SHORTS

Dulwich Runners AC
Weekly Newsletter
May 27th 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 27 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Mon 01 2 mile Club Champs - Battersea Park
Tue 02 Track Session - Dulwich College Track
7 for a 7:10pm start £1 per session...see below

In your SHORTS this week !

1... General information
2... Social Spot - upcoming social events
4... 2015 Dulwich Runners Club Champs races diary
5... Fixture list, club champs,XC, road, track
5... Race reports and results
6... BUPA 10k report and results
9... Parkrun results
12... Wednesday night routes map

And much more !

TRACK SESSIONS

at Dulwich College Track

Tuesdays with Steve Smythe & Elkie Mace

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

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

You can follow us on

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**

EVENT HORIZON

A brief look ahead

full fixture list **page 4**

June 1 Battersea Park 2miles Club Champs race
June 4 Assembly League Battersea park

Jose Barretta

Messages from friends can be read out to him.

Please continue to send these via 127, Crookston Road, London SE9 1YF katherine.barretta@yahoo.com or 07843 844 876 but emails/texts can't be accessed from the ward.

Sue Cooper and I thought we would start a letter to Jose that people could add to then we give his wife a completed letter with all the contributions.
Email me back and I will combine all the responses into one document. **duncan.j.wilson@hsbcib.com.**
Letter attached with SHORTS email

NEW RUNNERS ROTA

Many thanks to **Andy Murray and Charlie Lound** 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**

Barrie John Nicholls	**27/05**
Mike Mann	03/06
Ebe Prill	10/06
Ian Sesnan	17/06

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)

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

Glad that everyone enjoyed the first social of the year at Surma. Now that we have the lighter evenings and nicer weather watch this space for social updates..... ***Matt Ladds***

May

Pizza/Pasta Night - Date TBC - Rocco, Dulwich Village
More details to follow shortly on this....

June/July

Summer Picnic - Date/Venue TBC

Mark Hayes Mile Drinks - Friday 10th July
After the club mile, come along for a drink at The Alleyns Head.

Always open to suggestions/requests so feel free to drop me a line or grab me when I'm down the club matthew.ladds@uk.zurich.com
Thanks - Matt

LUCKY VEST

May winner - Laura Lane

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

70/70 - Susan Vernon Writes:

Just a reminder to everyone that I am running my 70th parkrun this Saturday at Burgess Park, the day after my 70th birthday. Please come and join me wearing your Dulwich Runners club kit. There will be cake afterwards. Paul Keating, Lindsey and Barrie-John did a recce run at Burgess last Saturday, at which I was marshalling and Chris was running. It was great to see them and I look forward to seeing many more of you on 30th.

Accommodation required

Two Austrian males looking for either a two bed flat or a house share, with a room each, starting in June. Required for at least six months and possibly longer
If you have anything could you let me know
Thanks
Bob Bell
bob.bell@rbccm.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	£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

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)

Date for your diary:

Aldershot Road Relays 19/20 September 2015

The SEAA Road Relay Championships or 'Aldershot Relays' will be on 19th (women) and 20th (men) September 2015. These include separate senior and veterans categories and we usually manage to get a few teams out for what is a great day out. We'll be sorting out the entries later in the summer, but for now mark this in your diaries.

7Oaks7 race entry now open

This year the 22nd 7Oaks7 run will be held on bank holiday Monday, 31 August 2015

Fee again unchanged: £11 Affiliated / £13 Unaffiliated / £15 On the day (subject to availability)

A course map, race notes, and other entry details can be found at: http://www.7oaks-ac.org.uk/sevenoaks-7

CRYSTAL PALACE FUN RUNNERS are proud to present the

DINOSAUR DASH RELAY

WEDNESDAY 19:30
17th June 2015

CRYSTAL PALACE PARK
Crystal Palace, SE19

Be among the first runners to take part in the inaugural Dinosaur Dash relay race in historic Crystal Palace Park. Organised by Crystal Palace Fun Runners with proceeds being donated to the Friends of Crystal Palace Dinosaurs to support conservation of the world famous Dinosaurs of Crystal Palace Park.

Course: A multi-terrain relay that starts and finishes at the top of the scenic park, taking a 5km route on tarmac and gravel following the perimeter path through the lower lake area by the Crystal Palace Dinosaurs (take care not to get eaten – we've heard that one or two are carnivores!).
Format: A relay in teams of three, with each person running a 5km lap.
Prizes: Medal for all finishers and team prizes for the winning teams.
Entries: £15 per team online in advance. Closing date Tuesday 16 June. No entries on the night, but places can be transferred. Runners must be at least 18 years old on the day to compete.

