SHORTS

Dulwich Runners AC
Weekly Newsletter
April 27th 2016

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.

Tue 03 Track back at Dulwich College
£1 per session. first half of the session will be on grass and the second half on the track.
Meet 7:15

In your SHORTS this week !

1... General information
2... Club kit, social events etc
4... Fixture list, club champs,XC, road, track
5... Race reports and results...London Marathon
8... Club Champs marathon standings
9... Parkrun results..
10... 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

TRACK SESSIONS

Next week Tuesday track sessions revert to Dulwich College - meet 7.15am.
Fee is £1- the first half of the session will be on the grass and the second half on the track.
Suitable for all standards

From May onwards, if there is sufficient demand there will be some Thursday evening track sessions - specifically aimed at 800m and 1500m/Mile speed - most will probably will be at Ladywell.
There will be no sessions on Assembly League nights.
If interested, contact steve.smythe@athleticsweekly.com

Additionally there may be some Saturday grass hill sessions at Crystal palace every other week or so - if there is demand - if interested advise steve.smythe@athleticsweekly.com

Thurdays morning sessions

And there's also speed/hill work mostly on grass taken by Steve Smythe.
Usually starts between 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
Interested ? then email steve.smythe@athleticsweekly.com to go on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- **Sign the attendance register and pay £1.**
- **We need the money to help pay for clubhouse hire, map printing etc.**
- **We use the register to compile the new runners' rota, so please write legibly.**
- **We also like to keep an accurate record of weekly attendance.**

Thank you. - Ros

EVENT HORIZON

A brief look ahead

full fixture list **page 4**
May 05 Assembly league, Victoria Park

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Last week thanks go to: **Katie Styles**
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**

Cameron Timmis	**27/04**
Ros Tabor	04/05
Tony Tuohy	11/05
Mick Ward	18/05

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 !

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)

SOCIAL SPOT

Watch this space for upcoming 2016 events !

SHORTS!

DULWICH RUNNERS' SHORTS

They are traditionally cut either 'racing' style, or slightly longer – size medium.
Both styles are a bargain £15.

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
Socks	£5 pair
Buffs/snoods	£6 each

Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk
Keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood. - all sizes available - £25

only £5

HOODIES…

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros

Buffs/snoods - only £6

DULWICH RUNNERS MIDSUMMER RACE

Changed to 30th June (due to referendum 23rd)

The Midsummer 5k is going to change into a RELAY this year. There will be teams of 3, each runner doing one lap of Dulwich park.

The proposed date is **Thursday 30 JUNE**.

If you would like to help, plan and organise the race, or have any ideas, please can you contact Ros.
ros.tabor49@gmail.com

British Masters Road Relays - Sutton Coldfield - Sat May 14

if you are over the age of 35 - male or female - please put this in your diary now. Dulwich have traditionally done well in a number of the age group races but while we have a few who turn up every year, we rarely get everyone we should have.
It would be good to get as many of our leading runners as possible to turn up and represent the club at what is one of the best events to take part and this year we have people available in the event or who have moved up.
A list of possible runners has been published in previous issues of SHORTS which can be found on the clubs website.
- if you have been missed and are interested contact steve.smythe@athleticsweekly.com

20TH GREEN BELT RELAY

Sat 21 & Sun 22 May 2016

http://www.greenbeltrelay.org.uk/

A relay of 11 runners per team who run 220 miles around London over a weekend. 22 stages, each runner runs once on Saturday and once on Sunday. Course is rural and mostly off road with the stages varying in length from 7 - 13 miles and graded in difficulty from 1 - 10 depending on distance and terrain.
A unique event consisting of running some beautiful green routes just on the outskirts of London.

A team event with great camaraderie within our team and between clubs.
11 in a team but due to injuries etc which cause drop outs, we need about 16 names to start with.

We now have 27 names, two teams plus reserves. If anyone is still keen I'll add them to the reserve list.

Help needed - drivers

Making sure all runners arrive at their start on time, don't get their kit left in a field somewhere or are abandoned at the end of their run is a logistical challenge.
If you could help by driving at any time over the weekend I would be extremely happy to hear from you.
Email Ange Norris:
dulwichladiescaptain@gmail.com

The Vitality London 10,000

in the centre of London is on Monday May 30

- the course takes in Nelson's Column, St Paul's Cathedral, The Monument, Millennium Bridge, London Eye, Big Ben, Houses of Parliament and Westminster Abbey.
The club has been given six free men and six free women's places as the event incorporates the British 10km championships. the places traditionally goes to the fastest six men and women but will take into account loyalty in other major events.
Charlie Lound will sort the emtries out and be in touch with the faster runners.

