SHORTS

Dulwich Runners AC
Weekly Newsletter
April 6th 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 6 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Thu 7 **Assembly League Beckenham**
Tue 12 **Track at Crystal Palace Arena**
£2.50 per session.
Meet just after 7pm to warm up, the session around 7.20pm.

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
5... DR snap up medals in Italy...
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

Crystal Palace Track

- Excellent for building speed,stamina and endurance
- Go to reception, tell them you are with Dulwich Runners. Allow 10 mins to get from there down to the track
- Pay Ros £2.50 on the track, do not pay at reception
- Elkie will commence a warm-up around 7pm and the main session will start approximately at 7.20pm.

Suitable for all standards

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

LUCKY VEST

Tonight

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 from Ros and all kit ros.tabor49@gmail.com

EVENT HORIZON

A brief look ahead

full fixture list **page 6**

Apr 7 **Assembly League Beckenham**
24 **London Marathon**

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: **Sharon Erdman, Charlie Boden and Ian Lilley**
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**

Jo Shelton Pereda	**06/04**
Tom South	13/04
Katie Styles	20/04

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

Will be available in all sizes from Wednesday 6 April – buy them before you run the first Assembly league race of the year

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

Delivery expected next week

Do you need a Sports Massage?

Are you fatigued and need to rejuvenate after your hard training

Ola an experienced Sports massage therapist and club runner (completed 6 marathons)

Offers
Sports, Deep Tissue and Therapeutic Massage

Contact me for further details
Ola.balme@http://www.hernehillsportsmassage.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
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

Steve Smythe suggested weekend runs for marathoners January to April

Apr 10: 15 miles
Apr 24: (London M Apr 24)

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

MARATHONS 2016

If you are planning to run a marathon in 2016 please can you tell Shorts so that we can list those with forthcoming races.
After the race make sure you send a report and your time.
We will try to maintain an up to date list so that we can keep a proper record for the club championships.

Thanks - Ros

so far....

Tom Wilson	Seville	Feb	3:00:09
Miles Griffies	Seville	Feb	3:58:21
Michelle Lennon	Thames Meander	Mar	3:31:50
Grzegorz Gałęzia	Jerusalem	Mar	3:52:36
Andy Murray	London	Apr	
Charlie Lound	London	Apr	
Gideon Franklin	London	Apr	
Tim Bowen	Manchester	Apr	

PACERS NEEDED

Peckham Rye parkrun is having its 100th event on 16th April if anyone would like to pace contact me if interested
kevchadwick@googlemail.com
peckhamryehelpers@parkrun.com

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

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

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.

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

Date		Race	Venue
Apr	7	Assembly League - Beckenham - 7:15pm (3 miles)	Beckenham
	24	Virgin London Marathon (or alternative) (L)	London
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	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
Sep	4	Middlesex 10k (S)	TBC
	tbc 10	5k Parkrun (S)	TBC
Oct	2	Titsey Multi-Terrain 10k (L)	Oxted
	16	Cabbage Patch 10	Twickenham

The mile will no longer take place on 15 July, and is likely to be shifted to 1 July, though this is tbc,

In addition it is likely that the 5km parkrun will be brought forward by a week to 10 September because of a clash with the BMAF T&F champs.

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

DULWICH RUNNERS
2016 CLUB CHAMPIONSHIPS

The races for next year's club championships have now been selected. Once again 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 the dates of some of the races have not yet been finalized, but updates will be issued as soon as we know.

CLUB CHAMPS UPDATE

It had been intended to schedule the 2 mile race for the first half of June, once the timetable for the Monday night series of summer races in Battersea Park had been scheduled. However this race has now been scheduled for 1 August, which is not ideal as it falls within the summer holiday season, and there are no alternative 2 mile races available. We have therefore decided to scrub this race and replace it with the 5km in Battersea Park on Monday 13 June. All other club champs races remain unchanged, including the 5km parkrun on 17 September

13	Mar	Dartford Half Marathon (L)
24	Apr	Virgin London Marathon (or alternative) (L)
13	Jun	5k Battersea Park (S)
15	Jul tbc	Mark Hayes Mile, Ladywell Track (S)
4	Sep	Middlesex 10k (S)
17	Sep	5k parkrun, venue tbc (S)
2	Oct	Titsey multi-terrain 10k (L)
16	Oct tbc	Cabbage Patch 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.