Info: crystalpalacefunrunners.co.uk/dino-dash-relay/

Invite your friends, family and colleagues for an evening of dino themed running fun!

When? Wednesday 17th June, 19:30

Where? Crystal Palace Park

What? Teams of three will run 15k on a traffic-free route within the park (one 5k lap each)

Further details? Can be found on our website: http://crystalpalacefunrunners.co.uk/dino-dash-relay/

Entries? Tickets are £15 per team, available in advance exclusively through London's most comprehensive events listing runrun.london: http://runrun.london/events/crystal-palace-dinosaur-dash-15km-relay/

Any Dulwich Runners wanting to enter please contact Barry Graham - **barry@bg1.co.uk**

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 .

Date		Race		Venue
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.21	South of Thames 5 mile race, (date and venue tbc)		Denbies Vineyard
	tbc 22	Epsom 10 (replacement for the cancelled Cabbage Patch)		Epsom
Dec	5	Surrey League match 2	women	Lightwater
	19	South of Thames championship		Tonbridge
		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. **A list of track meetings can be found on page 10**

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 .

Bupa Westminster Mile
Sunday 24 May

4 Dulwich runners took part in the 3rd annual Westminster mile.

There are a total of 33 1 mile races, with over 7,000 participants, in a Westminster and London Marathon Olympic Heritage event. The day starts with waves of club runners, and waves for families, Sweatshop , Parkrun , and This Girl Can. After that there was an attempt by David Weir to go under 3 minutes in a wheelchair, which he narrowly missed (by 3 seconds.

This year the event was celebrating 30 years since Steve Cram broke the world record at Oslo. His time is still the British record. The race medal had his image on, and he acted as starter for many races before running in, and winning,

Gideon Franklin writes...
This was very well organized with a tent for separate male and female changing near the entrance to Green Park, bottles of free Buxton water, lots of toilets without queues. I gained my free entry through the Sweatshop Running Community and left my kit in their tent before going to the start on The Mall, closed to traffic for the day for the 1,128 participants.

I started too fast running down towards Admiralty Arch, then round the corner into Horseguards Road, from where the field opened out as we got to the next corner into Birdcage Walk - familiar from the London Marathon route last month. There were signs up to show 800, 400 and 200 meters to the finish in front of Buckingham Palace. I was in the C group of the yellow Sweatshop wave and near the end found myself having to weave around families with children who were at the end of the B group.

It was great to be back running there and a nice surprise to receive a goody bag with a medal and an incongruous mixture of products ranging from instant noodles to toothpaste. Afterwards we could relax in the sunshine to music from a live band and zumba dancing.

Self-Transcedence 5K
Battersea Park 25th May

63 Graham Laylee	21:25
82 Hugh French	22:37
122 ran	

- Graham Laylee

the Olympians wave. This was a wave made up of previous British Olympians. We recognised some of these, and some were helpfully carrying clues (oars, hockey sticks, pretend fencing foils and bobsleigh helmets), but some we did not know. It would have been helpful if they had had names instead of race numbers.

There are then elite races for seniors and age groups. Alex Elms ran well in the Under 17 boys' race.

The races take place on closed roads round St James Park, so are great for spectators and runners who finish in front of Buckingham Palace. ***- Ros Tabor***

Alex Elms	4:49
Gideon Franklin	5:55
Ros Tabor	6:15
Barrie John Nicholls	6:43
Lindsey Annable	7:11

Lindsey Annable writes...
This race is now in its third year and the organizers had managed to find another anniversary to celebrate this year, namely that of Steve Cram's mile British record in Oslo 1985. Each year the event appears to grow in terms of numbers of participants and the calibre of organization. This year was no exception with seemingly more runners about, a large stage of entertainment and various activity zones in Green Park.

It was a beautiful sunny morning for the earlier waves much in contrast to last year's downpours. We bumped into Ros and Andy before the race, who have also been regular attendees like ourselves.

Barrie and I had been put in a faster wave with for some reason this year and were shocked to hear the presenter talking about ours as a 'sub six minute' wave. I couldn't quite work out if he was joking or not! It was no surprise then that we both shot off way too fast and suffered in the latter stages. I particularly struggled to hold onto any pace after a dodgy stomach during the night and produced my worst time ever for this race. With better endurance Barrie bagged what could be his fastest mile for a while by his chip time (if the chip times are published). Ros appeared to have a good run too as did Gideon who we didn't see personally but appears in the results.

