SHORTS

Dulwich Runners AC
Weekly Newsletter
April 15th 2015

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

- THE COMING WEEK –

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

Tue 21 Track Session - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

TRACK SESSIONS

at Crystal Palace Arena

Tuesdays with Steve Smythe

Improve your speed & strength over all distances, suitable for all standards and abilities.
Be warmed up ready for the session to start at 7.15.
Go to Crystal Palace reception, say you're with Dulwich Runners and you will be given a wristband.
Make your way to the track and pay Ros your track fee (£2.50 per week) Ros will mark the track register. If you want to pay in advance for future sessions.

Nb the last Tuesday track session of the Spring at Crystal Palace will be on **Tuesday 21st April.**
Post London Marathon, the summer sessions will start at **Dulwich College track on Tuesday 28th April. Start warm-up at 7pm and ready for session to commence at 7.10pm.**

LUCKY VEST

April winner Paul Hilton

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 3**

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 !

After your run 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)

In your SHORTS this week !

1... General information
2... ***New*** - Social Spot - coming social events
4... 2015 Dulwich Runners Club Champs races diary
4... Fixture list, club champs,XC, road, track
5... Race reports and results
5... Beckenham Assembly League - report and results
7... Its the marathon season !
8... Parkrun results
9... Wednesday night routes map

And much more !

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

You can follow us on

EVENT HORIZON

A brief look ahead

full fixture list **page 4**

26 April London Marathon

NEW RUNNERS ROTA

Many thanks to **Doug Keighley** 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**

Laura Lane	15/04
Graham Laylee	22/04
Alastair Locke	29/04
Charlie Lound	06/05

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

SOCIAL SPOT

Apologies for the radio silence it's been a busy start to this year with work, travels and this marathon training malarkey.
Anyway I thought I should give you all an update on what I had planned over the next couple of months to get some dates in your diary..... ***Matt Ladds***

May - Brunch cancelled

UPDATE - To Be Confirmmed
Friday 8th May, the plan is to meet at The Plough at 7/7.30 and make our way down to the Bishop (as its open late) over the course of the evening think of it like backwards hill training!

Pizza/Pasta Night - Date TBC - Rocco, Dulwich Village

June/July

Summer Picnic - Date/Venue TBC
Always open to suggestions/request so feel free to drop me a line or grab me when I'm down the club
matthew.ladds@uk.zurich.com

In conclusion to our members survey the committee has decided to:

a) introduce a more formal way for participants on Wednesday night to run together at a set pace. We have started this already, as those who were at the club will have noticed. In the introduction to the clubrun the different pace groups will be pointed out.

b) from Wednesday the 29. April on we will start the clubrun at a later time of 7:30 pm. We will test this for three months and decide then if we continue with the later start time.

Ola Balme
Sports & Therapeutic Massage

Pre Marathon Special Offer –10% Off
Good luck to everyone running in the marathon!

Sports massage can speed up recovery and ease muscle fatigue in the build up to your race

Ola is an experienced Sports Massage Therapist and club member.

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

'MARATHON TRAINING SUNDAY SESSIONS'

Weeks to go!	Date	Event / Distance	Information
1	19 Apr	High Elms	09:00 Easy 10m off road
GO!	**26 Apr**	**LONDON MARATHON!**	**CLUB CHAMPS**

for more information contact Steve Wehrle, Claire Steward, Paul Hilton
for venues and registration
Alternative / additional race options:

19 April	Thames Towpath 10 (10 miles, Chiwswick)	http://www.west4harriers.com/

Sunday Long Run Group / Spring 2015 Marathon Training

There will be an informal Sunday long run group meeting around 9am in Dulwich Park from the beginning of January onwards. The runs will typically be 15-20 miles and at a range of paces in accordance with training schedules, aiming at runners targeting 8 min down to sub 7 min miling in a spring marathon. Non marathon runners looking to improve their stamina equally welcome.
Contact ian.lilley@gmail.com or ebeprill@yahoo.co.uk to be added to the email distribution list, we will also try to get something up on Facebook each week. ***Ian Lilley***

Another Sunday running group meets each week at 8am prompt at Brockwell Park main gates. Runs are from one hour, with marathon runners extending this towards two hours. We try to visit local points of interest (windmills, cemeteries, riverside etc). Pace is around 8 minute miling.
Andy andrew@28kerfield.freeserve.co.uk
Ros ros@28kerfield.freeserve.co.uk

DULWICH RUNNERS CLUB KIT

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

There is limited stock of hoodies, very small sizes only.
I can order more if enough people are interested. They will be £20 each.

Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk
With winter approaching keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood and are ideal for wearing to cross country races - all sizes available - £25

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

Dulwich Runners
2015 Club Championships

Some of the earlier races have already been advertised, with the remaining ones held back as dates have yet to be confirmed. Although this still remains the case, we have decided to issue the complete list which will be updated with confirmed dates once these are known.

Once again the races will be split into 3 distance categories. As the 3 long events fall within a 6 week period, we have added the Cabbage Patch 10 as an additional long race to accommodate those who may be injured during the spring. Details of scoring rules to follow.

31 Jan	Dulwich parkrun (short) (completed)
8 March	Sidcup 10 (long) (completed)
29 March	Paddock Wood half marathon (long)
26 April	London Marathon (or alt. marathon) (long)
1 June	Battersea Park 2 miles (short)
21 June	Ranelagh Richmond 10k (medium)
10 July	Mark Hayes Mile, Dulwich College track (short)
31 August	Sevenoaks 7 (medium)
4 Oct	Middlesex 10k, Victoria Park (medium)
1 Nov	**Cabbage Patch 10 (long) RACE CANCELLED**
22 Nov	Epsom 10 (long) replacement for CP10 (tbc)

Assembly League Races

This year's series of Assembly League races starts shortly - see the fixture list below.
These races range from 3 to 3.5 miles in distance, are on road or on paths within parks and are suitable for runners of all abilities, including newly joined members. They take place monthly over the summer months with the April fixture starting at 7.15 and the remainder at 7.30.
They are free to enter.

9 April Beckenham (Beckenham Running Club HQ)
7 May Victoria Park, Hackney
4 June Battersea Park
2 July The Dome (North Greenwich)
30 July Victoria Park, Hackney
3 September Beckenham (Beckenham Running Club HQ)

Dulwich Runners 2015/16 Fixtures

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

Cross country and other races for 2015/16 have been announced.
Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly .

Club champs update:

Note the confirmed details of the 2 miles race is June 1st at Battersea Park.
Proposed as an alternative to the cancelled Cabbage Patch will be The Epsom 10 all details to be confirmed.

Date		Race		Venue
Apr	26	London Marathon (or alt. marathon)	long	London
May	7	Assembly League Victoria Park 7:30pm		Hackney
Jun	1	Battersea Park 2 miles	short	Battersea
	4	Assembly League Battersea Park 7:30pm		Battersea
	21	Ranelagh Richmond 10k	medium	Richmond
Jul	2	Assembly League The Dome North Greenwich 7:30pm		The Dome, Nth Greenwich
Jul	10	Mark Hayes Mile	short	Dulwich College Track
	30	Assembly League Victoria Park 7:30pm		Hackney
Aug	Mon 31	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	3	Assembly League Beckenham Running Club HQ 7:30pm		Beckenham
Sep	19/20	SEAA Road Relays		Aldershot
Oct	4	Middlesex 10k	medium	Victoria Park 10:30
	10	**Surrey League match 1**	**men**	**Wimbledon Common**
	10	**Surrey League match 1**	**women**	**Nork Park**
	17	**Surrey Masters (tbc)**		**Richmond**
Nov	1	**Cabbage Patch 10**	**CANCELLED**	**CANCELLED**
	7	**Surrey League match 2**	**men**	**Walton**
	14	**London Champs**		**Parliament Hill Fields**
	tbc 22	Epsom 10 (replacement for the cancelled Cabbage Patch)		Epsom
Dec	5	**Surrey League match 2**	**women**	**Lightwater**
		2016		**2016**
Jan	9	**County Champs (Surrey & Kent)**		
	16	**Surrey League match 3**	**men**	**Reigate Priory Park**
	16	**Surrey League match 3**	**women**	**Reigate Priory Park**
	tbc 30	**South of England champs**		**Parliament Hill Fields**
Feb	13	**Surrey League match 4**	**men**	**Lloyd Park**
	13	**Surrey League match 4**	**women**	**Richmond Park**
	27	**National Champs**		**tbc**