- Steve Smythe

DULWICH RUNNERS 2016 FIXTURES

Further information regarding races will usually be here in SHORTS and or announced on a Wednesday club night.
Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

DULWICH RUNNERS
2016 CLUB CHAMPIONSHIPS

There will be 9 races in total, but this time they will split into 2 distance categories, short (S) and long (L). To qualify it will be necessary to complete 5 races in total, including at least one from each of the two distance categories.
Note that dates and locations of some races have not yet been confirmed, but updates will be issued as soon as we know.

CLUB CHAMPS UPDATE

We had intended to schedule the 2 mile race for the first half of June, but due to other races at that time we have decided to scrub this race and replace it with the 5km in Battersea Park on Monday 13 June.

The mile will no longer take place on 15 July, and is likely to be shifted to 1 July, this is tbc.
In addition the 5km parkrun will be brought forward by a week to 10 September because of a clash with the BMAF T&F champs.
An alternative to the Cabbage Patch 10 is being looked into.

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

Date		Race	Venue
May	5	Assembly League - Victoria Park - 7:30pm (3.5 miles)	Hackney
Jun	2	Assembly League - Battersea Park - 7:30pm (5km measured)	Battersea Park
	13	5k Battersea Park (S)	Battersea Park
Jul	tbc 1	Mark Hayes Mile (S)	Ladywell Track, Catford
	7	Assembly League - o2 Dome - 7:30pm (3 miles approx)	North Greenwich
Aug	4	Assembly League - Victoria Park - 7:30pm start (3.5 miles)	Hackney
Sep	1	Assembly League - Beckenham - 7:15pm start (3 miles)	Beckenham
	4	Middlesex 10k (S)	Victoria Park, Hackney
	10	5k Parkrun (S)	TBC
Oct	2	Titsey Multi-Terrain 10k (L)	Oxted
	tbc	Cabbage Patch alternative tbc (L)	TBC

2016 ASSEMBLY LEAGUE

These races range from 3 to 3.5 miles on road or on paths within parks and run on the first Thursday of the summer months against 12 other clubs.
This series of races is extremely popular and all members are encouraged to participate whatever your standard or ability.
They are free to enter, all you need to do is have a club vest, turn up and run.
Any further information regarding these races will appear here in Shorts as and when it becomes available.

Thu April 7	Beckenham - 7:15pm (3 miles)
Thu May 5	Victoria Park - 7:30pm (3.5 miles)
Thu June 2	Battersea Park - 7:30pm (5km measured)
Thu July 7	o2 Dome - Nth Greenwich - 7:30pm (3 miles approx)
Thu Aug 4	Victoria Park - 7:30pm (3.5 miles)
Thu Sep 1	Beckenham - 7:15pm (3 miles)

From this year women's team scores will be based upon 4-to-score, the same as the men

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.

Virgin London Marathon 2016

Though cold and breezy, conditions weren't too bad and it was probably one of the best set of club results for many years. We finished a team in the women's National Championships and hopefully made top ten even though two of the three weren't anywhere near their best but club record holder Shona wasn't able to run and injury problems also cost Mel Edwards and Helen Lister. A full team potentially could have won the team event.

Charlie Lound (2:37:57 - halfs of 79:31 and 79:26) thought he was on target for another club M40 record but fell 20 seconds short with another exceptional run (splits 18:26, 18:36, 18:49, 18:37, 18:32, 18:40, 18:45, 19:02 & 8:30)

Alastair Locke (2:43:12 - 82:45 and 80:27) well inside the 2:45 target to guarantee a Championship entry for next year. A superb second half and acceleration - 19:33, 20:05, 19:43, 19:18, 19:00, 19:14, 19:19, 18:49 and 8:11) to set a six minute PB.

Steve Davies (2:48:23 - 84:05 and 84:18) had a strong run with probably the most even 5km splits of everyone (19:47, 19:45, 20:02, 20:09, 19:51, 19:59, 20:05, 20:05 and 8:40) to easily break his PB and achieve his sub 2:50 target,

Tom Marshall (2:49:43 - 85:14 and 84:29) beat his seven year-old PB and went inside 2:50 for first time with another strong finish (20:20, 20:08, 20:14, 20:08, 20:11, 20:15, 20:19, 19:56, 8:12)

James Burrows (2:50:19 - 85:00 and 85:19) another big PB and another who paced it really well - (20:30, 20:06, 20:04, 20:00, 19:59, 20:02, 20:14, 20:22 & 9:02)

Mark Lacey (2:50:19 - 82:28 and 87:41) set a PB but struggled on second half and didn't reach potential this time (19:23, 19:23, 19:40, 19:43, 19:49, 20:15, 21:01, 21:33 & 9:32)