We briefly enjoyed the entertainment from a deckchair in the park but Barrie had an important football match and trophy presentation to a certain West London team to watch so we had to head off early.
At the time of writing I can only find the unofficial gun times. The chip times were well hidden away last year and it seems to be the case this year too!

Blackheath & Bromley
Open Meeting 800m. 18 May

PBs for Lewis and Oscar on a chilly, windy night at Norman Park - ***Graham Laylee***

Race 1		**Race 3**	
Lewis Laylee	2:04.47	Cara Oliver	2:39.23
Oscar Hussey	2:14.34	**Race 4**	
Kevin Chadwick	2:19.25	Mike Mann	2:42.16

BUPA London 10k, 25th May

A great day out once again 'up London' for the club's twelve allocated runners, six men and six women, getting free slots to compete at the official British 10k Championships, plus a couple of others who entered of their own volition. Starting and finishing in front of Buckingham Palace, 12,000 out of the original entry of 16,000 runners finished the event and most of our runners acquitted themselves very well with half of them seizing the opportunity on a nice sunny morning to score PBs varying from eight seconds to well over two minutes.

First in was my good self, pleased with being back to within half a minute of that elusive 4-year-old PB; still don't know where I'll find that 20-odd seconds though. The halfway 5k split passed in a fairly swift 17:14 and I did lose a fair bit on the return half, but it was just as well I wasn't looking over my shoulder as I learned later that Steve had 'stuck to me like glue' (his words) from the start but had to let me drift away (Drift Away? Great soul from Dobie Gray; look it up...I digress) during the second half but still landed himself a superb, though not unexpected, two and a half minute PB.

Happy to be in the 35s as well, Mark Lacey also lived up to his potential just three weeks after his marathon. Next in were a couple of blokes with suspiciously similar splits and the exact same finishing times, both also landing big PBs. Yes, Ebe and James were apparently joined at the hip for this one; I didn't actually see them cross the line but rumours they were hand-in-hand are surely too vicious to be confirmed. Whatever, sharing each other's company certainly helped them to run fast. Can't knock it, worked for them, nudge-nudge, wink-wink, say no more.....

Clare had a good view of this brotherly camaraderie, easing in a few seconds back with a good negative split and easily winning her age group. Which brings us to this week's comedy gold – Mr. Wayne Lashley.... facebook aficionados may have spotted that Wayne was in a bit of a pickle the night before the race, innocently enquiring where numbers were to be collected, when they were in fact all posted out individually and he should have received his a week ago like the rest of us.

The club-organised entry meant that Wayne's number had been posted to his not-updated previous address; oh dear. But never mind, replacements were available on the day at the race, just go to the enquiry point, which Wayne duly did only to join an enormous queue of similarly panicking runners causing him to miss the start. Which beggars the question, why did hundreds of people need new numbers? Anyway, Wayne joined in and got on with it, having to thread through hundreds of runners (he passed 170 in the second half) for a perfectly respectable chip time of 38:00. His gun time was a tad longer; well, about a quarter of an hour.

Dave Beaver looked distinctly below par at the finish, as he did at the relays last week and is certainly not his normal running self at the moment – despite this he still achieved second M55; bet he'll be back stronger though. Second claimer Mel, running for Herne Hill, was delighted to gain an eight second PB with one of her typical perfectly paced runs, which just held off a great negative split from Emily for her own big PB.

More good news was right behind, as Elkie's hoped-for sub-40 was achieved in style. Claire Baglin's first 10k ended just outside 40 minutes, which is a pretty decent result considering she really threw caution to the wind with a blistering early pace that caught up with her later on. She suffered in the second half and still got away with only losing little more than a minute – just getting the better of Andrea who had a great run, her best 10k for four years. Tereza was happy with a good run just a little short of her recent PB in Brighton, while Duncan managed to just better his time here last year despite recent injury issues. The Dulwich contingent was completed by Claire Steward's typically well-paced effort (big negative split) for her first road 10k for two years; a pleasing run for her, rewarded with an excellent second place in her age group.

Team results: remember this was the senior national championship, and with 91 teams competing the Dulwich women's trio of Clare, Emily and Elkie finished in a highly creditable 9th place, just 5 seconds behind Mel's Herne Hill team in 8th and only 21 seconds down on South London Harriers in 7th. The men can't match that, but 35th out of 114 teams isn't bad – and that would have been 29th if Steve Davies had counted but as he entered the race himself he wasn't part of the championship team. Seems a bit unfair. James Burrows was the official third counter with myself and Mark Lacey; I don't know why he was favoured over Ebe with exactly the same time, perhaps they used gun times?