European Masters Indoors Championships Ancona, Italy

7 medals won by DR's

Andy Murray and Mike Mann report:
This event follows only a year after the last one in Torun, Poland, but should settle down to even years from now on. Andy, Ros and Mike had entered events as part of a large GB team.

It was the first visit to Ancona, situated on the Adriatic coast of Italy several hours south of Bologna, for the three of us competing. Arriving on Easter Sunday we found the place in almost complete lock down with all the shops shut and only a few eating places open, and the next day wasn't much better as it was one of Italy's many public holidays. Ancona is an Adriatic port with ferries departing to Croatia and Greece.

The guide book description of Ancona as a gritty port city is not too far wide of the mark, though the comparisons with Grimsby and Newhaven made by some of us are perhaps a little unfair. It is a rather incongruous mix of port infrastructure and grubby buildings with graffiti with some architectural gems including an intact Roman arch and some attractive churches. Ancona sits at a point where high white cliffs meet the sea, in contrast to the flat coastal plain including Rimini to the north. Once there a few days we found good cheap cafés and restaurants, interesting viewpoints and strolling avenues.

The organization of the event was..... Italian, with a few hiccups on the way but it largely worked in the end. The indoor stadium had good spectating and catering facilities, with an outdoor track and small park next door.

29.03.16 800m semi-finals
First to race was Mike on Tuesday in his 800m semi. (Mike reports:) My first event was an 800m heat, which is always rather nervy with two winners of each of the two heats qualifying automatically plus the next five fastest from the 2 heats. With my 800m performance so far this season below par, I was not confident of qualifying, but in the event I got through finishing 4th in my heat and picking up a place in the final 100m, with a season's best, though not by much.
4 Mike Mann 2:43.58q

30.03.16 3,000m finals
The 3000m final was the next day, by which time the weather had warmed up , making it pretty stifling in the stadium for a race of this distance.
Ros was able to tuck in behind Italian rival Egger, who led at about 51's per 200m lap for 2k, then slowing to 55's, which allowed Ros to gather strength, although allowing another possible threat (Vacquero of Spain) to stay with them to the bell. However, there was no problem for Ros as she shot away with a 39 second last lap, winning from Vacquero by 6 seconds.
(Mike:) My target was to start at 45 sec lap pace and see how long I could maintain it, but the answer was not very long after only a few laps. Nevertheless it was a reasonably steady performance, though slower than my time achieved at Lee Valley a month earlier.
W65 1 Ros Tabor 12:49.18 -Gold medal
M65 8 Mike Mann 11:35.77

31.03.16 800m finals
These were after 9.30pm. Ros this time had British record holder Nancy Hitchmough to contend with, as well as Italian runner Egger. At the break Egger took the lead briefly but slowed to leave Ros in front, picking up the pace. At the bell Ros started to gradually increase the pace, just holding off Hitchmough's effort by 0.4 seconds at the finish for her second gold.
Mike: My 800m final the following day, though another season's best, was probably my worst executed race. It started off at breakneck pace, which I got caught up with, going through 400m at around 77 secs. Consequently I suffered in the second half and lost a place at the end by failing to spot a competitor who overtook me just before the line. The scheduling of these races didn't do me or a number of others who had 800m heats any favours with the 3000m sandwiched between the 800m heats and finals. Normally the 3000m takes place on day 1 with the 800m heats and finals the following two days, and this works much better for me and others.
W65 1 Ros Tabor 2:52.36 - Gold
M65 7 Mike Mann 2:42.19

02.04.16 1500m finals
After a rest day visiting the neighbouring coastal resort of Sirollo it was back to the track for 1500's the next afternoon.
In the w65 race, this time Hitchmough took the lead and set a decent pace, with Ros staying close. At the bell Hitchmough raised the pace but Ros chased and caught her at 150m to go, pulling away to win by 1.6 seconds this time.
Mike: I had a well needed rest from competition the next day, enabling some recovery before the 1500m, which turned out to be my best track race. I decided to largely ignore the opposition in the early stages, keeping a close eye on the clock at 500m and 800m, which I passed according to plan at 1:45 and 2:52 respectively. Although dropping off slightly in the second half I felt reasonably strong and was pleased to overtake a competitor who had passed me in the final lap on the finishing straight, ending up with a small season's best.
W65 1 Ros Tabor 5:50.81 -Gold
M65 7 Mike Mann 5:27.05

