SHORTS

Dulwich Runners AC
Weekly Newsletter
April 12th 2017

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

- THE COMING WEEK –

Wed 12 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 18 **Crystal Palace Arena Track** - £2.50 per session
Full warm up from 7pm & main session starts around 7:20
See notice below for more details

In your SHORTS this week !

1 General information
2 Club kit, social events etc
4 Fixture list, club champs, road, XC, etc
5 Tony finally gets gold at British Masters
6 Beckenham Assembly league, report & results
8 Cross country champs tables and positions
9.. Club Champs standings so far...
12 Parkrun results
13 Wednesday 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

At **Crystal Palace National Arena**
£2.50 per session - Suitable for all abilities.
At reception say you are with Dulwich Runners but do not pay there, pay Ros trackside.
Leave time to get from there down to track - it can take up to 10 minutes.

Arrive at 7pm if you want a full warm-up of various drills etc, taken by Elkie Mace.
Main session taken by Steve Smythe starts around 7.20 - 7.25pm and will last 40-45 minutes.

Tuesday Track sessions will continue at Crystal palace during April and we will go to Dulwich in May.

LUCKY VEST

April winner - Steve Rolfe

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 spot prize.
Vests £18 each from Ros and all kit ros.tabor49@gmail.com

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.

Thank you. - Ros

------- EVENT HORIZON -------
A brief look ahead

Apr 23 London Marathon

Thurdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Many thanks to **Joseph Brady** for taking out new runners last week.
If you're on the list, please 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

Lindsey Annable	**12/4**
James Burrows	19/4
Karina Burrowes	26/4

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

P
O
T

Watch this space for future events.

Wednesday Apres-Run Carbo Loading !

For all you hungry runners, fish and chips can be ordered to indulge your calorie cravings after the Wednesday run. Arrives close to 9pm and the cost is **£6.00**
Just give me your name and money when you sign in - Ros
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)

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 from Ros
ros.tabor49@gmail.com

SHORTS!

DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or slightly longer– Both styles are a bargain £15.

Keep dry in a Dulwich Runners waterproof jacket.
Incorporated hood. - all sizes available - £25

Socks 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 Race Clock

Help Required

As many of you know the club is the owner of a large race clock which we use for our own events and hire out to others, typically generating £400-600 of income each year for the club.
I currently look after the clock, storing it, taking bookings and arranging for customers to pick it up and return it (we do not offer a delivery service.

I am likely to be away for the whole of July and am looking for someone to take on this role for that period. You will need to store the clock in a garage/shed/spare room and be available for any bookers to collect the clock from and return to you. Based on previous years I would not expect more than 1 or 2 bookings during this period, although the club may require it for the Mark Hayes Mile. - Please let me know if you are able to help - Graham Laylee:
grahamlaylee@btinternet.com

On Wednesday we got the sad news that our 2nd oldest member, John Fraser, had died (aged 82). He was a longstanding member of Dulwich Runners, competing regularly into his 70s, especially enjoying the Sri Chimnoy races in Battersea Park, and also shorter DR championship races.
Recently he was suffering form Parkinson's disease and was living in a nursing home. He was the Labour MP for Norwood from 1966 to 1997 and a minister in the Callaghan government.

London marathon runners -

There are those that would like to track your progress. If you are running it and send your number in then they will be listed here in Shorts.

POST LONDON MARATHON VENUE

As per last year, the post London Marathon refreshment session will take place in the Sanctuary pub located near St James' Park station. It's a large pub so plenty of room for runners and supporters.

The venue is a mere 100 yards from St James' Park tube station (take the Broadway exit) and for runners it's a 10 minute walk/hobble/jog (delete as applicble) from the finish on the Mall.
You will need to cross back across Birdcage Walk but there are designated crossing points, so this won't be an issue.

The pub's website, which includes a map, is below.

The Sanctuary House Hotel - Contact the Fuller's The Sanctuary House Hotel Restaurant & Hotel Westminster
http://www.sanctuaryhousehotel.co.uk/find-us

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004
ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

Sat 20th & Sun 21st May

Teams of eleven runners who each run a leg on Saturday and a leg on Sunday around the Green Belt of London. Starts at Hampton Court on Saturday morning and ends at Kingston at approx. 6 p.m. on Sunday, roughly following the Green Belt. Although it is a relay, each leg has a specific start time. www.greenbeltrelay.org.uk
We have entered one team so far and.

If you're a Green Belt Enthusiast or a Potential Rookie, email me if you are available and keen.
Legs vary in length from 6 miles to 13.5 miles and in degree of difficulty. We try our best to give runners legs that are appropriate to their ability.
Note – This is the same weekend as the BMAF relays at Sutton Park, Birmingham.
Ange – dulwichladiescaptain@gmail.com

For further information about rany races please contact your captains: Ladies: dulwichladiescaptain@gmail.com
Men: mcmann90@yahoo.co.uk

Assembly League Races

These races will take place on the first Thursday of each summer month starting from April, with the exception of the August race which has been brought forward to the final Thursday in July.
Some venues are yet to be confirmed but most, if not all, are likely to be the same as in 2016. The race at Battersea Park on 1 June will be used as our 5k club champs. The confirmed dates and provisional; venues will be as follows:

May 4	Victoria Pk, Hackney
June 1	Battersea Park
July 6	O2, North Greenwich
July 27	Victoria Pk, Hackney
Sept 7	Beckenham

Assembly league races are free to enter, just turn up on the day. Open to all members whatever your ability.