- Tony Tuohy

Place	Place Age	Place in gender	Name	Age Group	5k Time	Finish Time
168	4	157	Tony Tuohy	50 - 54	00:17:14	00:34:53
185	7	169	Stephen Davies	45 - 49	00:17:17	00:35:07 PB
235	178	211	Mark Lacey	under 40	00:17:46	00:35:51 PB
363	12	319	Ebehard Prill	50 - 54	00:18:43	00:37:36 PB
364	260	320	James Burrows	under 40	00:18:44	00:37:36 PB
377	1	48	Clare Elms	50 - 54	00:19:01	00:37:48
392	277	343	Wayne Lashley	under 40	00:19:19	00:38:00
401	2	350	David Beaver	55 - 59	00:18:29	00:38:07
420	51	58	Melanie Edwards (2nd claim Dulw)	under 40	00:19:14	00:38:22 PB
424	4	59	Emily Gelder	40 - 44	00:19:29	00:38:28 PB
528	72	85	Elkie Mace	under 40	00:19:20	00:39:20 PB
634	80	100	Claire Baglin	under 40	00:19:25	00:40:10 PB
650	7	102	Andrea Pickup	45 - 49	00:20:09	00:40:16
997	133	171	Tereza Francova	under 40	00:20:55	00:42:41
1432	791	1189	Duncan Wilson	under 40	00:22:02	00:45:01
2267	2	401	Claire Steward	60 - 64	00:24:23	00:48:12

11,988 finishers

Green Belt Relay - legs 10 and 16

The Green Belt Relay is a unique event that I look forward to each year. Much has been said about the camaraderie between Dulwich Runners and also between all runners but it's true.

Each stage is navigated by map although this is sometimes difficult to follow when faced with a choice of paths in Epping Forest. My leg, stage 10, on Saturday was very clearly marked with GBR signs and saw dust for the first few miles but then it seemed like the course makers became tired or bored, as the marking stopped. There was a moment when I was with a Clapham Chaser standing at a junction of paths debating whether to go hard left, slightly left, bear to the right or 90% to the right. Another runner arrived, took control of the situation and we all hurried on. Baaa! (But he was right) By then my map had become so mud splattered that it wasn't very readable. All this added to the fun.

This was such a scenic route, undulating and winding through the forest on a summer's evening having started just after 6 p.m. Really beautiful.
Earlier in the day I had been with Nicki driving Heidi to Chipperfield, meeting up with Mike, James, Hugh and Helen in St. Albans for a catch up on the first few stages and a brief sit in the sun, then marshalling in Hatfield with Nicki and Helen Peters. Heidi and Helen Peters were recruited from Riddlesdown parkrun to join our team due to several DR injuries and both really enjoyed their weekend. They've asked me to pass on their thanks to everyone.

Sunday dawned and we had another sunny but not too warm day. I luckily left plenty of time to arrive at Lullingstone for my leg (leg 16) as by following the directions using the postcode, we first visited Lullingstone Roman villa, then Lullingstone Castle, (both a stone's throw from the start at Lullingstone Country Park but across a river and fields), before we retraced our route and found the right place.

This leg is rated 10 in difficulty for its length and terrain so I set out conservatively. A mile or so in it was great to see Ebe supporting and even better when he ran with me for several miles. Mike estimated my finish time to be 1:36 (for 13.3 miles) but I managed 1:50 so there was much discussion as to who should wait at the end and who should go on to pick up James to take him to Box Hill. What Mike hadn't taken into consideration was the ploughed field that almost needed crampons to scale it, the horses on a narrow path that slowed us all to walking pace for a while and the many (I didn't count, but at least 12) gates to open and close. However, it was another beautiful leg that I would love to do again. I arrived at the finish to the words of 'Get in the car quickly' and set about navigating us to Merstham to pick up James, Heidi and Helen Peters.

We dropped James at Box Hill, Helen at Westhanger then Heidi at Ripley. There was a bit of time then to relax, cheer Helen in, move on to Walton to cheer Hugh at his start then Heidi in, then finally Mike, Nicki, Helen, Heidi and I were all at Kingston to see Hugh finish the glory leg.