Cross country **Club Champs** **Assembly League** **Misc.**

.....Races to look to in May

Sunday 10th May
Sutton Runners 10k
Nonsuch Park and will be the second race of the 2015 Surrey Road
League.
enter quickly to avoid disappointment,
the link to our on-line entry is:
http://www.suttonrunners.org/sutton_10km/

Saturday May 16
British Masters Road Relay Championships
Sutton Park, Birmingham
Traditionally we put teams in for this and the captains will be asking around so we can get strong teams out. We have won golds in W35, W45 and W55, medals in M55 and placed highly in M35 and M45.
The women's race (separate medals for W35 (4 legs), W45, W55, W65 (each 3 legs) starts at 10.30am, the M55 (3 legs) and M65 race (3 legs) is at 12.15pm and the M35 (6 legs) and M45 (4 legs).

Monday May 25
Bupa London 10,000
This race includes the UK road race championships and the club gets 6 free men's and 6 free women's places.
The race is run over a fast traffic-free course through Trafalgar Square and along the river and places go to the six fastet men and six fastest women available.
If you can do, let Steve Smythe know on steve.smythe@athleticsweekly.com who will advise the captains who will select the team.

Race Reports & Results

To be sure your race results/reports appear in SHORTS you must send them in. barry@1bg1.com
All road, fell, xc, tri results etc, are welcome .

ASSEMBLY LEAGUE 3M
Beckenham Thur 9th April 2015

Yes, it's that time of year again; Spring has sprung and the Assembly League has kicked off for its 198th year, or something (alright not that many, but it's been going for a long time).

A glorious sunny evening greeted the first fixture at Beckenham, which attracted a very large turn-out with Dulwich providing 33 of the 238 runners. Decent packing saw the Dulwich men's A team placing third and the B team going one better with second. The women were even better with the A team in second not too far behind the dominant Kent AC first squad, but the B team came up trumps, heading the Kent second team to lead by three points. Good turn-outs will certainly be needed at the subsequent fixtures if these positive starts are to continue. In the meantime, the warm conditions saw some fine individual performances.

Marathon training hasn't done Steve Davies's shorter distance speed any harm. In fact, if anything long distance training combined with the Tuesday track sessions has brought him on in all areas and his reduction of over a minute and a half from last June on this course, or half a minute per mile, is a huge improvement when you consider he was already racing at sub-6 minute miling back then. To now be racing this course at an average 5:24 per mile definitely qualifies as his best performance yet. Mind you, I wasn't exactly thinking of these accolades as he passed me like a train with half a mile to go and buggered off up the hill. There was nothing anybody could do about it as he was kicking like a demon having been only about sixth Dulwich man after the first mile. With such an 'easy' start he proceeded to just plough through the rest of us in the latter part of the race (the complete reverse of my own pacing 'strategy'). Pure cruelty.

Soon after, Charlie passed me too on one of his best runs here and I thought the whole lot were coming. But Charlie's finish was dying like mine and a last push got me back in front, although the footsteps behind me all the way to the line were nerve-wracking to say the least. And they weren't even Charlie's – Wayne had managed to come through with his best-ever run here too to complete the A team and just miss getting me. He was overheard saying that 'technically' he ran faster than me – apart from the first mile. You're just going to have to go with me Wayne down that hill. No safety net, just leave your brain in a drawer and let your legs go.....

A mere nine seconds behind Charlie, Mark Lacey made a great Dulwich debut at the League and then Lewis Laylee, just 16 years old, superbly knocked a minute off his best to complete the B team as the second under-20 in the race. Third under-20 was Alex Elms on his tentative comeback trail after his all-too-brief but superb start at competitive running, cut short by knee problems for the best part of two years. Still only 14 years old, and only a few weeks since starting running again, his 17:09 was remarkable; I reckon his track races this summer might be worth watching..... Behind him, Paul Devine was musing over whether he should out-sprint Alex's mum. Thinking she'd have no qualms about returning the favour the answer was yes, and he managed a one second advantage although Clare did hold off

Kevin Chadwick who was having a great run himself. Ebe was next in a very similar time to this fixture last year, just ahead of under-15 Oscar who continued his own improvement with a new course best. 6th and 7th women in the race and completing our A team were Claire Baglin, making a very good debut, and Andrea with a good run, up on last year's times.