03.04.16 400m, 5.2k Cross Country, 4x200m relays
Ros was off first, racing 400m and finally not winning but still a good second to a great run by fellow Brit, Caroline Marler, who broke the European record (and Ros's UK record set last year) to win by 2.5 secs.
W65 400m 2 Ros Tabor 1:16.15 -Silver

Outdoors Mike and Andy were running the M60+ cross country. Within each 5 year age group was an individual and team (3 per country to score) contest. (Mike: Somewhat to my surprise the cross country race on the final day turned out to be my best event. There had been a lot of speculation and uncertainty beforehand about the course as depending on its direction it seemed to include some rather treacherous downhill hairpin bends on a loose grit surface.

In the event most of these fears proved unfounded with the course of just over 5km consisting of a mixture of firm grass and a couple of short sharp hills on each of the 4 laps, though it did include one very tight bend coming down from the top of a hill. In terms of difficulty it was probably akin to a tough off-road parkrun outside London, with one of the GB team likening it to parkrun courses in Cornwall. I thought it was great as I quite like disjointed running, tight bends and short hills on a firm surface.

On the first lap a competitor just in front of me went down like a sack of spuds on the nasty downhill bend, resulting in some rapid avoiding action on my part to stop myself tripping over or spiking him. I managed to maintain a steady pace throughout, striding out on the grassy sections, and led our GB team home with a M65 team bronze. The Italians, with some strong runners and home advantage, swept the board in many of the men's age categories, with their M65 team averaging sub 20 minute times.
It was good to finish the cross country season on a high as my previous race at the BMAF champs in Bath had been a disappointment.
Andy after 1.5k saw a GB m60 drop out ahead of him, leaving him and another Brit, David Profitt, contending the 3rd scoring GB m60 position. Andy hung on behind Profitt until the start of the final lap and then went ahead, eventually building a gap of 15 seconds. This was later rewarded with a bronze medal as GB were 3rd M60 team.
M65 XC 10 Mike Mann 21:38 -1st of 3 scorers in 3rd placed GB m65 team – team bronze.
M60 XC 16 Andy Murray 23:33 - 3rd of 3 scorers in 3rd placed GB m60 team -team bronze.

Finally there were indoor 4x200m relays by country within age groups. Ros was part of a team of mixed experience in terms of usual distances raced and they ran well but soon dropped behind the only other team (Germany) who had set a world record the previous year and won this time by 14 seconds.
W65 4x200m relay 2nd GB 2:28.91 (Ros Tabor lead leg) – team silver

The next International Masters meet is the European Non-stadia champs (featuring 10k and half marathon road races plus scratch xc relays) in Portugal (western Algarve coast) , May 20-22 this spring. All GB over 35's registered with a BMAF club (e.g. VAC or SCVAC) can run for the national team there.

Ask Ros, Andy, Mike or Steve S for further details NB race entries close on Wed 20 April 2016.

Sri Chinmoy 10 Miles

I ran this 10 miler in 1:20:29 and 7th in age category.
A well organised low key race!
48 Ameet Patel 1:20:29
75 ran

Olympic Park Summer Series

2nd April

The opener in this series of races on the first Saturday of every month, up to and including September, attracted a few DRs, partly because it incorporated both British Masters and Vets AC champs.

If you can cope mentally with placing yourself on the start line for a 10k at the precise moment when you might normally be enjoying some post parkrun gossip then I would give some serious consideration to doing at least one of these. They're well organised, public transport from most parts of our 'manor' is pretty good these days, and the course is 3, predominantly flat, laps of the iconic park, save for a few bridge crossings here and there (subsequent events in the series may use slightly different courses).

Selma wasn't a fan of the course, it has to be said, and there were certainly some drawbacks like the odd tight turn. It also didn't yield very quick times for any of us partly because it was a good 50 metres over distance and there was quite a chilly headwind at stages.

Clare and I made a morning of it, proceeding afterwards to the aquatic centre - admission just over a fiver for adults, no booking required - where she did some relatively serious stuff in one of the quicker lanes of the competition pool and I floated around for a bit in the slowest one.

105 Selma Benattia 43.26
141 Graham Laylee 45.22
187 Clare Wyngard 48.13
209 Mike Dodds 49.42
505 finishers. (Winner 31.14, vets placings not yet available)

Regent's Park 10k

3 April 2016

Chip timing does have something going for it. This race starts on a path across the park that is wide enough for about 4 people. So, with a field of 800 it takes a long time to get over the start. In my case, 26 secs, and I lined up nearer the front than the back by a long way. It also meant that it was one of the few times that I have run a negative split.