Clare Elms (2:53:52 - 85:45 and 88:07) retained her W50 London marathon title and only just over a minute outside British W50 record as ran strong race which puts her well clear in club champs and pleased to set a PB. Finished in top 30 women from the main start. (19:52, 20:27, 20:32, 20:29, 20:11, 20:22, 20:49, 21:23 and 9:47)

Paul Devine (2:54:01 - 85:00 and 89:01) - ran very steadily and in control until 20 miles but struggled in last 5km but still set a PB.
(20:13, 20:06, 20:15, 20:06, 20:00, 20:02, 20:19, 22:06 & 10:54)

Ian Lilley (2:57:43 - 87:12 and 90:31) - achieved his first sub-3 with strong run losing a little time in last 5km but still a fine PB. (20:34, 20:32, 20:49, 20:46, 20:40, 20:56, 21:16, 22:01 and 10:09)

Tom Rann (second claim) 2:57:57 - 88:28, 89:29) - broke three hours for first time with steady run.

Ebe Prill (3:00:23 - 87:12 and 93:21) - just outside last year's time after starting quite quickly. (20:34, 20:31, 20:50, 20:46, 20:40, 21:04, 21:55, 23:04 and 10:59)

Emily Gelder (3:05:43 - 92:23 and 93:20) - not at her fittest, still run a strong race. (21:22, 21:54, 22:04, 22:02, 21:55, 22:03, 22:11, 22:06, 9:53)

Mark Callaghan (3:06:17 - 92:16, 94:01) - held pace well but couldn't match Brighton run of year before. (21:30, 21:35, 22:03, 22:27, 22:00, 21:57, 22:32, 22:40, 9:33)

Steve Smythe (3:11:52 - 96:54, 94:58) - was going to walk it in his 41st year of marathoning until injury cleared few weeks before and surprised off no training to run quickest for 4 years. (22:49, 22:44, 23:06, 23:19, 22:49, 22:21, 22:25, 22:07, 10:12)

Sam Crump (3:14:04 - 98:42, 95:22) - eased around first half and sped up and was clearly capable of quicker judging by his finish.
(23:34, 23:14, 23:29, 23:11, 23:03, 23:02, 23:05, 22:03, 9:13)

Gideon Franklin (3:15:21 - 97:26, 97:55) - another to set a PB and held form well but didn't quite break 3:15. (22:47, 23:21, 23:18, 23:02, 22:58, 23:03, 23:26, 23:17, 10:09)

Paul Greenhalgh (3:15:30 - 96:16, 99:14) - superb even pacing - from 5k to 25km, his four 5km sections were almost identical - 22:26, 22:56, 22:57, 22:54, 22:56, 22:29, 23:29, 24:22, 11:01)

Angie Norris (3:17:51 - 97:35, 100:16) - after injury wasn't able to hold the same pace as last year after running much of race with Gideon.
(22:56, 23:21, 23:18, 23:02, 22:57, 23:04, 23:33, 24:29, 11:11)

Mike Fullilove (3:25:33 - 97:19, 1:48:14) - well inside 3:30 but struggled in second half ((23:27, 23:03, 22:45, 23:04, 23:02, 23:27, 24:36, 28:10, 13:59)

Tom South (3:29:48 - 93:55, 1:55:53)- not fit and struggled on second half but squeezed inside 3:30. (22:00, 22:17, 22:32, 22:18, 22:49, 27:36, 30:03, 27:13, 13:00)

Claire Steward - (3:48:02 - 1:51:47, 1:56:15) 12th W60 and held pace well after missed training. (26:20, 26:12, 26:34, 26:54, 26:52, 27:14, 27:45, 28:01, 12:10)

Andy Murray - (3:51:49 - 1:46:26, 2:05:23) another not at fittest and slowed over second half. (24:51, 25:01, 25:14, 25:41, 25:49, 26:51, 31:03, 33:34, 13:45)

Tessa Morrison (3:54:24 - 1:51:02, 2:03:22) Broke four comfortably but lost a little pace in second half. (25:57, 26:41, 26:23, 26:17, 26:48, 28:01, 30:59, 30:25, 12:53)

Stuart Erskine (4:06:33 - 1:47:44, 2:18:49) solid run in what he appears to be debut though slowed on second half to just missing breaking four. (25:06, 24:50, 25:02, 27:09, 29:33, 29:23, 32:51, 36:45, 15:54)

Barry John Nicholls 4:14:22 (2:07:07, 2:07:15) not his fastest but probably his best paced and one of his strongest finishes. (30:06, 30:28, 30:13, 29:46, 30:03, 30:08, 30:36, 29:54, 13:08)

Sharon Erdman (4:25:54 (2:03:02, 2:22:52) - held solid pace to halfway but found second half harder. (28:16, 28:50, 29:26, 29:53, 31:35, 35:23, 33:26, 34:19, 14:46

Laura Coote (5:11:11 - 2:14:56, 2:56:15) gradually slowed after steady start though came back slightly in last 5km (29:59, 30:03, 31:58, 35:21, 37:57, 41:42, 45:32, 42:23, 16:16)

Steve Wehrle (second claim) 5:18:01 (2:12:26, 3:05:35) - supposedly final marathon for ever present who was featured in Runner's World and Radio Times - struggled in second half (30:47, 30:40, 31:23, 32:18, 33:33, 38:03, 47:20, 51:06, 22:51) and dropped almost 4000 places in last 7km.

