DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
April 5th 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 5 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Thu 6 **Assembly league** - Beckenham

Tue 11 **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 Paddock Wood report and results
8 Parkrun results
9 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.

The Thursday morning speed session this week will be held during the evening at the Beckenham Assembly League race!

LUCKY VEST

tonight in the clubhouse

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 6 Assembly league - Beckenham

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 **Hugh Balfour** 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

Joseph Brady	**5/04**
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

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

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.

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

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:

Apr 6	Beckenham
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.

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

BMAF 10km Championships, Gravesend

April 9

A Vets event nearer home that you have to enter individually. Using the Cyclopark course being used for the Southern relays, National medals are available in all age groups in five year bands and their are team medals (in 10 year bands) which we could earn with good turn outs. Entries close April 2
http://bmaf.info/library/fixtures/BMAF%2010%20km%20Open%202017%20Prospectus.pdf

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	6	Assembly League	Beckenham	
	9	BMAF 10km road champs	Gravesend Cyclopark	
	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	5	5M easy
Thu	6	Assembly League
Fri	7	3M easy or rest
Sat	8	5M steady
Sun	9	18-20M slow with 2M mid run at marathon pace
Mon	10	3M easy or rest
Tue	11	800m reps
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.

Paddock Wood 1/2M Club Champs

Sunday 2nd April

Tony Tuohy wtites....
Last used for the club championship two years ago in atrocious conditions, this time the weather could hardly be better, resulting in a raft of great performances and PBs across the board amongst the huge Dulwich turnout of 49 runners. The event was also being used as the Kent Long Course Road Championship, so Kent-qualified runners had added interest too. In fact the Dulwich team of Clare, Helen and Selma won the Kent Championship as well as the race overall team prize. With three weeks to go before the London Marathon there were plenty here looking for a last confidence-boosting race at half the distance and the fast course and conditions mostly provided just that.

At the sharp end Tim 'The Dublin Dynamo' Bowen once more bolstered his CV with a tremendous one minute PB that saw off the apparent threat to the senior men's title from Alastair 'The LockeStar' Locke. Not that Alastair was mucking about; his stated aim was a sub-75 and with perfect pacing he did just that with room to spare for a huge PB. Likewise for Steve Davies, successfully converting his target 5:45 per mile pace to another big PB. Andy Bond was running further than ever before and hoping for sub-80; his ability is well-known and going much faster than that was not a surprise, although just how much was very impressive. The next four men all ran equally impressively, all achieving PBs; Greg, Mark and Shane were models of sensible pacing, while Dan was not – because he ran the first 5 or 6 miles with me after I mentioned I was going to set out at just under 6:00 per mile pace. The fact that the pace to that point turned out to be actually 5:48 per mile (on course for 1:16) showed my perception of my own ability to be somewhat exaggerated. Something had to give, and I proceeded to crash and burn from there on, eventually getting bronze in the Kent M50 championship but only missing the gold by 50 seconds. Dan died a death too, but got away with it better than me. Nine Dulwich Runners inside 80 minutes in one race is a good showing, especially with seven posting personal bests (plus Andy's excellent debut).

Encouraged by a long training run last week, Paul set out to run at 6:15 per mile but did better than that, surprising himself to only miss his PB by a minute and so gain the resolve to give the London Marathon a go despite a low-mileage approach. Clare ran with Paul for a few miles but had to give way and suffered a bit in the latter stages – not that The Legend was stopped from coming away with an armful of medals and prizes (2nd overall, 1st vet, 1st team overall, 1st Kent Champs, 1st Kent team - she's so mercenary you know, only in it for the money).

Rob did well to get the better of Ebe, and both were only a minute or so short of their PBs. Ultra-man Toby ran his best-ever half, while Helen shattered her PB by a superb 5 minutes and will be hoping for similar heroics at London. Coach Steve did well to get round at all, slowing down after only 400m with a muscle pull but still running at his Seville marathon pace. Grzegorz and new recruit Paul Vivash made strong debuts and club stalwart Steve Williams improved by 5 minutes over his run at Dartford to be 2nd M60 in the race. Selma was actually a tad disappointed not to break an hour and a half but should be very pleased with a superb 5-minute PB, doing very well to get the better of fast-improving Fiona who knocked an incredible 8 minutes from her own best time of only six months ago. Gary's getting fit again and ran well, while Jim can be forgiven for being only a little down on his new PB from only two weeks ago. Justin made a strong debut, Mike improved well since Dartford, but Mark Foster missed a PB by an agonising 10 seconds. Jonathan knocked seven minutes from his only previous half marathon some years ago, while William made an excellent debut.