Details of race HQs and starts are as follows:
Victoria Park, Victoria Park Harriers clubhouse located at NE corner of the park, with start inside the park nearby, closest station Hackney Wick
Battersea Park, start near bandstand in centre of park (no HQ)
O2, Start on riverside east of North Greenwich station (no HQ)
Beckenham, race HQ Beckenham Cricket Club, Foxgrove Road, start at SW entrance park at the end of Beckenham Place Park Road

British Masters Relay: Sutton Park

Saturday 20th May 2017

Please if you are over 35 put this date in your diary, or if you have something already down on this date, try and rearrange!
This event is the premier Masters event of the year held over a tough three mile lap of Sutton Park in the Midlands. The club has traditionally paid the entry fee and travelling costs.

Looking at all the names of people that are potentially availale – apologises if you have been missed off, I don't see any reason why we can't get more than one team in most age groups and if we get everyone out be competitive in every age group. We have a very good record in the event and have previously medalled at M55, W35, W45 and W55 and potentially could go very close in M35 and M45 if everyone is available.

Steve Smythe will contact most runners in coming weeks to check availability though contact steve smythe at steve.smythe@athleticsweekly.com if you definitely can do.

To me this event is one of the key reasons to be a member of a club and if need be runners can drop down an age group to complete teams.

M35 (6): Andy Bond, James Burrows, Mark Callaghan, Lloyd Collier, Toby de Belder, Rob Cope, Paul Devine, Jim Dowsett, Michael Hutchinson, Mark Lacey, Simon lang, Wayne Lashley, Tom Marshall, Ross Rook, Buzz Shephard, Ed Smyth, David Stone, Tim Taylor

M45 (4): Holger Betz, Stephen Davies, John English, Mark Foster, Gideon Franklyn, Grzegorz, Galezia, Duncan Hussey, Ajay Khanderwhal, Derek Lee, Ian Lilley, Charles Lound, Tony Tuohy, Duncan Wilson

M55 (3): Colin Bailey-Wood, Hugh Balfour, Nick Brown, Gary Budinger, Mike Fullilove, Adrian Greer, Graham Laylee, Chris Loizou, Mike Mann (M65), Andy Murray, Ebe Prill, Steve Smythe, Gary Sullivan, Neville Webb, Steve Williams

W35 (4):Selma Benattia, Sue Cooper, Katie Crowe, Mel Edwards, Emily Gelder, Kim Hainsworth, Roz Johnson, Cara Oliver, Alexie Shaw, Jo Shelton-Pereda, Eleanor Simmons, Katie Styles, Charlie Wood

W45 (3): Ola Balme, Yvette Dore, Clare Elms, Marjorie Epson, Emma Ibell, Michelle Lennon, Andrea Pickup, Louisa Pritchard, Victoria Read, Lucy Pickering, Lucy Clapp,

W55/W65 (3): Stephanie Burchill, Angie Norris, Claire Steward (W65), Ros Tabor (W65), Clare Wyngard, Susan Vernon (W65)

Dulwich Runners 2017 Fixtures

Further information about 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.

Road & other **Cross country** **Club Champs** **Assembly League** **Track**

		Race	Venue	
Apr	23	London or alternative marathon	various	
May	1	HHH Open Meeting	Tooting Track	
	4	Assembly League	Victoria Pk, Hackney	tbc
	20	British Masters Relay	Sutton Pk, Midlands	
	22	Blackheath& Bromley Open Meeting	Norman Park	
	24	BMC/ Cambridge Harriers Open Meeting	Eltham	
Jun	1	Assembly League incorporating Club champs 5k	Battersea Park	
	4	Surrey Masters Track and Field Championships	Ewell	
	12	Blackheath & Bromley Open Meeting,	Norman Park	
	21	BMC/Cambridge Harriers Open Meeting	Eltham	
Jul	6	Assembly League	O2, Nth Greenwich	tbc
	27	Assembly League	Victoria Pk, Hackney	tbc
Sep	7	Assembly League	Beckenham	tbc
	11	MT 5 mile race, organised by TH&H	Wimbledon Common	

2017 CLUB CHAMPIONSHIPS

23	April	London Marathon (or alternative	L
1	June	Assembly League 5k, Battersea Park	S
(14	July	Mark Hayes Mile, Dulwich track or alternative race **tbc**)	S
10	Sept	Thames Hare & Hounds MT 5m, Wimbledon Common	L
1	Oct	Sittingbourne 10	L

With the exception of the mile race we now have a full programme of events for 2017.

The remaining fixtures are listed together with distance categories.

2017 club champs rules can be found on the club website.

We are still investigating possibilities for a track mile race in the summer.
If this proves unsuccessful, the Mark Hayes Mile will be used for the club champs.

Note that the 5 mile MT race will be classified as a long race.

Marathon Schedule

Note if anyone wants more specific training for marathon on another date or another event, then please let me know
Steve Smythe

March		
April		
Wed	12	7M steady
Thu	13	2M steady, 2M at Mar pace, 1M at HM pace, 1M at Mar pace
Fri	14	3M easy or rest
Sat	15	Parkrun
Sun	16	10-12M steady
Mon	17	rest
Tue	18	Track inc marathon pace and 5x400
Wed	19	4M and 4 x 400
Thu	20	3M and 3 x400
Fri	21	2M and 2x400
Sat	22	1M and 1x400
Sun	***23***	***London Marathon***

Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, fell, xc, tri and track results etc, are welcome.

British Masters 10k Championship Gravesend Cyclopark

Sunday 9th April

Gold at last...

I may have mentioned before my collection of British Masters medals. You don't recall? Obviously haven't stood close enough when I've been going on about it.

Anyway, I can't rely on that whinge anymore because on Sunday I managed to land my twenty-first, only this time it was a gold one. I've stuck it with the others, but it's easily outshining those of a lesser hue...