The marathon logged all runners from 35km to the finish.
Barry John Nicholls overtook over 1300 runners. Obviously it is easier to pass people further back than it is the area of field where Charlie and Alastair were. Charlie for instance finished 220th so even if he had caught winner Eliud Kipchoge, who won in an astonishing 2:03:05, he couldn't have made the top eight of this list!
Of course the further back you are, the easier it is to be passed by lots of runners with Steve Wehrle losing 3794 places in those last few miles.

Barry John Nicholls +1373 - 43 = 1330
Sam Crump 808 - 0 = 808
Steve Smythe + 516 - 7 = 509
Claire Steward +632 - 166 = 466
Gideon Franklin + 431 - 35 = 396
Mark Callaghan + 353 - 9 = 344
Emily Gelder + 352 - 13 = 339
Tom Marshall +273 - 0 = 273
Alastair Locke + 155 - 0 = 155
Paul Greenhalgh +266 - 125 = 141
James Burrows + 146 - 9 = 137
Steve Davies +131 - 5 = 126
Angie Norris + 243 - 139 = 104
Sharon Erdman + 511 - 414 = 97
Tom Rann + 153 - 85 = 68
Tessa Morrison +428 - 374 = 54
Charlie Lound +40 - 7 -33
Clare Elms + 89 - 65 =24
Mark Lacey +52 - 88 = -36
Paul Devine +30 - 187 = -157
Tessa Morrison +271 - 524 = -253
Ebe Prill +49 - 445 = -396
Tom South 136 - 562 = -426
Mike Fullilove +54 - 795 = -741
Andy Murray +78 - 1414 = - 1336
Stuart Erskine +57 - 2380 = - 2323
Steve Wehrle +19 - 3813 = -3794

-Steve Smythe

I was lucky enough to be one of a group of 'fast good for age' Dulwich Runners on the red start, other than the elite/championship start this is the place to be on race day.

This has to be the best organised race I have done, very impressive given it is by a distance the largest in terms of participants. Training done, injuries conquered or smothered in pain killing gel, I was feeling pretty confident as my caffeine buzz kicked in and the race started. My running partner for today was Ebe, we had agreed a 6:40 pace to halfway strategy and then onwards from there, knowing if we hit the halfway split OK even a 7min mile half would still break 3 hours.

The first half was perfection, we were running an effortless even pace and very efficiently taking turns collecting water at the numerous stations and sharing the bottle. I have never run London before and nothing can prepare you for the colour and the wall of sound and support. Halfway came and went with ease, heart rates low and pace remaining constant. It was on the Isle of Dogs around mile 18 that sadly I lost Ebe as he slowed a little, then almost immediately my heart rate monitor packed up and I was all alone with my big race inexperience.

I pressed on, lifted by terrific support over those difficult twisty Docklands miles, it was amazing to see my family and so many Dulwich Runners lining the course. At the Tower I started to flag a little but was urged on by Tony, the loudest voice in the crowd by far. The Embankment was kind of a blur, I think I saw Wayne, somehow missed my parents, Big Ben in the distance but never getting any closer. My pace started to slow as I turned into Birdcage walk, but I managed to hold it together and cross the line just under 2:58. Then an anxious wait for Ebe, I knew it he was very close to the 3hr mark but sadly for him he just missed out. Almost immediately we met up with the rest of the training gang by the luggage trucks, a grey and salty looking bunch with the exception of Clare who looked as fresh as a daisy.

A brilliant group to train with this year, it was a real pleasure and how everyone put up with my constant whinging about injuries I'll never know. I would have been surprised not to see a large number of PBs at this race, it has been amazing to witness the vast improvement in a number of runners, while our established top runners have gone from strength to strength. Many thanks to Coach Steve for his training plans, constant advice, encouragement and all round involvement in our training, there was a buzz of excitement when news of his amazing 3:11 run came through.

1645 Ian Lilley 2:57:43

My training had gone very well this year for the marathon, thanks largely to the DR Sunday training group, so I felt reasonably confident as I lined up with everyone at the Good for Age start.