PB-machine Michelle made her old best time look pedestrian, and did well to get a couple of minutes ahead of Jo Brady. Yvette was rightly pleased with her PB and can look confidently to her marathon, with Lucy's excellent debut being a few seconds quicker on chip time despite finishing behind. Cameron's consistency doesn't waver and he's as fit as ever, doing well to finish up on improving Rebecca, lowering her debut time of a few weeks ago. Matt is not far off last year's levels and Ros surprised herself, running well on little distance training. Martin's first race this year resulted in a superb six minute PB, a feat equalled by Laura, whose running is going from strength to strength. Barrie John and Lindsey are both training really well at the moment and were superbly rewarded with a PB each, improving times set some years ago, fantastic runs, and Lindsey was rewarded with the Captains' Award.

They were split by a solid run from Jo, while not far behind was surely one of the most impressive improvements, no less than 17 minutes by Karina who must be piling in the miles. Duncan's ticking along just a little down on last year's fitness while Hannah ran an excellent debut, obviously starting well back in the pack as her chip time is better than the three Dulwich Runners in front of her. The large Dulwich contingent was rounded off by solid runs from Pat and Sharon, and good debuts from Claire and Tessa.

Steve Smythe adds...
Lots of excellent performances throughout the field and congratulations to the women who won the overall team event and Kent Championships.
Normally the men would have also won medals with such a strong team effort but there were three other strong teams in it.
It was a shame so few Dulwich Runners were there at prizegiving.
Good support out on course from Ron, Chris and John.

Place		Chip	Time	Category	Grading	
15	Timothy Bowen	1:12:53	1:12:55	SM	81.81	PB
36	Alastair Locke	1:14:41	1:14:43	SM	79.83	PB
46	Stephen Davies	1:15:42	1:15:44	VM 40-49	85.04	PB
48	Andy Bond	1:16:16	1:16:19	VM 40-49	81.89	debut
57	Gregory Hills	1:17:10	1:17:12	SM	77.27	PB
71	Mark Lacey	1:18:21	1:18:23	SM	76.10	PB
75	Daniel Mann	1:18:39	1:18:41	SM	76.68	PB
88	Shane O'Neill	1:19:34	1:19:36	SM	74.93	PB
93	Tony Tuohy	1:19:49	1:19:50	VM 50-59	85.32	
104	Paul Devine	1:20:53	1:20:55	SM	75.08	
133	Clare Elms	1:23:39	1:23:41	VL 45-54	91.27	
151	Rob Cope	1:24:58	1:25:19	VM 40-49	73.25	
160	Eberhard Prill	1:25:46	1:25:52	VM 50-59	79.33	
189	Toby De Belder	1:27:20	1:27:40	SM	68.82	PB
202	Helen Lister	1:27:34	1:27:54	SL	74.86	PB
214	Stephen Smythe	1:28:09	1:28:13	VM 50-59	80.69	
235	Grzegorz Galezia	1:28:43	1:29:02	VM 40-49	72.33	debut
238	Paul Vivash	1:28:43	1:29:07	SM	67.22	debut
250	Stephen Williams	1:29:09	1:29:29	VM 60-69	81.05	
278	Selma Benattia	1:30:23	1:30:31	VL 35-44	73.50	PB
290	Fiona Askew	1:30:40	1:31:09	SL	72.19	PB
320	Gary Sullivan	1:32:04	1:32:16	VM 50-59	77.15	
326	Jim Dowsett	1:32:10	1:32:35	VM 40-49	67.50	
331	Justin Siderfin	1:32:14	1:32:49	VM 40-49	67.84	debut
333	Michael Fullilove	1:32:38	1:32:56	VM 50-59	73.30	
334	Mark Foster	1:32:27	1:33:07	VM 50-59	71.36	
350	Jonathan Whittaker	1:33:11	1:33:39	SM	63.96	
389	William Cotter	1:34:09	1:35:05	VM 40-49	66.71	debut
394	Michelle Lennon	1:34:41	1:35:10	VL 45-54	78.02	PB
443	Joseph Brady	1:36:43	1:36:55	VM 50-59	68.01	
479	Yvette Dore	1:38:09	1:38:27	VM 40-49	63.96	PB
491	Lucy Pickering	1:38:00	1:38:57	VL 45-54	75.75	debut
541	Cameron Timmis	1:39:56	1:40:22	VM 40-49	63.68	
571	Rebecca Schulleri	1:40:58	1:41:28	SL	64.85	PB
590	Matthew Ladds	1:41:40	1:42:04	SM	58.44	
605	Ros Tabor	1:42:03	1:42:23	VL 55+	87.09	
650	Martin Double	1:43:08	1:43:59	VM 40-49	58.82	PB
709	Laura Vincent	1:44:44	1:45:35	SL	62.32	PB
736	Barrie Nicholls	1:45:25	1:46:25	VM 60-69	69.52	PB
807	Joanne Shelton Pereda	1:48:08	1:48:42	VL 35-44	63.72	
921	Lindsey Annable	1:50:33	1:51:36	VL 45-54	65.93	PB
925	Karina Burrowes	1:50:43	1:51:42	SL	58.91	PB
936	Duncan Wilson	1:51:41	1:52:00	VM 50-59	60.82	
947	Hannah Harvest	1:49:24	1:52:18	SL	58.59	debut
1082	Patrick McMorrow	1:55:24	1:56:12	VM 60-69	61.82	
1135	Claire Barnard	1:56:17	1:57:26	SL	56.03	debut
1464	Tessa Le	2:05:04	2:07:13	VL 35-44	53.56	debut
1517	Sharon Erdman	2:05:54	2:08:49	VL 45-54	55.14	
DNF	Tom South					