37 Steve Williams 41:36

Orion 15

Saturday 2 April

The last time I did this race was in 2013, when we started in a blizzard and ran through woods that looked like a Christmas card. This year was a complete contrast: the sun was shining. The birds were singing. It was a perfect spring day.

For the uninitiated this race has been organised by Orion Harriers for 62 years, and is a 15 mile tour of Epping Forest. As a special treat, they had improved the course this year. The "improvements" included several more hills (including one half a mile from the finish), and replacing about three miles of firm forest trails with off-path technical sections following a sawdust trail which twisted and turned through the forest. In many ways these sections were the most enjoyable, but also most demanding as you had to concentrate hard on following the trail, avoiding bogs and branches, and jumping streams and fallen logs Fortunately for the last five miles I was running with another guy and we helped each other in sticking to route, and to ignore the growing cries of anguish from my legs.

Oh, and did I mention the mud? The start was a taste of the joys that awaited us. It was quite congested, with the field lined up either side of the "path". The reason being that the "path" was actually a quagmire of mud and water. Twenty yards after the start it couldn't be avoided. There were probably not more that twenty or thirty sections where it was more than ankle deep, but there were a few really bad bits that would not have been out of place in the Hippopotamus Song!

However the "improvements" did not relate to the times which were universally slower than previous years. I was 7 minutes down on 2013, despite having a better run. I went off more steadily and managed to maintain a good pace throughout, so that I only lost one place in the final five miles, and was delighted to win the V60 prize.

For those not doing a spring marathon, this is a race I would thoroughly recommend. Orion do a magnificent job with the organisation. It is a serious challenge, but the course has lots of variety, even if you have no idea where you are, or even which direction you are running in if the sun isn't shining! And it is, perhaps, the only race in England to serve buck's fizz at the finish!

Winning time 1.38.42
83 Hugh Balfour 2.11.57 1MV60
303 finishers

Fast and Furious Duathlon Eynsford

April 3

Steve Smythe writes... With less than 20 miles run since the Chichester 10km two months earlier, it probably wasn't a good idea making a very late decision to run a duathlon but I fancied the ride more than the run and this was a low key event - about 5 years it had three different starting groups but it was now down to one group with competing numbers in the low twenties.

The run is over a nice course through Farningham and Eynsford - advertised as 5km but just under 3 miles.
Four runners went well clear after about 50 metres but after getting my legs back from the ride there, I worked my way up to fifth after about a mile and stayed there ahead of a chasing group. My split was officially 19:56.

Not having done any multi-events for years, my transition was awful and I lost two places immediately and dropped 30 seconds back but recaught them after a few miles on the bike. Past halfway at the turn near Sevenoaks, I was feeling good and feeling confident i could hold that position on the bike, when going up the steepest hill, I changed gears quickly and my chain got stuck and then came off. I wasted well over a minute trying to get it back on and dropped to ninth and couldn't get back those places on the rest of the bike and completed the 22km ride and transitions in 39:12 After another poor transition, one runner looked in range but my second run was awful and at 22:09 was two minutes slower than my first and I stayed ninth.

The trophy for first veteran went to the man who was behind me on the bike when I had my mechanical. The way I ran suggested I wouldn't have held him off on the second run but it might had been different had I been in a competitive situation as I had been 12 seconds faster than him on the first run. I was 9th in 81:17 - I think I was first over 50, which I had been in the previous 4 I'd done on this course but for the first time there was no trophy due to the lower numbers. That allowed me to be the same position as the first I did here in 2009, albeit over 10 minutes slower.
(prev results - Oct 2009 - 9th 70:50, Oct 2010 - 12th 72:13, Oct 2011 - 13th 72:42, Oct 2012: 14th 75:10,

Marathon preparation race Dorney Lake

3rd April 2016

Lindsey Annable writes: We returned for our second visit to this organised marathon training run at Dorney Lake. It feels such a privilege to be able to run at this Olympic venue and the four-mile loop around the lake actually makes the long run seem more manageable.

As last year Barrie had planned on doing 20 and I was signed up for the 16 miles. Before pacers had been provided by minutes per mile but this year the organisation seemed rather more chaotic with pacers not showing. The organiser was also struggling with a broken loudhailer making announcements easy to miss and many runners feeling uninformed and disgruntled.