A fair old phalanx of Dulwich Runners then came through with Mike Mann holding a buffer of three seconds in front of Neville, Mike Fullilove and Duncan, all credited with the same time. They were just four seconds in front of Ola, improving considerably on her times of last year, as was Nicola with her own good run a few seconds in front of a great debut from Laura Long, these three combining to lead the B team standings.

There were more good debuts from Helen Lister and Katie Crowe, split by excellent improvements from Ros (still on that Euro Championship-winning form) and from Ian, over a minute quicker than last year's runs here. The Dulwich efforts were completed by another good debut from Katie Styles and solid runs from Graham, Andy, Barrie John, Claire Steward, Lindsay, Stephanie and ex-Assembly League organizer and club stalwart Kev Wood. ***- Tony Tuohy***

15	Steve Davies	M45 – 2	16:12	June 17:46
16	Tony Tuohy	M50 - 1	16:22	April 16:27, June 16:17, Sep 16:15
17	Wayne Lashley	SM	16:23	April 16:41, June 16:46, Sep 16:34
18	Charlie Lound	M45 – 3	16:24	April 16:32, June 16:42
22	Mark Lacey	SM	16:33	
31	Lewis Laylee	U20 - 2 (U17)	16:47	June 17:44
38	Alex Elms	U20 – 3 (U15)	17:09	
44	Paul Devine	SM	17:19	April 16:25, June 16:38, Sep 16:51
3W/46	Clare Elms	W50 – 1 (3W)	17:20	April 17:29, Sep 17:23
47/44M	Kevin Chadwick	SM	17:20	June 18:57, Sep 18:06
58/55M	Ebe Prill	M50 - 3	17:43	April 17:33
59/56M	Oscar Hussey	U20 - 6 (U15)	17:44	April 17:56, June 18:12
6W/78	Claire Baglin	SW (6W)	18:32	
7W/90	Andrea Pickup	W45 - 1 (7W)	18:55	April 19:03, June 18:58
97/90M	Mike Mann	M65 - 1	19:02	April 19:01, June 19:57, Sep 19:40
98/91M	Neville Webb	M55 - 4	19:05	June 18:30
99/92M	Mike Fullilove	M50 - 9	19:05	
101/94M	Duncan Hussey	M45 - 9	19:05	June 18:33
8W/103	Ola Balme	W45 - 2 (8W)	19:09	April 19:28, June 19:34, Sep 20:16
13W/122	Nicola Richmond	W40 - 2 (13W)	19:46	Sep 19:23
14W/125	Laura Long	W35-2 (14W)	19:52	
15W/128	Helen Lister	SW (15W)	20:01	
23W/157	Ros Tabor	W65 - 1 (23W)	20:38	April 21:04, June 21:12, Sep 22:16
165/139M	Ian Sesnan	M55 - 9	20:54	June 21:56, Sep 21:58
29W/173	Katie Crowe	W35 - 5 (29W)	21:18	
180/148M	Graham Laylee	M55	21:46	June 21:24, Sep 21:31
193/154M	Andy Murray	M60 - 4	22:20	April 20:33, June 20:40, Sep 20:59
196/156M	Barrie-J.Nicholls	M60 - 5	22:35	April 21:50, June 21:50, Sep 22:31
41W/199	Katie Styles	SW (41W)	22:50	
43W/204	Claire Steward	W60 - 1 (43W)	23:16	June 24:42, Sep 23:56,
44W/206	Lindsey Annable	W45 - 7 (44W)	23:23	April 23:00, June 23:10, Sep 24:10
59W/232	Stephanie Burchill	W55 - 5 (59W)	26:29	April 26:35, Sep 26:32
236/175M	Kevin Wood	M55	28:02	April 24:58 June 25:39, Sep 26:52
238 finishers				