Perusing the start list I could see this could be the best chance I'd had for a long time, just months before leaving the age group. The main opposition was Andy Howey, who I'd beaten the week before at Paddock Wood but knew would be more dangerous at a shorter distance. My only problem was fatigue before I started, with Thursday's Assembly League and the 12 stage relay from the previous day still very much in the legs. Four laps of the testing cyclopark course in hot sunshine looked a bit daunting but I was feeling OK as we completed the first lap, closely following M55 Gary Ironmonger.

Gary pushed it a bit on the second lap and I felt Howey start to drop; not too surprising when I checked the Garmin later, under 17:50 at 5k, and those hills were hurting now. I soon left Gary to it; he may be in an older age group and rarely beats me but I honestly couldn't have cared less if ten M55s along with their dogs had passed me as long as no M50 did. The switchbacks on the course meant I could keep an eye on Howey now and again once my lead was established, and it was just as well as I was suffering all the way round the last lap.
I knew the lead should be enough but with legs feeling on the edge of folding I didn't feel completely safe until the last quarter mile, and it was quite a relief to finish, with 40 seconds to spare. This was about as pedestrian a road 10k as I've ever run (Garmin measured 6.37 miles) but I was totally and utterly cream crackered. Slow time, some key opposition fortuitously missing, but who cares? You've got to be in it to win it, as I can sometimes be heard to say...

M50
1 Tony Tuohy 37:20

Ros is a bit more familiar with gold British Masters medals; I'm sure her collection must be on a par with Clare's. However, she confessed to finding the course here a struggle, but still safely claimed the silver with a not-so-bad run, having to give way to top quality opponent Yuko Gordon, 3rd on the W65 all-time list and top of the 2017 rankings with her run here.

W65
2 Ros Tabor 47:21

National 12-stage Relay Championships Sutton Coldfield

Saturday 8th April 2017

Tony Tuohy writes...
After our unexpected qualification for the National after the Southern 12-stage only seven runners from that team could make it for the trip to the home of club relay running. But others responded to the call and we were able to take a rare place amongst the best clubs in the country in top flight competition; we weren't going to worry the medallists but at least hoped to stay clear of the bottom teams. In fact, 44th out of 67 qualified starting teams is a really commendable performance, and a team that made the journey for a bit of a day out should be well pleased with that.

The modified course involved a tough little hilly loop right after the start before rejoining the main circuit for the usual hill. Many found this start hard enough to make it difficult to get running well afterwards. Tim's excellent first leg for us was only close to his average pace for the half marathon the previous week and that level of difficulty set the scene for all of us. Nevertheless, it's the same for everyone and Tim landed us in the low-40s before I dropped us to 47th. From there we ebbed and flowed in the mid-40s until late in the day Wayne showed his fitness isn't too bad after a bit of a rest by bumping us up a few places.

Tom was off last just in case his injury proved too much (so at least everybody had a run!) but got the job finished well for the final 44th place. The whole team ran well for current fitness; on the long legs Alastair and Steve impressed again, Buzz is obviously getting fitter, and the two Marks put in good quality efforts. On the short legs Steve Rolfe did well at his first go in a Dulwich team, Lewis stepped in though well short of fitness and Ebe got the best out of himself as usual.

44th Dulwich Runners AC 4:57:03

Long (5.38 miles):
Short (3.16 miles):

1	Timothy Bowen	(41) 29:02
2	Tony Tuohy	(47) 18:03
3	Alastair Locke	(44) 30:08
4	Steven Rolfe	(48) 19:26
5	Stephen Davies	(47) 30:20
6	Eberhard Prill	(49) 19:39
7	Buzz Shephard	(46) 30:53
8	Lewis Laylee	(45) 18:16
9	Mark Callaghan	(45) 32:26
10	Wayne Lashley	(42) 17:49
11	Mark Lacey	(42) 31:53
12	Thomas South	(44) 19:08

Assembly League 3 miles (race 1) Beckenham

Thursday 6th April 2017

The weather's turned all summery, which must mean it's time for the Assembly League to start again, boasting another great opening turnout of over 40 Dulwich Runners amongst the huge field at Beckenham of over 270. Surprise of the day however was the use of a new course, almost entirely contained in the park, designed to avoid the runners mixing with traffic on public roads. Not a bad idea in essence but what is now effectively a multi-terrain rather than a road race did not seem to meet with universal approval from those who I spoke to – although I may be showing bias here as I hated it. I always associate the Assembly League with fast road races, not multi-terrain but hey-ho; plus ca change, as they say in Peckham…

Any such worries were of no consequence to Tim and Andy (1st M40), who both ran superbly to 3rd and 6th places, two of the best Dulwich placings we've seen. Better still, the four counters for the team were completed by another blinder from Alastair who was himself just pipped by a storming debut for the club by second-claimer Dylan, cheered on by mum Ange Norris. Dylan's running since the winter has been going from strength to strength as I can personally attest to after being put to the sword in recent weeks on the Wednesday night clubrun. The boy's killing me, I swear.

Anyway, this solid packing at the front of the race meant the Dulwich men were second on the night, just one point adrift of Victoria Park Harriers, an excellent start, and a position emulated by our women too. The recent form-book looked about right with the next few placings: Steve D (1st M45) with another strong run, Buzz holding me off by seconds again, and me doing likewise with Mark. Charlie's form continues to improve (2nd M45) as the London Marathon draws near (fragile body permitting) and he held off another decent run from Paul as his own meagre preparations for the marathon near conclusion…

Clare was a little below par but was a good third overall and held off Ebe, closely followed by Rob and improving Will. Selma ran strongly, followed by Wayne easing his way round after recent illness but ensuring he was just in front of a pair of very strong runs from the first two under 17s Katie and Lucy. Coach Steve was starting to congratulate himself on a successful run when he popped a muscle with only a half mile or so to go and had to stagger slowly up the hill to finish, just avoiding being caught by Mike Fullilove, Andrea (1st W45) and Jo Brady. Gary and Mike Mann were in close order soon after, with Ola (3rd W50) running well just ahead of Ed.