The two pacers that did turn up were for a marathon time of 2:45 ad 3:45 so too fast for Barrie. At the last minute one of the marshals was roped in to running as a 4:30 pacer but we felt that was a little too slow. In the event it seems he dropped out after a couple of laps so we were glad we set off on our own.
We chose to run at around 10 minute miling. Barrie has struggled with his training this year after a recurrent chest infection. He has also just found out he could be filming 10 days solid before the marathon on some major movies – one with two words in the title starting with S and W – but all very hush hush darling! It's rather daunting, as the hours tend to be 5-9 rather than 9-5! We therefore chose a pace that might be a little more realistic in anticipation of his likely fatigue before the marathon even starts!

Despite initial concern the laps might seem rather tedious we soon got into a steady rhythm and ticked them off slowly. The conditions were ideal with sunshine and little wind so it felt very pleasant to be running along by the water. We picked up the pace on the fourth last lap a little as we tucked in behind a couple of other runners so Barrie could hang onto them for his final lap.

The results were sent out promptly but mine were completely incorrect and had my time at around 4:17! In all the organisation seemed to be left a little wanting – no mile markers apart from a handwritten one at mile 1, disinterested marshals (one guy decided to take his marshal t-shirt off and throw stones into a neighbouring field for entertainment) and a water station that packed up when many people were still on their final lap.

There were showers in the clubhouse afterwards but the race organisers managed to leave without checking if anybody was left in them. Consequently the caretaker locked up with us still in there! It was only because we were sat on the terrace having our lunch overlooking the rowing lake – very pleasant actually – that the caretaker saw us and unlocked the door. Otherwise we might still have been in there….

The venue really sells this run and it's a nice one to do but you really need to go with low expectations of the race organisation. But maybe they will surprise and improve next year!
16 Miles
Lindsey Annable 2:38 approx
20 Miles
Barrie John Nicholls
3:17:28 (1:21:15, 39:41, 37:57, 39:08)

Paddock Wood Half Marathon - from the sharp end

Sunday 3. April

This was Lloyd's first 'proper' half marathon since 2013 – having simply paced the TW Half in 2014 & 2015. Having decided at very late notice to enter it was on the back of a heavy week of IronMan training [Staffordshire 70.3 in June] so his expectations were modest – a V40 PB was the goal (sub 1:24) but hoping to be closer to 1:23. Pre-race discussions in the pen with both DRs and TWHs agreed that 1:23 and 6:20 pacing was the target.

As the race unfolded, Lloyd and Kev were running together nicely in a group of 10 or so. Kev making it very clear how much he did not want to get involved in another sprint finish with (against!) Lloyd.Pacing was not helped by PWAC's seemingly random placement of the mile markers – splits were 6.07 for 3 and 6.42 for 4 for instance – while the Garmin stayed at a rock steady 6:18 average pace split.

At half way Kev had a gel which must have been infused with EPO as he suddenly found another gear and by 9 was almost 100m clear of Lloyd. However; at that point the elastic didn't break but began pulling back the other way - maybe the second gel Kev had at 9 took longer to kick in!

As Lloyd caught back up at around 11.5 Kev managed an amused 'dammit I thought I was clear' and both set about catching a struggling 3rd placed lady about 100m up the road. At 12 Lloyd briefly thought his pre-kids PB of 1.21.13 from the same race exactly 10 years earlier [2nd April 2006] may even be in reach. Into the final mile and the pace poured on as the heart rates and breathing got faster and faster in synch. With 400m Kev had it, then Lloyd put in a burst to go clear. The hairpin bend into the estate was Kev's chance to pounce however as he produced a truly Ovett-esque 50m of acceleration to take him clear and cross the line as first DR.
Both were equally delighted with their massive improvements on recent efforts, Kev as he comes to the end of marathon training and in the best shape he's ever been with a 6min PB and Lloyd who - despite doing no mileage over the winter - managed a reasonable fist at a longer distance.