I loved the whole weekend - the running and the supporting, so thanks to everyone in the team for making it work and especially to Mike as without him none of us would have done it. If you've read this and the other reports in last week's Shorts and are inspired, put this weekend in next year's diary. It is definitely worth it. - ***Ange Norris***

Copenhagen Marathon, Kobenhavn, Denmark

Sunday 24th May

I finished 370th out of 9215 runners but sadly fell short of the good for age qualifying time by 48 seconds, Mile 26 my legs had little left and I was struggling in the strong heat. However it is a PB by over 10 minutes and less than One month after the VLM so I can take some positives from this
370 Kevin Chadwick 3:05:48 PB

800m results Oscar Hussey:

15/5	3rd, ESSA 1st Round, Bromley	2.15.3
18/5	8th, B&B Open, Bromley	2.14.34 PB
24/5	4th, Kent Champs Heat, Ashford	2.15.98
15/5	3rd, ESSA Triple Jump	10.29m PB

Duncan Hussey

Running in Japan

Gideon Franklin

In the last year I have been to Japan several times and I always try to keep the running going while I am there. In Tokyo this usually means getting up early to do a lap of the Imperial Palace. There is a good 5km or so route free of traffic lights around the inner moat, which everyone does anticlockwise. I love seeing the difference in the seasons there – cherry blossom in the spring, red maple and yellow ginko leaves in the autumn.

My favourite stretch is the descent past the Sakuradamon gate - sight of a famous political assassination – from where the view might not have changed much over the last 400 years if you ignore the tall buildings in the distance. I have a slightly scary memory of when I did the outer moat loop and was going under an avenue of trees near the Yaskuni Shrine, slowing to admire a tortoise when I came under attack from an angry crow, maybe thinking I was a rival for its prey. Fortunately I had my cap on at the time.

I have also done longer runs out along the Sumida River to the horse racing stadium. I like to run early though the empty Ginza shopping district, encountering just the odd night revelers on their way back from clubs. I might then run past the Tsukiji fish market to cross one of the bridges. In Osaka I have also enjoyed running around the castle moat and there you can go inside and up to the top. A joy in Japan is being able to relax in a big hot spring after a run in the countryside, where there is usually also a sauna and cold pool. The Rihga Hotel in Osaka had a good swimming pool with such a hot bath area in which to relax afterwards.

Last Christmas I was in Beijing and went for a run around the Forbidden City and Beihai Park. It was bitterly cold and by the time I got back to my hotel my fingers were so numb I could not open the zip of my jacket to get out the room key. I had been surprised in Beihai Park at the sight of some people who had broken away the ice for an early morning swim. Unlike in Tokyo I did not encounter other runners – maybe the pollution means it is not a good idea. There were groups practicing tai chi and others on an early morning constitutional carrying radios.

A group of us from the club recently went to talk at the Japan Society by Adharanand Finn about his new book on Japanese running. Having written on the Kenyans he wanted to discover what made the Japanese so good. In 2014, 95 of the world's top 100 marathon times were posted by runners from Kenya or Ethiopia. He points out that in 1966 15 of the top 17 times in the world were run by Japanese.

Running around the Imperial Palace in Tokyo

Much of the book is devoted to the culture of the ekiden long distance relay, the biggest of which are with university and company teams during the New Year holiday period. The team spirit seems to bring out the best of Japanese running. He observes the strict coaching regimes, admires the diet and notes how Japanese companies recruit people just for their running abilities, including east Africans. The marathon is certainly going to be a big point of focus for the nation in the 2020 Tokyo Olympics. It seems that a lot of the Japanese running talent is spent in the ekiden, as evidenced from statistics from the big Hakone ekiden this year.

"All of the race's 10 stages are close to a half-marathon in distance, and over the two days, an incredible 30 students run a half-marathon equivalent time of under 63 minutes – and that's excluding the times on the race's sixth and fastest stage, which is mostly downhill. For comparison, among British runners, only three men managed a half-marathon in that time during the whole of 2014". In an April article in The Independent Adharanand also notes "Only six British men have run half-marathons in under 66 minutes so far this year; in Japan, in a single race at the recent Japanese university half-marathon championships, 265 student runners managed it."

At the time of the London Olympics I was working on a project for the Japanese automation company Yaskawa, based in the southern island of Kyushu. The top marathon runner was a Yaskawa employee, Kentaro Nakamoto. When I visited their headquarters there was a big sign at the reception wishing him well for the Olympics. I was asked to help arrange for the president of Yaskawa and other senior executives to have a good viewing spot based at my bank's offices near Saint Paul's cathedral. I realized then just how high a priority running was for a Japanese company with such support from the top. Nakamoto came 6th in the London Olympics marathon.