Men team:
1 Kent 44
2 Lloyds 58
3 Dulwich 66
4 VPH 70
5 Ravensbourne 87
6 Stock Exchange 105
7 Serpentine 112
8 Beckenham 162
9 Eton Manor 187
10 Dartford RR 208
11 Petts Wood 280
12 Cambridge 343
13 Aquila 564

Men B team:
1 Kent 110
2 Dulwich 138
3 Lloyds 217
4 Ravensbourne 246
5 Serpentine 262
6 Eton Manor 307
7 VPH 322
8 Stock Exchange 332
9 Beckenham 422
10 Petts Wood 484
11 Dartford RR 545
12 Cambridge 644

Women team:
1 Kent 10
2 Dulwich 16
3 VPH 53
4 Eton M 57
5 Beckenham 76
6 Serpentine 130
7 Dartford 103
8 Ravensbourne 138
9 Lloyds 145
10 Camb H 165

Women B team:
1 Dulwich 35
2 Kent 38
3 VPH 76
4 Beckenham 106
5 Eton M 129
6 Dartford RR 160
7 Stock Exchange 179

Rotterdam Marathon - Sunday 12 april

This was the big one for me - five months of training, doing the highest mileage I've ever done. I had gradually moved from my original target of just getting under 3:10 to sub 3 hour as my training progressed well without any injuries. I felt the pressure to achieve my goal!

Saturday was spent travelling to Rotterdam, visiting the tiny expo to collect my number and dragging my long suffering girlfriend for a pasta lunch and dinner, then I was all set for the big day. On race day the weather was perfect - cold air, about 12C, but bright sunshine. I was near the front in the first wave at the start, so after a Dutch version of 'You'll never walk alone' sung by the crowd and runners, the starting cannon fired and we were off!

The course left the city centre over a big bridge, with crowds lining the streets all the way. I struggled to settle into a pace, but was really trying not to go out too fast. The kilometre markers came by quite often so I got regular updates on my pace. I ran with a couple of Irish guys from 10 - 20 km's which helped me even out my pace and chatting with them took my mind off the distance to come. Around half way I overtook the 3 hour pacer so I knew I was doing ok, but hoped this wasn't being over-confident!

As I got to 30km marker, I was surprised at how comfortable I still felt - pretty tired but not struggling with the pace. The course had a bit of a headwind in the last 5km, which made it a bit harder work, but by now I was overtaking people constantly which gave me a real boost, I even managed to push a bit faster in the last 1km, with the crowds helping with their enthusiastic support!

I really enjoyed the race, with none of the normal zombie shuffling during the last few miles. It was very well organised, a nice route which was mainly flat apart from a couple of bridges and underpasses, with lots of bands/DJs along the route and people calling my name, even if I couldn't understand the Dutch shouts of encouragement.

I finished in 2:57 - far faster than I thought possible and 22 minutes off my PB. Massive thanks to the Dulwich marathon training group and Steve Smythe who helped me train so well this year.
462 James Burrows 2:57.25
11879 ran

Brighton Marathon - Sunday 12th April

I don't think I could have asked for a better back drop for my first marathon than a beautiful and sunny morning by the seaside, or a better organised and managed event.

Now in its sixth year, over 15000 runners descended on Brighton for the Marathon and 10k race. I arrived in Brighton the day before and had great views of the seafront where the race would finish, and a conveniently located personal base camp, from the comfort of the Thistle hotel.

The start was in Preston Park, a good half hour walk out of town. I cut it quite fine but arrived with just enough time to drop my bag at the trucks that would transport them back to the finish, and squeeze my way through a few thousand runners, having got myself in a pen a couple too far back. Oopsie!

The route was predominantly flat and there was some head wind, but by and large it was welcome to keep cool. There was incredible support throughout particularly on the seafront sections. Running for charity I decided I'd get my name transferred onto my race T, and I was over-whelmed by the encouragement and kindness of strangers. One woman shouted, 'Go on Yvette. You've got this!' at mile 20, and I kept telling myself that for the remaining 6 miles. There was a water or Gatorade station at virtually every mile, energy gels at miles 17 and 22, bands and music along the way, and St Johns Ambulance with Vaseline to hand on numerous corners. In all respects, I felt the organisers had done everything they could to take the best possible care of their runners.