Other than the markers being awry, this is a very well run and organised race, course really is flat and a decent goody-bag and medal. ***- Lloyd Collier***

54 Kev Chadwick PB	1.21.31
55 Lloyd Collier V-PB	1.21.34

Paddock Wood Half Marathon

While most of my marathon training mates embarked on a brisk 20 mile run at various locations all over the country I opted for a repeat performance of last year's club champs race. Partly because I felt I needed a faster time over this distance to give me some confidence for the 'big one' at London in three weeks (having done two HM races already this year, but both on slower courses and unable to break 86 minutes) and partly because I wanted to have a go at my PB of 84:23 from last year.
And when best, if not now with all the marathon training miles in the bank?

That was the theory at least. Last year my run at Paddock Wood was pretty uneven, the first miles way too fast (for various reasons, one being that I had crashed and in a surge of adrenalin went madly ahead and did a mile in under six minutes; not a good idea I found out a few miles later) and the last miles into strong headwinds on tired legs. So the mile splits ranged from 5:56 to 7:03 minutes. And in the wrong order. I still ran my aforementioned PB, but felt I could have done better.
This time the advice was to start prudently around 6:25 minute/mile pace and push in the second half for a PB. Admittedly not my forte, being more of a 'positive splits Natural', but good tactics and the race feels much better that way.

The conditions looked fine and indeed turned out near perfect, dry and crisp with only light winds. The sun was out and no need to wear more than a string vest - to take some water at the frequent stations was advisable though. The entry list showed several Dulwich Runners and I met Kev and Lloyd before the start, I also spotted Mike Fullilove but none of the others in the crowd, apologies for no mention in this report. Should I throw caution and good advice to the wind and start off with Lloyd and Kev? Both looked in excellent shape and wanted to push for 83 minutes or faster. So last year's temptation to run with the equivalent of Clare Elms and Tim Bowen presented itself again. I resisted and let them go. Stick to the plan and keep your strength (or what passes as such these days).

The first mile went in 6:25, then 6:21 and the next with a bit of downhill in 6:17. Then I started noticing two things: the group of fellow runners I had settled with slowed and lost contact with the bunch ahead. Not so good. Even worse was that the mile markers got more and more out of sync with my garmin splits, and not in the encouraging way. Time to speed up and bridge the gap to the group ahead. That became a bit of a theme, and whilst it felt good to jump from runner to runner, nevertheless the mile splits seemed to get worse. Curious! At some point around mile five I came past a fighting Tina Oldershaw, a multiple winner of this race from the home club Paddock Wood, and thought 'this is not a good idea, I'm probably

going too fast now'. But my Garmin didn't budge from 6:25 average and I was more in danger to slow myself.

This constant need to stay focused and not get comfortable is for me almost the hardest aspect of longer distance races, harder than overcoming pain or frustration. Or scratch that. In a way that is precisely the main source of discomfort: running always that bit harder than you would naturally like to. Otherwise I slow. I think of nice things, or irritating things, or enjoy the landscape. And next thing I know is my pace has dropped by a good ten seconds. That's why it is so valuable to race with (or against) someone. Run in a group, or run with pacers. Keeps you focused. Focused ahead, not on that nervous impulse building somewhere in my back, at the nape of my neck, between my shoulders, almost a constant presence of anxiety. Anxiety to slow down, anxiety to get caught, swallowed up by the inevitable wave of tireless pursuers. The fear of the distance runner. You do it to others and it is done to you.

This time though I mostly did it to others.
Rattled by the called out halfway time of 42:30 I saw my PB target disappearing fast. I knew I had a few seconds good compared to gun time, but to even get close to 84 minutes I needed to speed up almost a minute in the second half. And as said, I'm not someone familiar with negative splits. Time to rally and push on (and hope the halfway marshall had positioned himself somewhat on the pessimistic side, as my and other gps data would indeed suggest). I continued to reel in other runners ahead, some familiar from last year when it went the other way, and had at least the impression of not slowing.

The mile markers continued to be either useless or depressing. I hoped for the former. Like in the marathon I found using my heart rate much better for pacing than relying on either Garmin pace or mile markers. The aim is for the first half of a race not to let it rise too fast, for the second not to let it drop. If you see a steady increase during the race, averaging around the target rate (in my case about 158 bpm for the HM), you know you did something right.
The last mile has the straight approach to the PW station lined with supporting crowds, a last up and down over the railway bridge, and then the final twisty but welcomed hundred yards to the finish. This mile was faster than the previous ones, I kept my position, but missed my PB by six seconds. I claim it as consistency then. At least the race felt much better this way and if the halfway marshall was to be believed I managed negative splits by about twenty seconds. I have my doubts in that respect though and rather assume it was fairly even.

