tabor GBR 1:35:48 (94.6%); 2 M Tynkkynen (FIN) 1:36:06; 3 B Hellmann (SWE) 1:45:23, 6 ran

M55 half marathon

Not having been able to run since the cross-country, which was his longest run for months, Steve Smythe ran a steady pace for the first nine miles before pulling his calf marathon and he then had to ease back to a slow pace and he was was caught by Ros in the last mile
1 M Bultinck (BEL) 1:25:26)
27 Steve Smythe 1:35:49 (73.6% AG)
38 ran

M65 1500m

On his sixth and final day of racing, Mike wasn't at his very best but he held his pace well and eventually finished 20 seconds outside of a medal
(1 H Smeet (NED) 4:49.70;
2 D Rappo (ITA) 4:50.11;
3 P Molloy GBR 4:50.34
9 Mike Mann 5:08.48 (86.7%), 12 ran

W50 final

Clare looked a clear favourite after the heats and there was a slow start. Matheson held the lead until the last few laps whereby Clare accelerated away impressively with a 70 second last 400m to win her third gold by 8 seconds.
Though the start was slow, the finish was fast enough and she again ran faster than any other W50 has ever done and it was announced as a world record though she was quicker in England in a race yet to be ratified,
1 Clare Elms GBR 4:44.89 (97.1% ag);
2 F Matheson (GBR) 4:52.43;
3 Z Wieciorkowska (POL) 4:57.82, 12 ran

Croydon Half Marathon Sunday 30th March

It's hard to know why this event isn't better supported by Dulwich Runners or more popular overall. Maybe a two lapper is a put off or that it is a relatively small field at a max of 750.

A fine setting in the Sandilands Club House and carpet of a cricket pitch outside and even better on a sunny day as this turned out to be. The course takes a two lap tour of the well-heeled quarter of Croydon in a circular route around the borders of Park Hill Road, Coombe Road, Lloyd Park, Addington Hills, Shirley Park golf course and Addiscombe Road and makes for a pleasant meander along quiet leafy suburban avenues.

All on the step of your door!

A very warm and friendly atmos with sufficient facilities including showers for once! Very well marshalled with lot of road crossings to negotiate as well as a tram line and an encouraging bunch they were too. Oh and some pretty good fayre on offer at the end including mammoth slices of homemade fruit cake. Oh and a free massage which I noticed when it was too late and was on my way out of the gate! What's not to like?

I came into this looking at the prospect of bettering my time at Tunbridge Wells and a pre-race study of the topography supported the theory with only one discernable hill to negotiate and not the Eiger we all love in TW plus a couple more undulations. Convinced I'd nailed it a glimpse at my watch with just over 400 to go (the only time I trust myself to see it without careering into an injury inducing pace) showed the horror of being a minute down.

How did that happen? To put it into context the sky goes dark with hats in the air if I manage break two hours in a half marathon but surely this course isn't as hard as Tunbridge Wells? Answers on a postcard please.

Steve took a back seat in this one and had been MC at one of his excellent gigs the night before, drank wine and the clocks went forward….anything else I've missed? So for once I got ahead and stayed there. Gary we met briefly at the start and was already home, dried, in his cravat and smoking a pipe on his patio by the time we'd swallowed our post-race bananas.

Gary Sullivan	1:32:24
Paul Hilton	2:02:05
Steve Wehrle	2:08:57

(Overall Winner Kevin Quinn 1:13:43)

Paul Hilton

Hyde Park Marathon training run 23rd March

Across the country London marathoners must have looked at the weekend before last with a sense of relief as the final throes of the training schedule were reached, notwithstanding the usual taper. The Hyde Park Marathon training run was a good opportunity for Barrie to have a go at a timed and measured 20 mile distance.

This organised training run followed a four-mile course around Hyde Park so five loops to test the mental toughness not to mention the legs. It started just near the bandstand and zig-zagged up and around the park, past the daffodil-lined Serpentine to the Rotten Row gallop and back again.

The weather was somewhat unsettled, providing a mix of sunshine and showers but thankfully only a brief downpour of hail!

Barrie had a good run again and even managed his trademark sprint at the end to pip another runner he had teamed up with on the last couple of laps. He ran a very well paced run, getting slightly quicker each lap.