It's 4am Tuesday. I'm packing for Athens. Looking for a little last minute inspiration from Hermes, the winged-foot one. Or even Athena for some pacing strategy. I was blown away by club results from Paddock Wood. Dulwich Runners, what a talented lot. I see unfounded rumours of Gary Sullivan's demise have been put to bed. Looks like Personal bests all round. Tim Bowen- has also asserted his running supremacy after recent close shaves with zen-man. Runaway fridge man seems to need a bit of a defrost, but cracking running from super Selma who also remains out of my reach with competitive race performances! Whilst you were racing I took my 8 year old neighbour for a run and did a refreshing half marathon along the river . Ok. I think that's the taxi...

Ajay Khandelwal

Dulwich Runners' times in Paddock Wood 1/2M - 2017

	time	points in age category m/f								age grade points	club champs awards
		m s	m40	m50	m60	f s	f40	f50	f60+		
Timothy Bowen	72.53	50								802	1st man
Alastair Locke	74.41	49								784	2nd man
Stephen Davies	75.42		50							839	3rd man
Andy Bond	76.16		49							805	1st m40
Greg Hills	77.10	48								757	1st senior man
Mark Lacey	78.21	47								749	
Daniel Mann	78.39	46								755	
Shane O'neill	79.34	45								734	Captains' award
Tony Tuohy	79.49			50						846	1st m50
Paul Devine	80.53	44								738	
Michael Hutchinson	83.16		48							738	
Clare Elms	83.39							50		919	Overall age graded
Rob Cope	84.58		47							723	
Ebe Prill	85.46			49						787	
Toby De Belder	87.20	43								680	
Helen Lister	87.34					50				748	1st woman
Steve Smythe	88.09			48						802	Man age graded
Grzegorz Galezia	88.43		46							722	
Paul Vivash	88.43	42								666	
Stephen Williams	89.09				50					808	1st m60
Selma Benattia	90.23					49				734	2nd woman
Fiona Askew	90.40					48				719	3rd woman
Gary Sullivan	92.04			47						768	
Jim Dowsett	92.10		45							666	
Justin Siderfin	92.14		44							671	
Mike Fullilove	92.38			46						729	
Mark Foster	92.27		43							794	
Jonathan Whitaker	93.11	41								634	
William Cotter	94.09	40								663	
Michelle Lennon	94.41						50			783	1st w50
Joseph Brady	96.43			45						674	
Yvette Dore	98.09						49			708	1st w40
Lucy Pickering	98.00							49		766	Woman age graded
Cameron Timmis	99.56		42							630	
Rebecca Schulleri	100.58					47				646	
Matt Ladds	101.40	39								574	
Ros Tabor	102.03								50	912	1st w60
Martin Double	103.08		41							582	
Laura Vincent	104.44					46				627	
Barrie John Nicholls	105.25				49					697	
Joanne Shelton-Pereda	108.08						48			633	
Lindsey Annable	110.35						47			663	Captains' award
Karina Burrowes	110.43					45				589	
Hannah Harvest	109.24					44				596	
Duncan Wilson	111.41			44						604	
Patrick Mcmorrow	115.24				48					618	
Clare Barnard	116.17					43				561	
Tess Le	125.04						46			539	
Sharon Erdman	125.54						45			557	
	49	12	10	7	3	8	6	2	1		

Manchester Marathon

2-4-17

Bananas, or rather lack of them will be my overriding memory of this race.