My target was an sub 2.50, but I knew this was quite ambitious. We had most of the Sunday training group together in the starting pen, so we all wished each other luck as we waited to go.

The race started and we were over the line very quickly. I found myself running alongside Paul Divine as we moved out of Blackheath, but my cautious pace for the first few miles meant he was soon lost ahead of me in the crowd, so I concentrated on keeping my pace easy and smooth. I felt settled into my pace by Greenwich and really enjoyed the amazing crowds around the Cutty Sark. Marathon pace felt nice and easy, and as we approached Surrey Quays I saw Paul in the distance ahead, so made it my mission to catch-up with him. It took me a few miles but I caught up with Paul, who was also running with Claire Elms, as we ran out of Bermondsey.

The crowds at Tower Bridge really spurred me along, with me and Paul pushing ahead, then working together as we ran into the Isle of Dogs. I think we were both helping each other hold the pace, and I enjoyed the company. By mile 18 it was starting to feel like hard work, with an underpass, hill and a bit more wind around Canary Wharf.

At some point around here I lost Paul, so I started the final push to the finish. There were lots of DR's out supporting along the course, with the shouts of encouragement really helping to spur me along (particularly Tony at mile 23, with his shout of 'Go James, sub 2.50!'). My pace was starting to wobble by the time I got to Embankment and I knew the sub 2.50 was gonna depend on a final push but I just had nothing extra left for the final mile, finishing in 2:50.19.

Despite missing my goal by 19 seconds, I'm really pleased with my result - a 7 minute PB and well paced, even if I didn't have anything extra for the finish. Massive thanks to Ian, Paul, Ebe, Steve, Mark, Clare, Rob, Tim and everyone who did the Sunday training runs, and coach Steve for the plan, advice and track work.

857 James Burrows 2:50.19
38,864 ran

Turned out to be a 'try and die in the attempt' affair. Goal was to keep my series of ever faster marathons going (3:22, 3:21, 3:12, 3:09, 3:04, 2:58), best with another couple of minutes shaved off the PB. Halfway target was 87:30 and on a fine race day I set out with Ian Lilley who had similar pace plans. Was a very enjoyable partnership in running, pretty steady pacing to halfway in 87:12, sharing the water station duties and comparing heart rates along the way (Ian: "147", Ebe: "146", must have sounded like an 118 118 ad).

Around mile 18 though I had started to struggle with the pace and had to let Ian go. From mile 20 on I was in full survival mode, quads heavy with lactic acid. Felt like the long version of a misjudged 800 metre race, the last 200 stretched over several miles. The final kilometre was 'interesting'. Knew I had still a chance of sub3 if I could keep it going but at each attempt to up the pace my legs almost buckled under me. A fellow sufferer, barely conscious, almost brought me down with 600 to go, careering from side to side of Birdcage Walk, missing me by an inch and collapsing in the arms of two marshals.

200 to go, the blessed finish in sight, I knew I was done, no way I could do it in 40 seconds. Took me over a minute with gritted teeth to get there, and felt a wave of joy to make it over the line in one piece. Was glad to be greeted by Ian with a big grin on his face, having achieved his goal of 2:57!
So, 3:00:23, lost about six minutes on the second half and payed the price for the attempt to keep my series going. But feel still strangely happy. It was a great day for racing and worth it!

The support along the route was amazing again, thank you all out there (Tony alone popped up at so many places that he might as well get it over and done with and run the whole thing :)! Also a big thank you to Steve Smythe for his training schedule, advice and support in training! And last but not least: it was a privilege and a pleasure to train with you guys, congratulations on many a PB and brilliant races, well done all!

2112. Ebe Prill 3:00:23
(fun fact: 12th German out of 261, 1. D50)

Claire Steward writes: My training had been sporadic to say the least. It was mid March before I managed anything longer than half-marathon distance, and any attempt at anything above a jog seemed to result in more niggles. Cranleigh 21 gave me a bit of confidence but a couple of other long runs ended with me walking or making use of my Freedom Pass to hop on a bus.

So, exactly as happened last year, I found myself at the start wondering why I was there and desperately hoping to get under 4 hours. I set off at a sensible pace aiming at 5k splits of 26 27minutes, and apart from stopping for a couple of minutes to say hello to Wayne on the Embankment, managed to keep it steady and not repeat the painful final miles of last year. I was overjoyed with my run, no pain, no wall, and no ill effects the next day – hurrah!!