Overall a well organised and supported race with definite PB potential, as my two club mates ahead of me demonstrated in an exciting race-off described no doubt in their reports. Also Mike Fullilove achieved a new PB in 1:30:34 and looks in good form.
Next stop London marathon in three weeks, feel better about it now!

81 Ebe Prill (7. M50) 1:24:29 chip

1501 ran, male winner in 1:09:28, female winner in 1:15:48

April 2nd

Banstead Woods

190 ran

Pos	Gen		
76	66	Peter Gibbons	24:39

Brockenhurst

146 ran

Pos	Gen		
7	7	Simon Lang	20:51

Brockwell

240 ran

Pos	Gen		
16	2	Ola Balme	20:37
33	29	Cameron Timmis	21:29
57	10	Michelle Lennon	22:42
62	12	Lucy Clapp	22:59
97	80	Hugh French	24:43
127	30	Laura Vincent	25:57
177	60	Sharon Erdman	28:06
178	61	Natalie Davys	28:11
198	75	Selina Wray	29:47
239	138	Matthew Ladds	35:42

Bromley

569 ran

Pos	Gen		
132	122	Chris Goodman	22:51

Burgess

193 ran

Pos	Gen		
20	2	Lucy Elms	20:20
32	4	Kim Hainsworth	21:25
150	93	Freddie Vernon	30:23
163	63	Susan Vernon	31:25
185	110	Chris Vernon	36:50

Crystal Palace

208 ran

Pos	Gen		
25	23	Martin Double	21:53
42	4	Belinda Cottrill	23:15
43	39	Bob Bell	23:16
68	6	Carys Morgan	24:30
71	65	Andy Cottrill	24:43
181	124	Paul Hilton	32:36

Dulwich

182 ran

Pos	Gen		
13	13	Martin Holt	18:21
22	21	Simon Burnett	19:07
65	54	Mark Muffett	23:18
102	76	Mick Mead	26:11

Greenwich

190 ran

Pos	Gen		
5	5	Michael Fullilove	20:27
9	9	Stephen Smythe	21:16

Guildford

358 ran

Pos	Gen		
4	4	Lloyd Collier	18:24

Little Stoke

260 ran

Pos	Gen		
93	83	Barnes Stringer	24:03

Malling

136 ran

Pos	Gen		
7	7	Nicholas Brown	21:03

Medina I.O.W.

296 ran

Pos	Gen		
85	71	Duncan Wilson	24:58

Northala Fields

211 ran

Pos	Gen		
70	8	Lindsey Annable	24:14

Peckham Rye

111 ran

Pos	Gen		
1	1	Gregory Nicholas	16:56
4	4	Sam Crump	19:17
16	15	Gideon Franklin	20:54
74	53	Mark Callaghan	27:50

Peckham Rye parkrun is having its 100th event on 16th April if anyone would like to pace contact me if interested
kevchadwick@googlemail.com
peckhamryehelpers@parkrun.com

Riddlesdown

157 ran

Pos	Gen		
28	3	Ange Norris	21:48

Southsea

310 ran

Pos	Gen		
98	86	Gary Budinger	24:38

Southwark

165 ran

Pos	Gen		
85	72	Paul Keating	25:04
98	20	Kaylee Coxall	25:58

St Peters, Sydney, Aust.

365 ran

Pos	Gen		
224	57	Penelope D'arcy Graham	29:11

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.

MARATHON TRAINING FOR LONDON (OR OTHER SPRING MARATHON)

For those hoping to run a Springtime marathon around 3:45 to 4:45, not really aimed at faster club members (who will be referring to Steve Smythe's schedules), everyone welcome, and likely to be friends from other club(s) at some of the sessions. , Longer runs we will probably split into two groups, faster with Claire, slower with me. Sessions may change according to how the training goes.Claire and I cannot guarantee to make it to all of these sessions but we will do our best to keep the training momentum going. For me it will be my 50th marathon, if everything works out and possibly my last; it will be Claire's 44th.If you intend being part of this group please email me to confirm then I will have an idea of numbers to expect