Speaking of close order, Michelle, Kim, Rebecca and recent new member Ellie (big improvements at parkruns in the last couple of months) came in next with good runs, all somehow being given the same time. Martin did well half a minute ahead of Ian, just in front of decent runs from Katie and Eleanor. Graham had to keep his head down to maintain a solid gap over Barrie John, holding off Ros and Andy just behind. Mike D and Clare W are still (almost) inseparable, Mike prevailing this time by just ten seconds. The Dulwich battalion was completed by Paul K, Karina and Emily making her first appearance in a Dulwich vest, and apparently enjoying it too.

-Tony Tuohy

3	Tim Bowen	SM	16:01	
6	Andy Bond	M40	16:06	M40/1
12	Dylan Wymer	SM	16:17	
13	Alastair Locke	SM	16:18	
22	Steve Davies	M45	16:36	M45/1
30	Buzz Shephard	M40	16:59	M40/6
34	Tony Tuohy	M50	17:03	M50/2
43	Mark Lacey	SM	17:15	42M
47	Charles Lound	M45	17:26	46M M45/2
51	Paul Devine	SM	17:36	50M
77	Clare Elms	W50	18:31	W3/W50/1
85	Ebe Prill	M50	18:40	82M M50/6
90	Rob Cope	M40	18:51	87M
91	Will Cotter	M40	18:59	88M
110	Selma Benattia	W40	19:34	
123	Wayne Lashley	SM	19:56	
126	Katie Balme	U17W	20:00	U17/1
130	Lucy Elms	U17W	20:08	U17/2
131	Steve Smythe	M55	20:11	
133	Mike Fullilove	M50	20:15	
138	Andrea Pickup	W45	20:19	W45/1
141	Joseph Brady	M50	20:20	
142	Gary Sullivan	M55	20:24	
144	Mike Mann	M65	20:27	
158	Ola Balme	W50	20:51	W50/3
163	Ed Smyth	SM	20:57	
166	Michelle Lennon	W50	21:02	
167	Kim Hainsworth	W35	21:02	
168	Rebecca Schulerri	SW	21:02	
170	Ellie Balfe	SW	21:02	
179	Martin Double	M40	21:17	
189	Ian Sesnan	M55	21:49	
191	Katie Styles	W35	21:53	
198	Eleanor Simmons	W35	22:10	
202	Graham Laylee	M60	22:18	
210	Barry J Nicholls	M60	22:32	
212	Ros Tabor	W65	22:36	
219	Andy Murray	M60	22:48	
230	Mike Doods	M55	23:02	
231	Clare Wyngard	W55	23:12	
238	Paul Keating	M50	23:37	
264	Karina Burrowes	SW	25:16	
268	Emily W.-Brown	SW	25:24	

Assembly League teams

Men team

1 VPHTH	33
2 Dulw	**34**
3 Stock E	57
4 Kent	76
5 Lloyds	119
6 Petts W	174

B TEAM

1 Kent	119
2 VPHTH	121
3 Dulw	**128**

Women team

1 Kent	22
2 Dulw	**37**
3 VPHTH	61

34th Florence 1/2M

9 April

Sorry to miss the national relays due to holidays, my consolation was the happy coincidence of the 34th Florence half marathon the morning after my arrival in the city - a great opportunity to get to know the city in my Dulwich stripes.

The course was indeed incredibly scenic, with two crossings over the Ponte Vecchio, around the circumference of the striking cathedral and a finish on the famous piazza di Santa Croce. The organisers did an excellent job of keeping the course clear in such a busy city, with only the occasional tourist trampled underfoot or vespa narrowly avoided.

For my part, I intended a fairly relaxed run after last week's effort in Paddock Wood but of course was easily seduced by the buzz at the start line, set off at the same pace and held on for 11 miles before slowing to a near halt.

Still, I managed just under a minute slower than last week and - as 31st male - was even awarded a prize of a technical t-shirt and some other goodies for my efforts. Result!

34 Daniel Mann 1.19:31

Endurance Life Ultra Marathon

What a great weekend for running in Exmoor - absolutely stunning scenery.
53km & 2000vm so tough but fun.
5 Roz Johnson 5h 55m 1st lady

Thames Towpath 10

Graham Laylee wrote... A beautiful morning for an early 8.30 am start for this well supported 10 miler on pavements and towpath.
The small Dulwich contingent acquitted themselves well. Steve Rolfe ran a new PB, the day after running at the 12 Stage Relays. Ola, whilst a little disappointed with her time won the FV45 prize of cash plus 2 cases of Fullers Beer which she generously shared with her clubmates.
Graham was second M60 in a time which was at the better end of his expectations. Paul Keating had a strong run only slightly down on last year, whilst Clare Steward felt she struggled after her recent skiing injury.

Claire Steward adds: London marathon is looming and my 'training' has been a bit of an obstacle course – the departure of Steve W who has hung up his London 'Ever Present' shoes, an injured training partner, flu at end of January (for the first time in my life), a skiing injury (I go every year and this is the first time it has caused a major setback), etc etc. So, it's almost decision time. On Wednesday I managed a slow 3.5 miles, then Parkrun at a slightly quicker pace. Still OK so I decided to take up my place on the TT10 start line for my longest run since 13 March. With my injury still niggling it felt hard all the way and I even stopped for a chat with one of the marshals that I know at around 8.5 miles. Fortunately it was a beautiful sunny day which lifted my spirits despite clocking my slowest ever time in the eleven years that I've taken part since 2004. During the race, common sense was telling me to withdraw from the marathon but with no adverse after-effects, some encouragement from friends, and finally opening up the registration instructions this morning, there is a little gremlin in my brain telling me to get out there and do it. For a woman of my advanced years, sub-5 hours is considered good-for-age; surely I could manage that!