A book I enjoyed was by the Japanese novelist Haruki Murakami who is a passionate runner. He describes lots of running experiences, including running on a baking hot day from Athens to Marathon tracking the original route. It is amusing how the press with him are surprised that he actually does it all, not just a small part for publicity. Adhranand told me that he was not permitted to interview Murakami for his own book. He does quote Mara Yamauchi (2nd fastest female British marathon runner), who chaired the talk at the Japan Society. When she worked in Japan she eschewed joining a running club to be free to pursue her individual running plans.

The Japanese enjoy their sport, be it golf, baseball or increasingly now football. In tennis they have got a top player through the popular Nishikori, who has trained and lived in America. Nowadays their national sport sumo is dominated by foreigners, mostly from Mongolia. The interest in running in Japan remains strong. On the plane to Japan if I fly with a Japanese airline there is usually a running programme on the sports channel, which is not the case with BA or Virgin. One featured a Japanese female runner on the Medoc marathon; another was about making running fun for young children. There are running slots on Japanese TV with advice from coaches on how to improve your form and avoid injury. Not to forget that Japanese companies such as Asics and Mizuno produce popular running gear.

May 23rd

Abingdon

The route takes in part of my old school cross country course along the River Thames in Oxfordshire and it felt good to be back. "Watch out for rabbit holes" was a rather unusual instruction from the run director after a round of applause for a couple who were to get married later in the day.

It is a two lap flat course through fields with a bit of road near the finish. There are stretches of single file running, one a few hundred meters after the start and from which you can only easily break out after a kilometer. I was impressed by a wooden board at the end with slots for all the tokens to ensure they are kept nicely in order.

Free parking by the bridge makes it an easy run to join and I expect to give it another go on a future visit to my parents.

259 ran

Pos	Gen		
24	23	Gideon F ranklin	20:44

Banstead Woods

246 ran

Pos	Gen		
4	4	Tony Tuohy	17:45

Bexley

250 ran

Pos	Gen		
11	11	Michael Fullilove	20:06

Brockwell

251 ran

Pos	Gen		
11	11	Lewis Laylee	18:08
51	5	Anna Thomas	21:15
67	59	Graham Laylee	21:41
80	11	Michelle Lennon	22:02
84	13	Ruth Bennett	22:12
88	14	Lucy Clapp	22:28
99	21	Charlotte Boden	22:58
102	22	Clare Wyngard	23:05
126	95	Desmond Edwards	24:08
135	99	Alex Haylett	24:34
175	52	Sharon Erdman	26:35
250	101	Charlotte Easton	38:59

Bromley

526 ran

Pos	Gen		
15	15	Andy Cottrill	19:03
256	210	Peter Jackson	26:27

Burgess

As I am going to miss Sue's 70th parkrun and Birthday celebration due to a business trip to South Korea until Sunday, we decided to head to Burgess a week early. A quick look at their website showed that Sue was marshalling so we thought we'd say a pre-70th hello and Barrie wanted to check out the location and course. Paul Keating was also there to refamiliarise himself with the course and Chris was running too.

Run of the morning among the DRs had to go to Barrie who smashed his parkrun best despite a week that tore up the training manuals – no running, two parties and a long day filming. Paul was disappointed not to stay closer to Barrie but still ran one of his better parkun times. I struggled to keep anywhere near either of them after a hard week's training. Both Paul and I decided that champagne, not Lucozade, was obviously the secret to faster running.

A special mention also has to go to Chris who produced an amazing sprint finish out-dipping a lady parkrunner on the line in true Mo Farah style. He gallantly gave her the win however. It was lovely to be cheered on by Sue who had a busy weekend ahead with her abseil down the Orbit on Sunday. Hope it went well Sue!

Lindsey Annable

152 ran

Pos	Gen		
40	36	Barrie John Nicholls	22:18
50?		Paul Keating	23:09?
57	8	Lindsey Annable	24:07
139	86	Chris Vernon	33:52

Crystal Palace

no event last week but this Saturday 30th May 2015 is Crystal Palace parkrun's 5th birthday, so come along and run in what must be one of Londons nicest parks and celebrate this milestone run.