I met Andy afterwards as we made our way back to the baggage truck. He was dressed and ready to go while I was still rummaging about in my bag, and he headed off to walk to the Sactuary House Pub. I had looked at the crowds trying to get across Birdcage Walk and decided that tube was the easier option, even though it involved flights of stairs, changing trains and playing sardines in the crush. My plan paid off as I arrived at the pub at exactly the same time as Andy. After a couple of pints, I thought perhaps I should eat something and after finishing my Recovery Bar realised that I had also swallowed a filling. Back to the dentist for me. My time of 3:48 is still well within the generous Good-for-Age limit

Lindsey Annable writes: We called this Barrie's 'against the odds' marathon. He'd missed a total of five weeks training since January through chest infections. Then a call came from that major movie franchise that just couldn't be ignored and had him filming 16-hour days. The results of his longer training races were not particularly promising either with his times being well down on last year. So leaving for Blackheath on Sunday he had more modest aims to start out with the 4:15 pacers with a view to probably dropping back to the 4:30 group.

I positioned myself as usual on Tower Bridge and shouted to as many DRs as I could spot but it was hard to make yourself heard in the cacophony of noise from the crowd. Barrie came through bang on schedule with the 4:15 group but didn't look as comfortable as in previous years at this point so I expected him to drop back. He described running with the pacers as like you'd imagine a 'Mo Farah' track race to be. One minute the group would be held up and the next the pacers had to almost sprint to make up lost time. There was also quite a bit of pushing and gratuitous use of elbows from some of the group to follow the pacers.

My second vantage point was at the end of Tower Bridge at around 22.5 miles and it was encouraging to see him glued to the heels of the pacers. He said he was working very hard but that numbers in the group had dwindled from around 40 to a mere 2, which made it easier to keep up. The final few miles along the embankment were the usual test of sheer grit and determination with the pacers at one point surging ahead but Barrie didn't let them get away.

Needless to say he produced a final killer sprint to come in just ahead of the 4:15 target with a very evenly paced race. He described his result as better than he could ever have hoped for. After a big thank you to the pacers he headed to meet me on the mall but a rearrangement of the meeting points proved chaotic for all and we missed one another nearly an hour! I was really starting to panic! Was he injured/had he met some celebrity friend/gone in the VIP marquee??!

We briefly called in at the charity post-race party he was fundraising for but made for home quite quickly as Monday was a 5a.m start! It was not Star Wars who had called him for that day – he must be the only actor in the country pleased not to be filming Star Wars! However a production he had worked on earlier in the year decided to shoot another scene on the very day after the marathon. Previously it was a boardroom scene where Barrie was very much sat down. As I write this on Monday evening I am firmly hoping the same applies. He has more filming days ahead of him back on SW too – whoever said this show business was glamorous?

Well done to all who ran and I am sure there were other 'against the odds' performances, as well as PBs and great runs! Barrie was also grateful for the many shouts of 'go on Dulwich' even if he was too focused to acknowledge them at times!

Virgin London Mini Marathon

This was the last time I could do this race, which is junior races over the last 3 miles of the marathon course. It has become one of the most prestigious junior races over the years, with all the top runners turning up. I was going into it after a few months of solid endurance training as that side of my running has been quite poor in the past.

The race always goes off super fast due to the congested start, and I tried to stick with it without going into oxygen debt, but I'm sure this first mile was around 5 flat. This definitely negatively affected my time, but this race is always hard to run even effort in due to the crazy start. It was probably difficult to run to my form because my warm up was only two 80 metre strides because we are kept in pens beforehand, and I had to get up before 6 due to the early start. I was a bit disappointed to miss out on top 6 in London by only a few seconds as this would have got me into a British athletics training camp this summer, but I can't really complain when one of the guys who kicked past me to get one of the spots runs 1.53 over 800. Anyway it is always an enjoyable race, but I look forward to track season now.

U17 boys 3 miles
Lewis Laylee 15:58
(approx 60 out of over 300 in whole of uk race. Top 10 in London boroughs)