32	Steve Rolfe	63:50
90	Ola Balme	72:17 (1st FV45)
116	Graham Laylee	74:53 (2nd VM60)
257	Paul Keating	85:19
332	Clare Steward	89:47
387	Tim Jones	92:55

'Full on' duathlon Dunsfold aerodrome

9th April

Clare continued her preparations for the European age group championships in Spain at the end of the month by competing in this low key duathlon at Dunsfold aerodrome. It ought to be particularly good preparation as the running distance – a rather unusual 12k in total, split equally between two legs either side of 24k on the bike – is rather more than the 7.5k she will be doing in Spain.

I've always found this venue a bit strange. Originally the UK base for the Canadian Air force and then RAF Dunsfold it's latterly had a lot of exposure on TV screens throughout the entire world – and maybe beyond, who knows!? - on account of the runway being used as the test track for 'Top Gear'. Despite all that it's hidden away in the Surrey hills between Guildford and Cranleigh without any signposting off public roads. I distinctly remember getting lost the first time I came here, must have been about 1990, for some southern relays with Dulwich's first leg runner, Marjorie Epson, desperately getting changed in the back of the car as we had almost written off reaching the start in time. We did, just, but it was a minor miracle with Marjorie having to leap out of the car and sprint to join the rest of the opening leg runners. Over a quarter of a century on (gulp!) we made sure we had plenty of time but it was still a challenge.

When you do finally get there it's an odd, almost spooky, scene with large non-liveried aircraft spread, seemingly at random, across the site. It's flat, though, unlike the immediately surrounding countryside, and a beautiful morning, albeit slightly blustery. Clare's two 6k runs were pretty consistent – she only lost 20 seconds on the final 6k - and both were on a par with recent parkrun performances. The bike ride was exhilarating too as the lack of gradients and the complete absence of traffic meant that she could get down onto the tri bars of her relatively recently acquired Liv racing bike for prolonged periods. In such a small event there were only very basic age categories – i.e. just vets and non vets! – but she was 6th out of 16 vets and 15th out of 32 female finishers. ***-Mike Dodds***

107/138: Clare Wyngard, 1-44-45 (27.29 6k run, 47-50 24k bike, 27.49 6k run)

Dulwich Runners Cross Country Championships 2016 - 2017

1ST WOMAN	Ange Norris
2ND WOMAN	Selma Benattia
3RD WOMAN	Ola Balme
1ST FV40	Michelle Lennon
1ST FV50	
1ST FV60	
1ST MAN	Tim Bowen
2ND MAN	Alastair Locke
3RD MAN	Mark Lacey
1ST MV40	Jim Dowsett
1ST MV50	Ebe Prill
1ST MV60	Mike Mann
CAPTAINS' AWARD	Tom South

COMPLETED:
Katie Styles
Laura Vincent
Nick Wood

The trophies will be presented on Wednesday

Cross Country Championships 2016/17 Men
Total Of 4 Best Runs - Must Include 3 Surrey Leagues

	Surrey Lge 1	Surrey Lge 2	South of Thames	Surrey Lge 3	Surrey Lge 4	Mob Match	Best 4 inc. 3 SL	Running total
	15/10/16	12/11/16	26/11/16	14/01/17	11/02/17			
	Richmond	Farthing D	Polesdon L	Mitcham	Wimbledon			
Tim Bowen	50		50	50	50			200
Alastair Locke	48		[49]	45	49	50		192
Mark Lacey	42	45		43	43			173
Tom South	37	36	47		45			165
Nick Wood	40	38		40	44			162
Ebe Prill	33	34	[46]	[31]	42	47		156
Jim Dowsett	32	[30]	43	32	41			148
Mike Mann	32	32	42	[28]	40	[39]		146
Andy Bond	49	50		49				148
Lewis Laylee	47	46	48					141
Wayne Lashley	45	44		47				136
Daniel Mann		42		46	48			136
Tony Tuohy	44			42	47			133
Mark Callaghan		41		38	46			125
Ian Lilley	39	40		35				114
Kevin Chadwick	38	37		37				112
Steve Davies		48		48				96
Greg Hills	46	49						95
Tim Taylor		47		44				91
Paul Devine	43	43						86
Hugh Balfour			44			41		85
Duncan Wilson			45		39			84
Lloyd Collier	36					48		84
Shane O'Neill	41			41				82
Charlie Lound		39		39				78
Steve Smythe				33		45		78
Graham Laylee			41			36		77
Justin Siderfin				26		44		70
Ross Rook	34	35						69
David Stone	35			34				69
Hugh Balfour		33		30				63
Gary Budinger	31	29						60
Oscae Hussey						49		49
William Cotter						46		46
Duncan Hussey						43		43
Gary Sullivan						42		42
Mike Fullilove						40		40
Matt Ladds						38		38
Ian Sesnan						37		37
Derek Lee				36				36
Mike Dodds						35		35
Peter Jackson						34		34
Mark Foster		31						31
John English				29				29
Gregorz Galezia				27				27

Cross Country Championships 2016/17 Women
Total Of 4 Best Runs Must Include 3 Surrey Leagues