Dulwich

229 ran

Pos	Gen		
49	5	Laura Long	20:42
68	9	Selma Benattia	21:58
107	14	Claire Steward	23:48
133	110	Mick Mead	25:06

Hastings

135 ran

Pos	Gen		
7	6	Nicholas Brown	20:09

Hilly Fields

139 ran

Pos	Gen		
5	5	James Burrows	19:10
8	8	Gary Sullivan	21:05

Lloyd Park

203 ran

Pos	Gen		
11	1	Clare Elms	20:12

Nonsuch

562 ran

Pos	Gen		
95	85	Bob Bell	22:25

Peckham Rye

104 ran

Pos	Gen		
6	1	Kim Hainsworth	19:36
15	2	Emma Ibell	20:48
67	21	Eleanor Allan	27:15

Pacers Wanted

June 20th will see Peckham Rye parkrun become 1 year old, this will be a great chance to promote club membership while getting all the regulars to a Personal Best.

The Peckham Peculiar newspaper which goes to around 4000 readers around Peckham/Nunhead & East Dulwich area will be in attendance taking photos and interviewing runners.

I am aware its the day before club champs so please offer to pace a time a few minutes slower than your normal pace. I would like to fill all times from sub 20 to sub 35.

Dulwich vests are a must however Charlie Lound has kindly offered to bring printed numbers for everyone

Email me at Kevchadwick@googlemail.com if interested or see the Facebook post

Penrose

85 ran

Pos	Gen		
17	4	Laura Vincent	24:58

Riddlesdown

163 ran

Pos	Gen		
25	2	Ange Norris	21:34
44	38	Peter Gibbons	23:06
49	7	Christine Dawson	23:34

St Peters , Sydney

309 ran

Pos	Gen		
170	40	Penelope D'arcy Graham	27:06

Day	Track / Location	Event	Host	Website
May				
Sat 30	Mile End	SML	VP & TV	
June				
Mon 1	Mile End	Open	Just Timing	http://justiming-live.co.uk/mile-end2015.html
Tues 2	Tonbridge	Open	Tonbridge AC	www.tonbridgeac.co.uk
Wed 3	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Sun 7	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Mon 8	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Mon 8	Hillingdon	SCVAC		
Wed 10	Wimbledon	Rosenheim	Hercules Wimbledon	www.herculeswimbledonac.org.uk
Sat 20	Tooting	SML	HHH	
Mon 22	Battersea Park	SCVAC		
Wed 24	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
July				
Wed 1	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Wed 1	Battersea Pk	Rosenheim		
Sat 4	Tooting	SML	HHH	
Mon 6	Mile End	Open	Just Timing	http://justiming-live.co.uk/mile-end2015.html
Tues 7	Tonbridge	Open	Tonbridge AC	www.tonbridgeac.co.uk
Sun 12	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Mon 13	Perivale	SCVAC		
Mon 20	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Wed 22	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
Wed 22	Tooting	Rosenheim	HHH	www.hernehillharriers.org
Sat 25	Tooting	Open	HHH	www.hernehillharriers.org
Sat 25/Sun 26	Birmingham	British Masters		
August				
Sat 1	Eton	SML Final		
Mon 3	Mile End	Open	Just Timing	www.justiming.co.uk
Tues 4	Tonbridge	Open	Tonbridge AC	www.tonbridgeac.co.uk
Mon 10	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Wed 12	Kingsmeadow	Rosenheim Final		
Wed 19	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
Wed 26	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Sat 29	Tooting	Open	HHH	www.hernehillharriers.org
September				
Sun 5	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Sun 6	Ashford	SCVAC Final		
Wed 9	Parliament Hill	Open	Highgate Harriers	www.highgateharriers.org.uk
Sat 12/Sun 13	Erith	Kent Masters Champs		http://www.kcaa.org.uk/fixtures.htm
Wed 16	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html

DULWICH RUNNERS MIDSUMMER 5K

THURSDAY 25 JUNE -5k at 7.45pm, 1 mile junior run at 7.15pm

Please make a note of this date in your diary

Our annual 5k fundraising run is back in Dulwich Park this year.

We will need around 30 marshals to help:

- Set out the start and finish area
- Control traffic to the car park
- Direct runners on the course
- Record finishers' numbers and times
- Give out medals and water at the finish

Please contact Andy or Ros if able to help.

d10k@28kerfield.freeserve.co.uk

If you wish to run please let us know but offer to marshal first.

Once we have enough marshals we can advise DR volunteers who wish to run.

We also need publicity – putting posters up at leisure centres etc, social media messages.