I was hoping to come in around 3 hrs 45 and my strategy had broadly been to run the first half in 8-ish minute miles and the second half under 9 minute miles.

As it was, the conditions and support carried me, and I finished at 3:34:42, placing 31 out of 1194 runners in my category (W35-44), a very happy first-time marathoner! - ***Yvette Dore***

Paris Marathon, 12th April 2015

I didn't realise Paris marathon is the size it is. Over 54,000 entrants! Bigger than New York when I ran it, and considerably bigger than London. Impressive stuff. Also got to meet Dawa Sherpa (multiple winner of the UTMB) at the expo..more interested in the trails than the roads.

As for the race, all went to plan, knocking off 4:10-4:20mins/km up to 25km. An encouraging "good work, Toby" heard at 10k from the recognised voice of coach Smythe. (Out in Paris for the Asics26.2 crew - did Tom break 3?). Alas the no Lucozade/Gatorade at the water stations really riled me, I def suffered from lack of energy and km splits went south.

Great course, great sights, great weather (if I was really picky, I'd say 5 degrees too warm). Gutted I didn't hold my form in the last 15k. GFA will have to wait for another marathon (or 40th birthday).

For those following, this marathon fulfils the 17th letter of my marathon alphabet quest. ***- Toby de Belder***

2,818 Toby de Belder 3:14:50
5k splits: 21:10, 21:24, 21:43, 21:19, 21:54, 23:46, 24:46, 26:04 (ouch)

40,157 ran

Putney and Fulham Riverside Half Marathon

Sunday 12 April 2015

Claire Steward writes: In previous years, the Thames Towpath 10 has traditionally been my final pre-London-Marathon race. Having had more than a year nursing a tendonopathy of my left tibialis posterior (posh name, tedious injury), and finally thinking that I would actually be able to run London, I was dismayed to discover that TT10 was already full.

Disaster! Some runners have their lucky vest or lucky safety pins – I have my lucky races to tick off before the big day. Having been nowhere near fit enough to do the others (Meon Valley Plod, Benfleet 15, Orion 15, Spitfire 20 etc), the TT10 was going to be my last chance for a bit of pre-London luck. Browsing through the Runners World race calendar, Paul suggested an alternative, the Riverside Half, which had the added attraction for me of taking place around Fulham and Putney, where I used to go 'jogging' back in the 1980s.

It was a beautiful sunny morning; the course is pretty flat apart from Putney and Hammersmith bridges, advertised as being good for PBs. The start and finish at Barn Elms seem to go on forever looping around playing fields, then the course weaves back and forth onto the towpath for two laps between the bridges. It's a nice low-key race, with only 140 club runners out of 542 finishers; the only other person I knew was a solitary Dulwich Park Runner. I was disappointed to be slower than Paddock Wood, but Paul was quicker, easily keeping me company for 11 miles and finishing just 61 seconds behind. I think last Sunday's 19 off-road miles, followed by club run on Wednesday, Assembly League on Thursday and ParkRun, was probably a bit optimistic at this stage of my recovery.
Now I just have to see what I can do at London.

230 Claire Steward 1:49:03
251 Paul Keating 1:50:04
Winner 1:14:34

April 11th

Banstead Woods

170 ran

Pos	Gen		
3	3	Tony Tuohy	17:52

Bromley

443 ran

Pos	Gen		
278	222	Peter Jackson	28:00

Burgess

148 ran

Pos	Gen		
43	38	Hugh Balfour	23:32
80	62	Freddie Vernon	26:46
121	44	Susan Vernon	30:04
138	85	Chris Vernon	34:03

Cassiobury

129 ran

Pos	Gen		
41	33	Alastair Young	23:50

Crystal Palace

152 ran

Pos	Gen		
12	11	Andy Cottrill	20:10
20	19	Jim Dowsett	21:28
54	4	Belinda Cottrill	24:11
77	11	Penelope D'arcy Graham	25:48

Curl Curl , Sydney Nth. Shore, Aust.

As many of you will know by now Clare has delayed her return until early May to support and assist former DR, who's also Godmother to our son, Jude Knott. Jude was diagnosed with cancer just before our arrival and started her chemotherapy treatment during our stay with her.