	Surrey Lge 1	Surrey Lge 2	South of Thames	Surrey Lge 3	Surrey Lge 4	Mob Match	Best 4 inc. 3 SL	Running total
	15/10/16	3/12/16	26/11/16	14/01/17	11/02/17			
	Nonsuch	Mitcham	Polesdon L	Lloyd Pk	Happy Valley			
Ange Norris	48		50	47	50			195
Selma Benattia	47		49	48	49	[48]		193
Ola Balme	[41]	49	48	46	47	[46]		190
Michelle Lennon		46	45	43	45			179
Katie Styles	44	45	46	[42]	42			177
Laura Vincent	39			41	43	45		168
Clare Elms	50			50		50		150
Roz Johnson	49	50		49				148
Helen Lister	46	48				47		141
Rebecca Schulleri				44	46	44		134
Eleanor Simmons		44		40		42		126
Lucy Clapp	40			39	40			119
Hannah Harvest	33	42			36			111
Joanne Sh.-Pereda	34			34	38			106
Elkie Mace				45	48			93
Andrea Pickup	45		47					92
Anna Thomas		47			44			91
Emma Ibell	43		44					87
Ros Tabor	38	43						81
Clare Cummings	37					43		80
Clare Wyngard				38		41		79
Sarah Banting	32		43					75
Lindsey Annable				35		40		75
Claire Steward				36	37			73
Fiona Askew						49		49
Lucy Elms	42							42
Lucy Pickering					41			41
Yvette Dore					39			39
Sharon Erdman						39		39
Sue Vernon						38		38
Cathy Bennett				37				37
Anna Saunders	36							36
Tessa Morrison	35							35

2017 Club Championships

within age groups after 3 events includingmarathons

	Short				Long					
	5k Southwark 4-Feb	10k Regents Pk 5-Mar	5k Battersea 1-Jun	1m Dulwich	1/2M Padd Wood 2-Apr	Marathon London or other 23-Apr	5m Wimbledon Sep	10m Sitting bourne 1-Oct	Bonus for no. of events	TOTAL 5 events max inc. 1.S,L
WOMEN SENIOR										
Helen Lister		50			50				2	102
Selma Benattia	50				49				2	101
Katie Styles	46	49							2	97
Laura Vincent	48				46				2	96
Karina Burrowes	43				45				2	90
Claire Barnard	44				43				2	89
Hannah Harvest	42				44				2	88
Alice Williams						50			1	51
Laura Lane						49			1	50
Anna Thomas	49								1	50
Tessa Morrison						48			1	49
Fiona Askew					48				1	49
Rebecca Schulleri					47				1	48
Eleanor Simmons	47								1	48
Susan Cooper	45								1	46
WOMEN V40										
Michelle Lennon	50	50			50				3	153
Yvette Dore	48	49			49				3	149
Joanne S.-Pereda	47	48			48				3	146
Lindsey Annable	46				47				2	95
Sharon Erdman	45				45				2	92
Tess Le					46				1	47
Emma Ibell	49								1	50
Kaylee Coxall	44								1	45
WOMEN V50										
Clare Elms	50	50			50				3	153
Lucy Clapp	49	49							2	100
Lucy Pickering		48			49				2	99
Clare Wyngard	48								1	49
WOMEN V60										
Ros Tabor	50	50			50				3	153
Claire Steward		49							1	50
Susan Vernon	49								1	50
MEN SENIOR										
Timothy Bowen	49	50			50				3	152
Alastair Locke	50	49			49				3	151
Daniel Mann	47	48			46				3	144
Shane O'neill	46	47			45				3	141
Mark Lacey	45	46			47				3	141
James Burrows	43	45							2	90
Alex Haylett	42	44							2	88
Tom Tabori						50			1	51
Greg Hills					48				1	49
Wayne Lashley	48								1	49
Paul Devine					44				1	45
Kevin Chadwick	44								1	45
Toby De Belder					43				1	44
Paul Vivash					42				1	43
Jonathan Whitaker					41				1	42
Freddie Vernon	41								1	42
Matt Ladds					40				1	41
MEN V40										
Andy Bond	50	50			49				3	152
Stephen Davies	49	49			50				3	151
Rob Cope	40	44			47				3	134
Jim Dowsett	41	43			45				3	132
Grzegorz Galezia	42	40			46				3	131
Cameron Timmis	39	39			41				3	122
Charles Lound	48	48							2	98
Ian Lilley	47	46							2	95
William Cotter	44				42				2	88
Ajay Khandelwal	43	42							2	87
Justin Siderfin		41			44				2	87
Tom Wilson						50			1	51
Michael Hutchinson					48				1	49

Tom South		47							1	48
Lloyd Collier	46								1	47
Holger Betz		45							1	46
Mark Callaghan	45								1	46
Mark Foster					43				1	44
Martin Double					40				1	41
Hugh French	38								1	39
MEN V50										
Tony Tuohy	50	50			50				3	153
Ebe Prill	49	49			49				3	150
Stephen Smythe	48				48	50			3	149
Gary Sullivan	47	47			47				3	144
Joseph Brady	46	48			45				3	142
Michael Fullilove	45				46				2	93
Duncan Wilson		46			44				2	92
Graham Laylee	43	45							2	90
Michael Dodds	41	44							2	87
Paul Keating	40	43							2	85
Gideon Franklin	44								1	45
Colin Frith	42								1	43
Ameet Patel	39								1	40
MEN V60										
Barrie J. Nicholls	47	48			49				3	147
Stephen Williams	49				50				2	101
Michael Mann	48	50							2	100
Andy Murray	46	49							2	97
Patrick Mcmorrow	45				48				2	95
Hugh Balfour	50								1	51
Bob Bell	44								1	45
Peter Jackson	43								1	44
Chris Vernon	42								1	43
0	65	40	-	-	49	6	-	-	160	

Best 5 count for year including 1 each short, long. Marathon points are temporary