2016 Club Championships
Marathon notified performances
to 24 April 2016 in time order

							NB age group points are provisional				
							Age group points				
		Category	Marathon	Time	Age graded points	position	fs	f40/50	ms	m40	m50/60
Charles	Lound	M40	Lon 24 Apr	2.37.57	854	2				50	
Timothy	Bowen	MS	Manch 10 Apr	2.40.31	766	8			50		
Alastair	Locke	MS	Lon 24 Apr	2.43.12	754	10			49		
Stephen	Davies	M40	Lon 24 Apr	2.48.23	787	5				49	
Tom	Marshall	M40	Lon 24 Apr	2.49.43	745	11				48	
Mark	Lacey	MS	Lon 24 Apr	2.50.19	724	14			48		
James	Burrows	MS	Lon 24 Apr	2.50.19	726	13			47		
Clare	Elms	F50	Lon 24 Apr	2.53.52	908	1		50			
Paul	Devine	MS	Lon 24 Apr	2.54.01	718	17			46		
Ian	Lilley	M40	Lon 24 Apr	2.57.43	734	12				47	
Tom	Wilson	M40	Seville 21 Feb	3.00.09	702	18				46	
Eberhard	Prill	M50	Lon 24 Apr	3.00.23	781	6					50
Emily	Gelder	F40	Lon 24 Apr	3.05.30	758	9		49			
Mark	Callaghan	M40	Lon 24 Apr	3.06.17	679	20				45	
Stephen	Smythe	M50	Lon 24 Apr	3.11.52	768	7					49
Sam	Crump	MS	Lon 24 Apr	3.14.04	634	24			45		
Gideon	Franklin	M50	Lon 24 Apr	3.15.21	721	16					48
Paul	Greenhalgh	MS	Lon 24 Apr	3.15.30	629	25			44		
Grzegorz	Galezia	M40	Manch 10 Apr	3.17.50	676	21				44	
Angie	Norris	F50	Lon 24 Apr	3.17.51	819	3		48			
Michael	Fullilove	M50	Lon 24 Apr	3.25.33	685	19					47
Jim	Dowsett	M40	Manch 10 Apr	3.25.41	624	26				43	
Fiona	Askew	FS	Manch 10 Apr	3.27.31	653	23	50				
Michelle	Lennon	F40	Bright 17 Apr	3.30.17	723	15		47			
Claire	Steward	F60	Lon 24 Apr	3.48.02	818	4		46			
Andrew	Murray	M60	Lon 24 Apr	3.51.49	667	22					46
Tessa	Morrison	FS	Lon 24 Apr	3.54.24	578	28	49				
Miles	Griffies	M40	Seville 21 Feb	3.58.21	552	29				42	
Stuart	Erskine	MS	Lon 24 Apr	4.06.33	501	31			43		
Barrie J.	Nicholls	M60	Lon 24 Apr	4.14.22	602	27					45
Sharon	Erdman	F40	Lon 24 Apr	4.25.54	547	30		45			
Desmond	Edwards	MS	Hamb 17 Apr	4.31.59	454	32			42		
Laura	Coote	FS	Lon 24 Apr	5.11.11	435	33	48				

NB Certified marathons throughout the year can count, so the above points are subject to change

April 23rd

Banstead Woods
249 ran

Pos	Gen		
3	3	Tony Tuohy	18:07

Bromley
586 ran

Pos	Gen		
26	5	Kim Hainsworth	20:20
93	7	Ros Tabor	22:17
312	246	Peter Jackson	27:11

Burgess
224 ran

Pos	Gen		
24	24	Hugh Balfour	20:32
192	120	Freddie Vernon	30:21
204	124	Barry Evans	31:21
211	85	Susan Vernon	32:22
217	130	Chris Vernon	34:20

Brockwell
283 ran

Pos	Gen		
24	23	Mark A Foster	20:09
55	54	Graham Laylee	22:16
64	3	Lucy Clapp	22:27
103	93	Kees Kuijlaars	24:02
195	51	Natalie Davys	27:19

Crystal Palace
220 ran

Pos	Gen		
12	12	Simon Lang	20:46
31	30	Paul Hodge	22:09
67	8	Belinda Cottrill	23:56
68	60	Bob Bell	23:59
85	76	Andy Cottrill	24:48

Dulwich
263 ran

Pos	Gen		
11	11	Simon Burnett	18:48
19	18	Grzegorz Galezia	19:31
46	44	Duncan Wilson	21:28
47	3	Michelle Lennon	21:31
59	54	Mark Muffett	22:19
85	10	Clare Wyngard	23:28
101	85	Michael Dodds	23:59
105	89	David Haviland	24:04
138	29	Claire Steward	25:56
147	116	Andrew Hollister	26:30
171	46	Hannah Harvest	28:25

Greenwich
235 ran

Pos	Gen		
3	2	Ross Rook	19:16
22	21	Stephen Smythe	22:02

Horsham
324 ran

Pos	Gen		
79	69	Gary Budinger	24:23

Little Stoke
204 ran

Pos	Gen		
62	55	Barnes Stringer	24:04

Lloyd
191 ran

Pos	Gen		
23	22	Martin Double	22:22
41	3	Carys Morgan	24:23

Lyme Park
107 ran

Pos	Gen		
50	44	Chris Goodman	27:05

Mile End
314 ran

Pos	Gen		
7	7	Martin Holt	18:23

Peckham Rye
167 ran

Pos	Gen		
3	3	Andy Bond	17:24
4	4	Kevin Chadwick	18:44
56	6	Helen Covich	24:06
114	34	Claire Barnard	27:27