Where did they go; I fear I will never know. Contrary to my previous understanding of the rules it appears that the organising committee will determine which refreshments it will provide based on the prevailing conditions (rule 240.8(c)). It appears that unlike any of the previous 12 marathons I have completed, the good folk in Manchester decided it was a no to anything other than SIS energy gels and water !

Anyway, having spent the latter part of the week in Huddersfield and suffering somewhat from a serious case of man flu since Sunday, I decided to test the old legs and airways at Huddersfield parkrun before a mighty fine cooked breakfast and a short hop over the Pennines to get to Manchester. A season best 5k time suggested that the legs still worked, so running on Sunday was still on the cards. My hotel in Manchester was in the middle of nowhere, but a prompt taxi journey on the Sunday morning got me to the start line with plenty of time to spare.

The race was started by Ron Hill and Mara Yamauchi, and despite the fact that the sun was shinning, my feet and hands had gone somewhat numb with all the waiting around. I decided to try and take it easy for the first couple of laps, but somehow managed to put in a 6:35 first mile, and tried unsuccessfully to slow each lap down as runners poured past me with each step. I don't know whether it was the realisation that my nutrition plan had been foiled (bananas) or hitting the half way point in a time over 2 minutes faster than my half marathons two weeks ago, but slowly the wheels came off and the pace slowed.

The route itself dispenses with any of Manchester City centre and instead takes you on a tour of the villages south of the city with a fair bit of countryside thrown in as well. It's also very flat, with only the odd bridge offering anything other than spirit level type roads. Having looked at the results of others, suspect it was long too, with an additional 0.1 - 0.2 miles thrown in for free. I guess the organisers never want to be in the position they were in two years ago.

So, I crossed the line of the Manchester Ultra in 3:17:30, which considering I was 50:50 to run it, I am very pleased with. The rest of Sunday consisted of re-hydration techniques before getting the train back to London. Looking forward to my holiday this week...

959 Tom Wilson 3:17:30
8686 ran

parkrun

April 1st

Ballincollig
288 ran

Pos	Gen		
14	14	Mark Mccolgan	19:58

Bexley
351 ran

Pos	Gen		
16	14	Michael Fullilove	21:22

Brockwell
332 ran

Pos	Gen		
10	10	Lloyd Collier	18:27
113	102	Alex Haylett	23:42

Bromley
607 ran

Pos	Gen		
272	224	Peter Jackson	26:06
525	329	Peter Ogden	33:46

Burgess
283 ran

Pos	Gen		
27	27	Hugh Balfour	20:12
170	127	Andrew Hollister	27:09
279	164	Chris Vernon	43:19

Bushy
1087 ran

Pos	Gen		
268	236	Barrie John Nicholls	23:23
321	43	Lindsey Annable	24:08

Crystal Palace
220 ran

Pos	Gen		
27	26	Andy Cottrill	21:40
28	2	Belinda Cottrill	21:42
80	12	Penelope d'Arcy Graham	24:47
90	75	Martin Double	25:24
127	97	Ameet Patel	27:38
144	37	Carys Morgan	29:14

Dulwich
283 ran

Pos	Gen		
3	3	Edward Chuck	16:54
45	43	Mark Callaghan	20:26
46	44	Francis Macdonnell	20:27
116	105	Mark Muffett	23:43
210	169	Mick Mead	27:59

Hamilton Lake, N.Z.
156 ran

Pos	Gen		
37	33	Bob Bell	24:39
113	38	Chris Bell	34:12

Huddersfield
686 ran

Pos	Gen		
14	14	Tom Wilson	18:49

Hull
480 ran

Pos	Gen		
77	71	Paul Hodge	22:54

Norwich
498 ran

Pos	Gen		
92	7	Sandra Marie	22:07

Peckham Rye
189 ran

Pos	Gen		
5	5	Andy Bond	19:02
52	46	Gideon Franklin	22:43
104	85	Matthew Ladds	26:16