I had entered just to do part of the run and decided on 12 miles at an easy 9.30 minute miling pace which I managed almost to the minute.

As the weekend coincided with Sport Relief we felt, as regular runners, we should support the charity and enter the mile. So afterwards we headed for the Queen Elizabeth Olympic Park for the final scheduled mile at 2.45p.m., which was the only one we could fit in after our runs.

Walking rather than running the mile was the order of the day and we had a very pleasant, gentle stroll around the park and the perimeter of the athletics stadium. At just under 16 minutes it was our slowest mile ever but not a bad walking pace considering our morning runs!

We had a brief wander around the event village, which was showcasing all manner of sports as well as providing entertainment on the main stage. Tiredness finally got the better of us after a while and we headed home for a welcome sit down and soak in the bath.

Lindsey Annable

12 miles

Lindsey Annable 1.53.46

20 miles

230 Barrie John Nicholls 3.01.56

467 ran

Paddock Wood half marathon 30th March

Barrie planned this former club championship race as his final measured training run in the marathon build-up. This ever-popular race was full up well before the closing date with 2760 entrants.

The warm sunny weather meant quite warm running conditions but there were plenty of water and sponge stations to help us cool down. As many in the club know it's a fairly flat course that winds through the Kent countryside. There were clusters of supporters en route as it seems to have become quite a local event. A big thank you to Graham and Lewis Laylee who stopped off to support during their Sunday cycle ride.

It was nice to see a small contingent of DRs who were at the race although we didn't see all of them to talk to. Tom lead in the club with what looked to be an excellent run. Jim seemed to be close to his new PB and Katie was well up on her Tunbridge Wells time. Guideon was taking the run at a training pace but nonetheless posted a highly respectable time.

Both Barrie and I felt quite tired from the early start and lost hour of sleep and although Barrie planned to take the race steady, he felt he couldn't have gone too much faster. I suffered somewhat too and felt the fatigue of an exhausting working week away, travelling between Birmingham, Leeds and Colwyn Bay and catching more trains than I care to mention!

This year the race had attracted an even higher calibre of entry than normal as it offered a £1000 for the first sub 64 minute man and the first 72 minute woman in celebration of the race's 25th anniversary. The ladies' course record held for many years by former DR Alison Fletcher was finally broken, although in a time that was not eligible for the 1k jackpot. A Kenyan male athlete also aimed for the sub 64 clocking but although winning the race easily, fell short of his goal.

Lindsey Annable

(gun and chip times)

59	Tom Marshall	1.19.40 (1.19.34)
292	Jim Dowsett	1.34.13 (1.33.55)
396	Katie Crowe	1.38.09 (1.37.45)
494	Guideon Franklin	1.41.32 (1.40.30)
812	Barrie John Nicholls	1.51.22 (1.50.47)
886	Lindsey Annable	1.53.01 (1.52.22)

2070 ran

March 29th

Brockwell

Ola's 31st win here. Desmond ran his first sub-25, taking over half a minute off his PB in his 101st run at Brockwell.

23 Ola Balme 1W	19:54
34 Nicola Richmond 3W	20:46
44 Graham Laylee	21:55
61 Clare Wyngard 9W	22:39
77 Mike Dodds	23:25
98 Michelle Lennon 22W	24:54
102 Desmond Edwards	24:58 (PB)
188 Sarah Lyness 69W	29:59
231 ran	

Burgess

47 Barry Evans	25:06
114 ran	

Crystal Palace

4 Andy Cottrill	19.28
15 Gideon Franklin	21.03
17 Jim Dowsett	21.16 (PB)
33 Bob Bell	22.32
39 Belinda Bell	23.02
45 Yvette Dore	23.38 (PB)
141 ran ***Bob Bell***	

Dulwich

Ebe Prill writes.....

A good turn-out of Dulwich runners on a crisp sunny morning that again attracted a large field of runners to this fast three lap course.

I started with Edwin, managing to stay with him until the middle of the second lap when he sped up to run negative splits, finishing not far off his course pb coming back from injury.