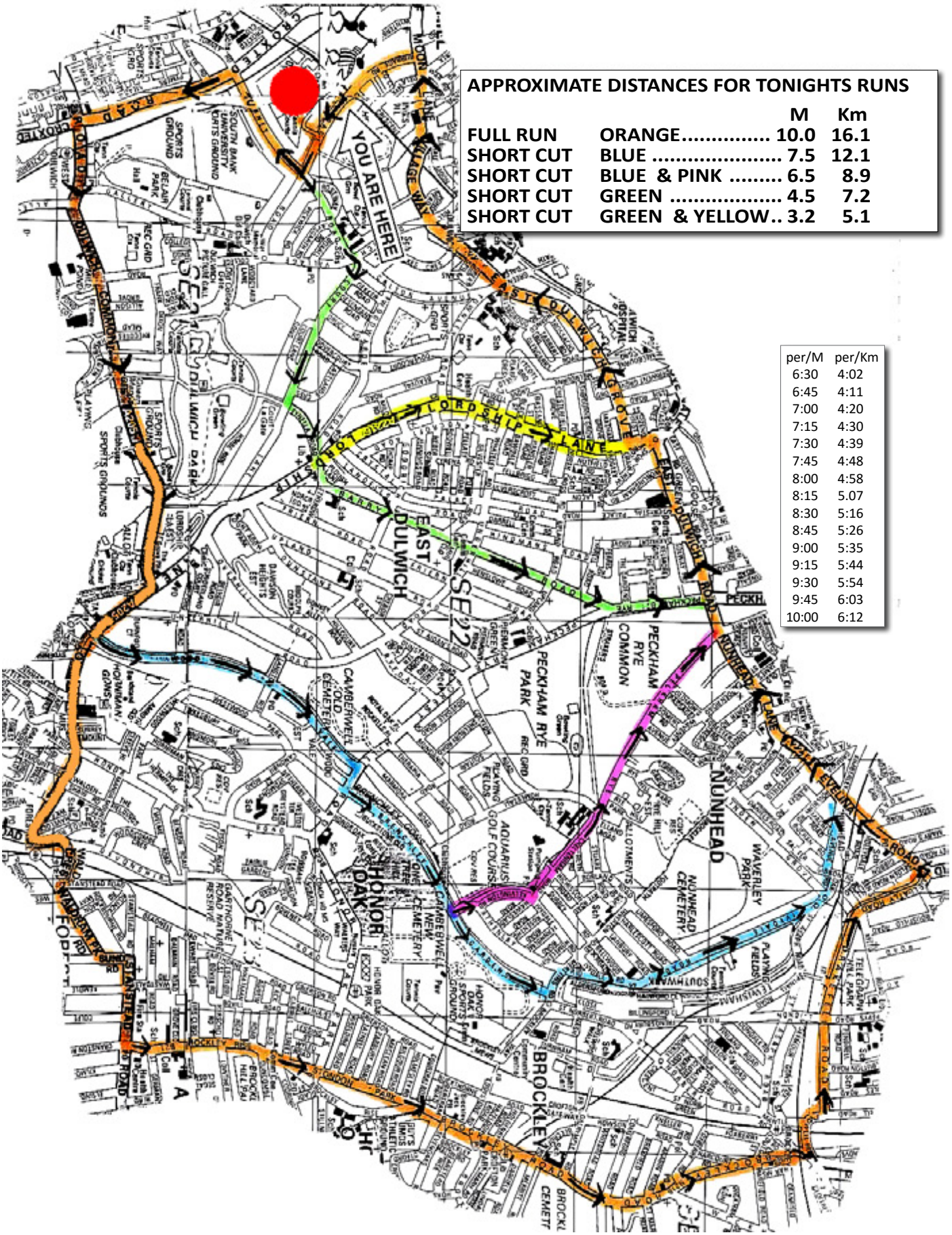
Cheers - Steve Wehrle steve.wehrle@immediate.co.uk

Weeks to go!	Date	Event / Distance	Information
	10 Apr	Orpington 20 miles	09:00 3 hours + on the road
1	17 Apr	Darenth 10km, Eynsford	08:00 Road Race
Zero	24 Apr	LONDON MARATHON	This is it ! Club Champs

Alternative / additional race options:

Thames Towpath 10 (Chiswick) 17 Apr, 09:00 www.west4harriers.com

DULWICH RUNNERS AC W4



APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE.....	10.0	16.1
SHORT CUT	BLUE	7.5	12.1
SHORT CUT	BLUE & PINK	6.5	8.9
SHORT CUT	GREEN	4.5	7.2
SHORT CUT	GREEN & YELLOW..	3.2	5.1

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