Riddlesdown
176 ran

Pos	Gen		
1	1	Dylan Wymer	16:38
23	2	Ange Norris	20:53

Roundshaw Downs
146 ran

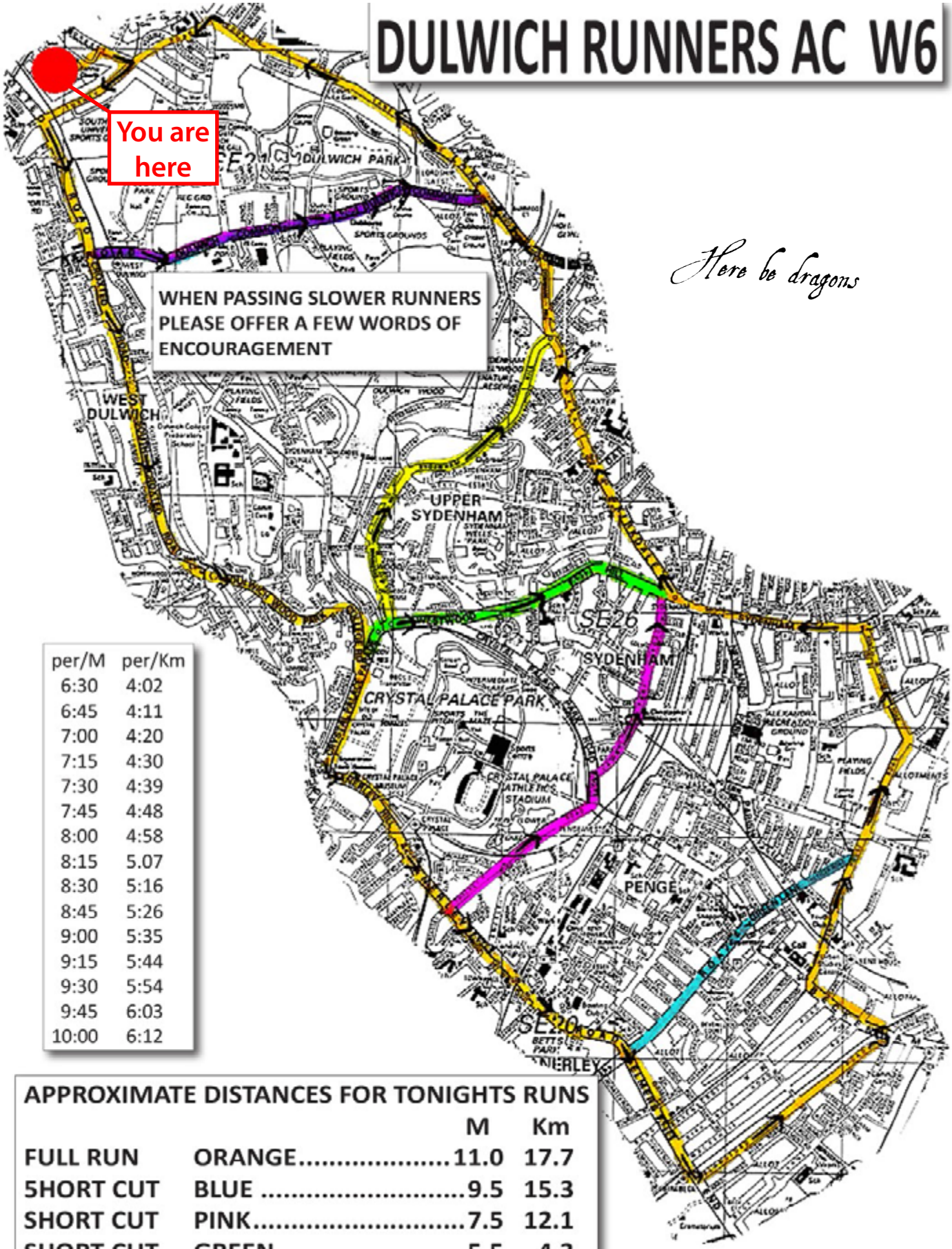
Pos	Gen		
5	5	Alexander Dodds	19:41
27	27	Michael Dodds	23:16
33	3	Clare Wyngard	24:06

Southwark
292 ran

Pos	Gen		
110	90	Paul Keating	24:34
161	41	Kaylee Coxall	26:52

New members especially, and others....
For your results to appear here you need to update your parkrun profiles to show you are a current member of Dulwich Runners AC. or send them in.

DULWICH RUNNERS AC W6



per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	11.0	17.7
SHORT CUT	BLUE	9.5	15.3
SHORT CUT	PINK	7.5	12.1
SHORT CUT	GREEN	5.5	4.3
SHORT CUT	YELLOW	4.5	7.2
SHORT CUT	PURPLE	3.0	4.8