I could see Ed Hill running at the shoulder of the leader for the first lap, disappearing out of sight eventually. Was pleased to find out he had a strong last lap and won the parkrun in a new 5k pb, improving by 10 sec on his previous assembly league pb last summer at Dulwich.

Wayne had a good first-time run for this parkrun course, not far off his assembly league performance here last year. And he finished the day a happy man when Crystal Palace beat Chelsea in the Premier league!

My marathon training payed off by being able to (more or less) maintain my pace over lap two and three (well, lost three seconds on the second and one on the third lap, room for improvement for summer) and felt coming to the home stretch that a sub18 might just be on.

Cheered by Rob Cope and the parkrun volunteers I made for the finish line with a loud '17:59' shout ringing in my ears. The time-keeping though didn't cut me any slack (and justifiably so when compared to my own stopped time) and I ran a tantalising pb of 18:00. Still an improvement by 9 seconds and am very happy with the state of things pre-London! - ***Ebe Prill***

Steve Smythe adds... a great win for Ed in a new PB and he is second on the Dulwich all-time lists to Buzz. Surprisingly Wayne's debut. Ebe set a PB but ran 18:00 exactly. A Pb for Claire and a few near misses. Stephanie ran her fastest since last June.

1 Ed Hill	16:35 (PB)
9 Wayne Lashley	17:39 (course PB)
11 Edwin McCormack	17:42
15 Ebe Prill	18:00 (PB, 1 M50)
47 Neil Moriarty	20:57
53 Cameron Timmis	21:09
72 Paul Hodge	22:14
78 Mark Muffett	22:35
79 Claire Sinka 8W	22:38 (PB)
82 Ian Sesnan	22:53
128 Pip Eastop	25:21
138 Kim Hainsworth (+1) 32W	25:59
147 Stephanie Burchill 37W	26:42
211 ran	

Hilly Fields

An excellent run from Paul saw him go third on the Dulwich all time lists behind Buzz and Alastair. Good to see Ian Lilley returning to better form after injury and two minutes up on last week.

4 Paul Devine	18:24
6 Alastair Locke	19:20
10 Ian Lilley	20:12
113 ran	

Richmond parkrun

Barrie took this easy in the run up to the marathon but was not far outside his PB and came 2nd in his age category. I wasn't too far off my PB either, not putting my foot too hard on accelerator either.

94 Barrie John Nicholls	23.37 (2nd VM60)
100 Lindsey Annable	23.57
325 ran	

Riddlesdown March 22

Riddlesdown

16 Angie Norris 3W	21:30
100 ran	
29 Pete Gibbons 23:07	
130 ran	
ran	

New members especially ! and others....

Could you update your Parkrun profiles to show you are a member of Dulwich Runners AC (if paid up). This help us pick out all our runners for the weekly results.

2014 pre London Marathon schedule for weekend runs going through to 13th April .

For further information contact either STEVE WEHRLE or CLAIRE STEWARD

SUNDAY RUNS, RACES AND REPS
Sunday runs at High Elms, Mile repetitions in Dulwich Park
Preparation for London Marathon 2014

To go!	Date	Event / Distance	Information
1 week	6 Apr	Easy 10 miles	09:00 High Elms
Zero	13 Apr	LONDON MARATHON	CLUB CHAMPS

Sunday alternative, meet with 'HERoS' (High Elms Runners on Sunday) mostly off-road, starting from Cuckoo Wood car park, High Elms Rd, between Green Street Green and Downe in Kent at 9:00 – usually two pace/distance groups, minimum ~10 miles
For more information contact Steve Wehrle or Claire Steward

Ola Balme
Sports & Therapeutic Massage

Do you suffer from a sporting injury? Are you feeling the strain from your marathon training?
What could you benefit from?

- Deep Tissue Massage
- Massage to alleviate muscle fatigue
- Massage to prevent injury
- Learning appropriate stretches and exercises
- Maintaining your fitness and well-being

Ola is an experienced Sports Massage Therapist and club runner (completed few marathons).