Race website http://www.dulwichrunners.org.uk

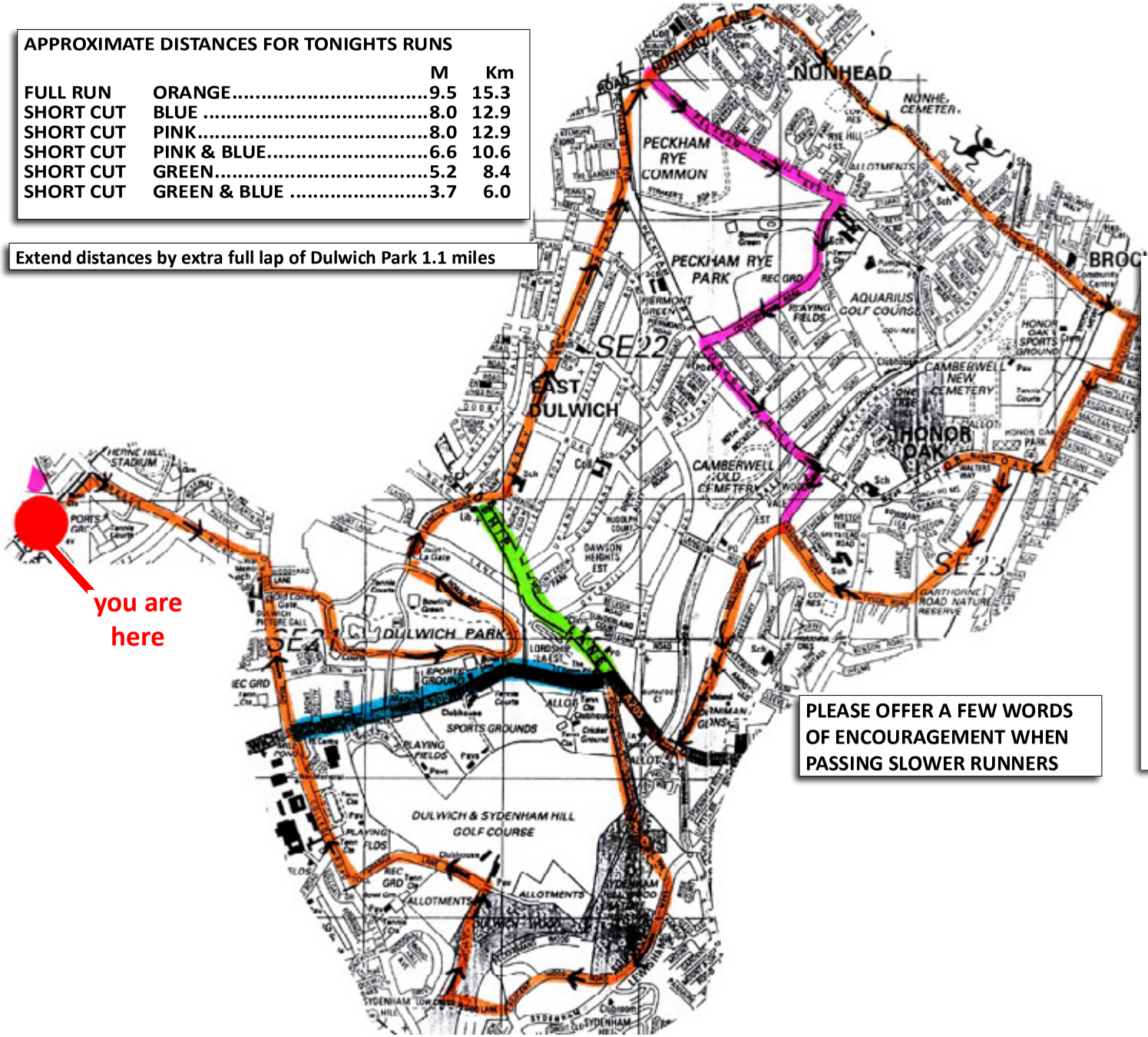
DULWICH RUNNERS AC S17

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	9.5	15.3
SHORT CUT	BLUE	8.0	12.9
SHORT CUT	PINK	8.0	12.9
SHORT CUT	PINK & BLUE	6.6	10.6
SHORT CUT	GREEN	5.2	8.4
SHORT CUT	GREEN & BLUE	3.7	6.0

Extend distances by extra full lap of Dulwich Park 1.1 miles

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



PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT WHEN PASSING SLOWER RUNNERS