	Short				Long						
	5k Southwark 4-Feb	10k Regents Pk 5-Mar	5k Battersea 1-Jun	1m Dulwich	1/2M Padd Wood 2-Apr	Marathon London or other 23-Apr	5m Wimbledon Sep	10m Sitting bourne 1-Oct	Events counting	TOTAL 5 events max inc 1.S,L	Average
Clare Elms	947	922			919				3	2,789	930
Ros Tabor	875	921			912				3	2,707	902
Tony Tuohy	881	844			846				3	2,571	857
Stephen Davies	859	824			839				3	2,521	840
Andy Bond	845	815			805				3	2,464	821
Stephen Smythe	809				802	837			3	2,447	816
Timothy Bowen	787	781			802				3	2,370	790
Alastair Locke	797	780			784				3	2,361	787
Ebe Prill	789	779			787				3	2,355	785
Michelle Lennon	787	770			783				3	2,341	780
Daniel Mann	797	765			755				3	2,317	772
Gary Sullivan	788	742			768				3	2,297	766
Mark Lacey	750	739			749				3	2,238	746
Shane O'neill	764	739			734				3	2,237	746
Grzegorz Galezia	723	684			722				3	2,129	710
Barrie J. Nicholls	716	697			697				3	2,110	703
Rob Cope	679	698			723				3	2,100	700
Yvette Dore	684	698			708				3	2,090	697
Joseph Brady	711	692			674				3	2,076	692
Jim Dowsett	691	680			666				3	2,037	679
Cameron Timmis	670	655			630				3	1,954	651
Joanne S.- Pereda	629	648			633				3	1,910	637
Michael Mann	826	798							2	1,623	812
Charles Lound	827	790							2	1,617	808
Stephen Williams	775				808				2	1,583	792
Ian Lilley	795	752							2	1,547	774
Lucy Clapp	747	768							2	1,515	757
Lucy Pickering		740			766				2	1,506	753
Selma Benattia	755				734				2	1,489	745
Helen Lister		730			748				2	1,478	739
Michael Fullilove	725				729				2	1,454	727
Andy Murray	722	717							2	1,439	720
Graham Laylee	717	713							2	1,430	715

Ajay Khandelwal	725	690							2	1,416	708
James Burrows	713	697							2	1,410	705
William Cotter	729				663				2	1,393	696
Justin Siderfin		674			671				2	1,346	673
Michael Dodds	668	661							2	1,329	665
Lindsey Annable	664				663				2	1,327	663
Katie Styles	679	645							2	1,323	662
Laura Vincent	689				627				2	1,316	658
Duncan Wilson		688			604				2	1,292	646
Patrick Mcmorrow	646				618				2	1,264	632
Hannah Harvest	603				596				2	1,199	600
Karina Burrowes	610				589				2	1,199	600
Paul Keating	610	579							2	1,189	594
Claire Barnard	612				561				2	1,172	586
Sharon Erdman	606				557				2	1,163	582
Alex Haylett	558	553							2	1,111	555
Claire Steward		850							1	850	850
Mark Foster					794				1	794	794
Hugh Balfour	792								1	792	792
Wayne Lashley	785								1	785	785
Lloyd Collier	761								1	761	761
Greg Hills					757				1	757	757
Emma Ibell	753								1	753	753
Holger Betz		743							1	743	743
Paul Devine					738				1	738	738
Michael Hutchinson					738				1	738	738
Tom South		735							1	735	735
Mark Callaghan	735								1	735	735
Clare Wyngard	725								1	725	725
Kevin Chadwick	720								1	720	720
Fiona Askew					719				1	719	719
Gideon Franklin	704								1	704	704
Anna Thomas	699								1	699	699
Colin Frith	691								1	691	691
Eleanor Simmons	687								1	687	687
Tom Tabori						687			1	687	687
Toby De Belder					680				1	680	680
Susan Cooper	667								1	667	667
Paul Vivash					666				1	666	666
Rebecca Schulleri					646				1	646	646
Tom Wilson						645			1	645	645
Jonathan Whitaker					634				1	634	634
Bob Bell	631								1	631	631
Peter Jackson	630								1	630	630
Alice Williams						611			1	611	611
Kaylee Coxall	602								1	602	602
Ameet Patel	584								1	584	584
Martin Double					582				1	582	582
Matt Ladds					574				1	574	574
Tess Le					539				1	539	539
Laura Lane						539			1	539	539
Hugh French	533								1	533	533
Susan Vernon	509								1	509	509
Freddie Vernon	498								1	498	498
Tessa Morrison						474			1	474	474
Chris Vernon	432								1	432	432

parkrun

April 8th

Ashton Court
624 Ran

Pos	Gen		
178	155	Barnes Stringer	25:22

Bromley
566 Ran

Pos	Gen		
473	287	Peter Ogden	34:17

Hull
517 Ran

Pos	Gen		
254	204	Paul Hodge	27:15

Beckenham Place
166 Ran

Pos	Gen		
12	12	Jonathan Whittaker	18:30
16	16	William Cotter	18:57
23	2	Selma Benattia	19:20

Brockwell
293 Ran

Pos	Gen		
38	35	Justin Siderfin	20:53
54	4	Anna Thomas	21:35
55	5	Lucy Pickering	21:36

Colwick
254 Ran

Pos	Gen		
75	18	Hannah Harvest	25:13

Croxteth Hall
281 Ran

Pos	Gen		
17	1	Mel Edwards	20:23

Crystal Palace
216 Ran

Pos	Gen		
28	27	Andy Cottrill	21:35
29	2	Belinda Cottrill	21:41
70	10	Penelope d'Arcy Graham	24:26
83	73	Ameet Patel	25:16

Burgess
258 Ran

Pos	Gen		
1	1	Edward Chuck	16:51
257	161	Chris Vernon	44:55

Dulwich
298 Ran

Pos	Gen		
9	9	Paul Devine	17:39
56	6	Ellie Balfe	20:51
64	57	Simon Burnett	21:22
69	61	Duncan Wilson	21:38
82	11	Clare Cummings	22:05
89	77	Ian Sesnan	22:28
98	86	Mark Muffett	22:54
103	89	Michael Dodds	23:02
158	36	Clare Wyngard	24:59
159	37	Claire Steward	24:59
164	40	Claire Barnard	25:10
171	129	Andrew Hollister	25:37
181	137	Mick Mead	26:28
189	47	Colleen Williams	27:08