Royal Tunbridge Wells
177 ran

Pos	Gen		
131	91	Rafe Collier	32:08
134	43	Rhoda Collier	32:16
135	92	Lloyd Collier	32:24

Southwark
256 ran

Pos	Gen		
113	96	Paul Keating	24:20

Tooting Common
411 ran

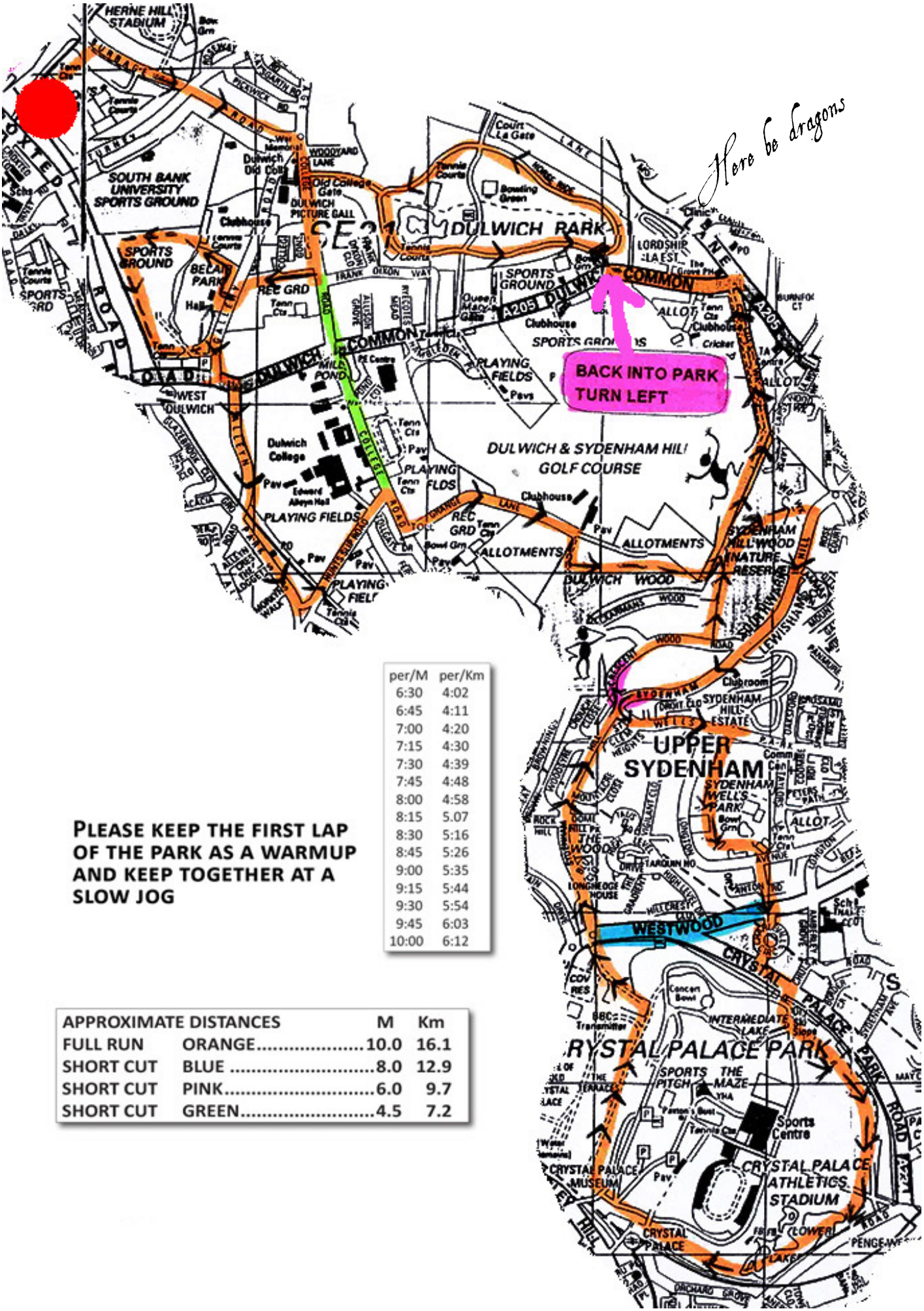
Pos	Gen		
73	68	Cameron Timmis	21:40

Walthamstow
63 ran

Pos	Gen		
2	2	Gary Sullivan	20:43

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.



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 KEEP THE FIRST LAP OF THE PARK AS A WARMUP AND KEEP TOGETHER AT A SLOW JOG

APPROXIMATE DISTANCES		M	Km
FULL RUN	ORANGE	10.0	16.1
SHORT CUT	BLUE	8.0	12.9
SHORT CUT	PINK	6.0	9.7
SHORT CUT	GREEN	4.5	7.2