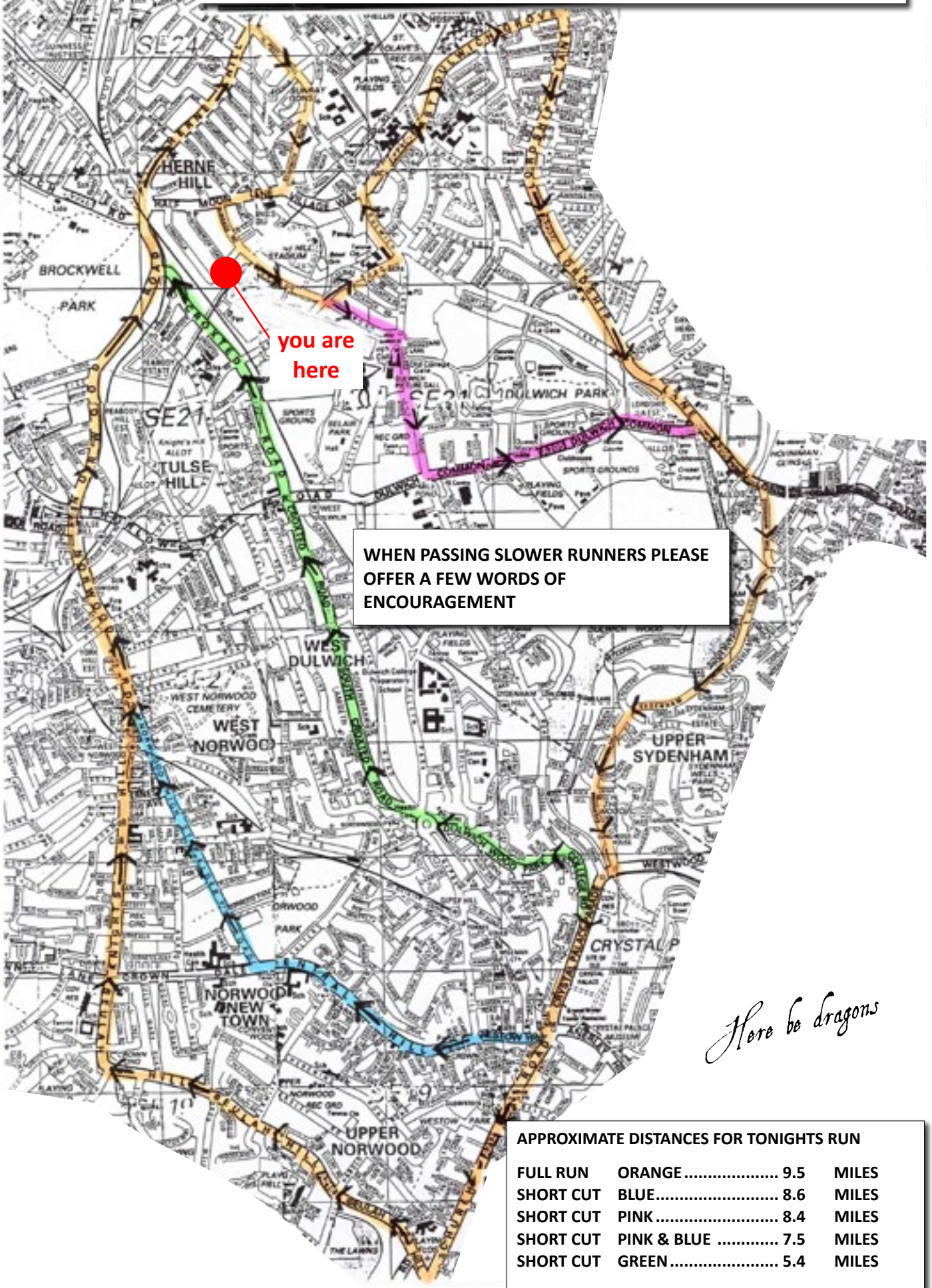
If you would like to know more, discuss a course of treatment or make an appointment, please call:
020 8678 7205, 0750 655 4004
ola.balme@btinternet.com

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£18 each

Hoodies are now available. There are a few left in each size .
Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk

DULWICH RUNNERS AC W12



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	ORANGE	9.5	MILES
SHORT CUT	BLUE	8.6	MILES
SHORT CUT	PINK	8.4	MILES
SHORT CUT	PINK & BLUE	7.5	MILES
SHORT CUT	GREEN	5.4	MILES