Fulham Palace
396 Ran

Pos	Gen		
133	125	Barrie John Nicholls	23:15
190	25	Lindsey Annable	24:50

Greenwich
226 Ran

Pos	Gen		
11	10	Michael Fullilove	20:39

Hampstead Heath
304 Ran

Pos	Gen		
52	6	Becca Schulleri	22:42

Hove Promenade
320 Ran

Pos	Gen		
4	4	Gregory Hills	17:34

Peckham Rye
184 Ran

Pos	Gen		
31	4	Emma Ibell	21:38
36	32	Gideon Franklin	22:00
54	48	Matthew Ladds	23:39

Riddlesdown
180 Ran

Pos	Gen		
1	1	Dylan Wymer	16:29
42	7	Ange Norris	22:52

Shipley Country
118 Ran

Pos	Gen		
1	1	Andy Bond	18:37

Southsea
381 Ran

Pos	Gen		
101	85	Gary Budinger	23:28

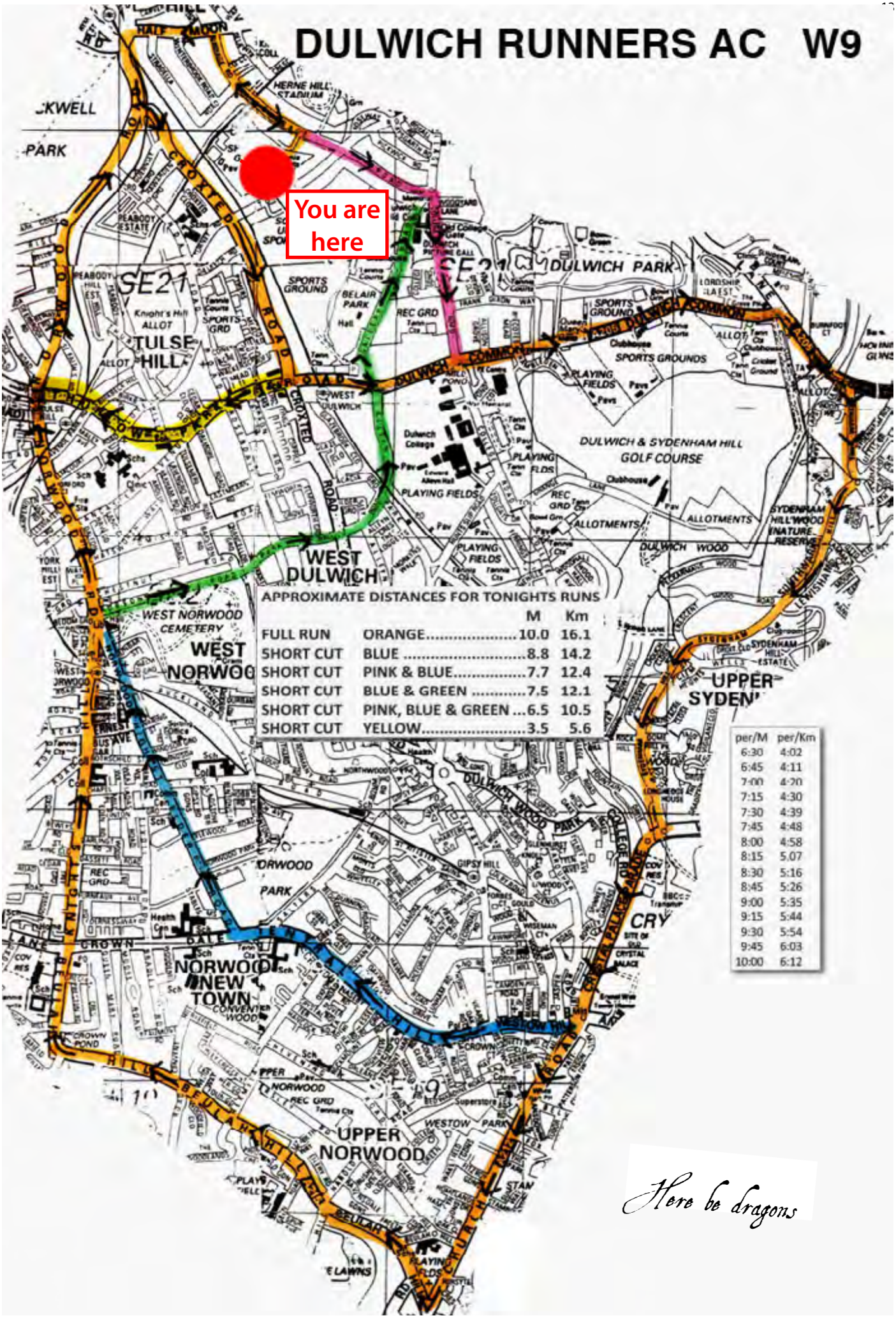
Southwark
328 Ran

Pos	Gen		
31	29	Joseph Brady	20:02
148	125	Paul Keating	24:09
201	49	Kaylee Coxall	26:52

Western Springs
88 Ran

Pos	Gen		
16	14	Nick Bell	22:51
27	22	Bob Bell	24:55
80	34	Chris Bell	34:53

DULWICH RUNNERS AC W9



APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.0	16.1
SHORT CUT	BLUE	8.8	14.2
SHORT CUT	PINK & BLUE	7.7	12.4
SHORT CUT	BLUE & GREEN	7.5	12.1
SHORT CUT	PINK, BLUE & GREEN	6.5	10.5
SHORT CUT	YELLOW	3.5	5.6

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