Clare and Jude go back a long way and particularly cemented their friendship when they trained together for their marathon debuts at London in 1991. In the following year they were battling it out across the distances for the silver and bronze positions in the senior women's category of the club championship. In the course of this they both smashed their personal bests at their next attempts at London with Jude completing it in 3-18 and Clare about a minute behind.

At the 1992 Christmas party presentation the MC of the day, Paul Foster, announced that although neither had managed to win the category – that honour belonging to the serene Debbie Picott – they had, by way of compensation, broken the UK all-comers non-stop gossiping record upon exiting the Isle of Dogs together.

Jude eventually settled in Australia in 1997 and, considering the distance away, a hugely impressive contingent of DRs went to her wedding in Sydney in April 2000 including, apart from Clare and myself, our present Chairman and Andy as well as Chris and Sue Vernon. Most of us stayed on for a few weeks to do the 'Host City marathon' – basically a mass event to test out the logistics for the Olympic marathon course to be used for real the following September.

Anyway, the extra time down under has enabled Clare to take in another parkrun - you may have seen that we did the one nearest to the city centre within hours of our arrival in mid-March - and this is what she had to say about it.....

I made the 7am start, somehow, for another Sydney parkrun - there aren't that many in this city, but this one is on the Northern Beaches about 20 minutes' drive from Jude's house. The early starts are obviously to avoid the heat but, as it's supposed to be autumn here, it was a cool 16 degrees when the start gun went.

This was the 101st running of this event so no surprises that I was the only participant in a "park run 100 t-shirt". The course was one lap around a lagoon adjoining the ocean and through wooded areas and past playing fields on a variety of paved and unpaved paths and tracks - but fortunately mostly flat. I enjoyed it although it was a bit weird having finished before 7.30am and dawn hadn't happened until c. 40minutes before the race started. Nice to cool off with a leisurely swim in an ocean rock pool post run... and await my husband's parkrun report telling me he had beaten my time! (the first male ran 16.12 and the first woman ran 18.50). - **Mike Dodds**

175 ran

Pos	Gen		
50	8	Clare Wyngard 1VW 50	23:36

Dulwich

218 ran

Pos	Gen		
15	15	Lloyd Collier	18:01
30	1	Elkie Thorndyke	18:50
52	46	Nicholas Brown	20:08
59	52	Chris Goodman	20:54
75	67	Graham Laylee	21:55
86	10	Laura Vincent	22:31
102	90	Michael Dodds	23:27
112	16	Claire Steward	24:12
128	108	Mick Mead	24:59
158	36	Stephanie Burchill	27:13

Lullingstone

111 ran

Pos	Gen		
79	54	Steve Wehrle	31:32

Newark

138 ran

Pos	Gen		
25	23	Martin Morley	23:36

Old Deer Park

57 ran

Pos	Gen		
26	20	Barrie John Nicholls	24:22
28	7	Lindsey Annable	25:04

Orpington

108 ran

Pos	Gen		
6	6	Oscar Hussey	19:32
11	11	Duncan Hussey	20:12

Peckham Rye

116 ran

Pos	Gen		
2	2	Charles Lound	17:47
3	3	Kevin Chadwick	18:15
5	5	Ebe Prill	18:43

Pymmes

51 ran

Pos	Gen		
11	2	Ros Tabor	22:37
12	10	Andy Murray	22:42

Riddlesdown

133 ran

Pos	Gen		
24	3	Ange Norris	21:51

Roundshaw Downs

122 ran

Pos	Gen		
2	1	Clare Elms	18:53

New members especially ! and others....

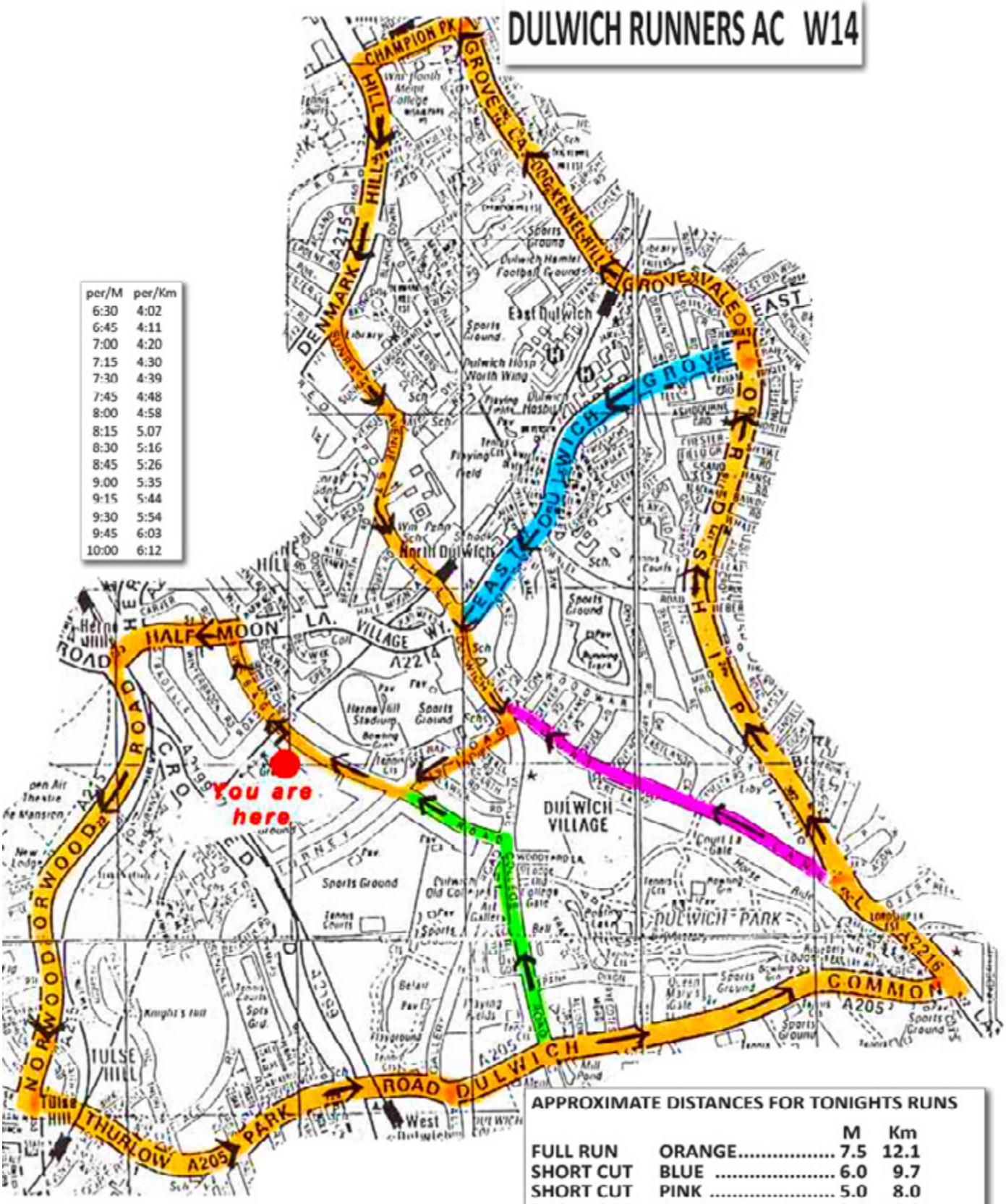
Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.
This helps ensure your results get picked up and saves you having to send them in.

Hastings Parkrun

The inaugural run is this Saturday 18th April, and despite our best laid plans to keep things quiet I am fearing a bumper turnout of local runners and the usual parkrun tourists! The seafront course along the promenade is a fast, flat out and back route, turning round 100m beyond Hastings pier. It offers great pb potential provided there is not a strong headwind!
Any Dulwich parkrunners will get a warm welcome!
See www.parkrun.org.uk/hastings

Nick Brown (event director)

DULWICH RUNNERS AC W14



per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5.35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	7.5	12.1
SHORT CUT	BLUE	6.0	9.7
SHORT CUT	PINK	5.0	8.0
SHORT CUT	GREEN	3.5	5.6

Here be dragons