SHORTS

Dulwich Runners AC
Weekly Newsletter
March 22nd 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 22 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Curry night - post run - details page 2

Sat 25 **Mob Match at Beckenham parkrun** - XC Champs

Tue 28 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
4 Marathon Training Schedule
6 Race reports and results
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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.

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

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

Mar 25 Mob match at Beckenham

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
No 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

Clare Wyngard	**22/3**
Hugh Balfour	29/3
Joseph Brady	5/04
Lindsey Annable	12/4

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

Watch this space for upcoming 2017 events !

Wednesday 22nd March
Curry Night - Surma

As always £10 buffet at Surma on Lordship Lane post club run.
You'd better let Matt know PDQ if you still want to go !

Thanks - Matt Matthew.ladds@uk.zurich.com

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

St George's University London

They are looking to recruit male endurance runners 39-50 years old, for a study into the health of veteran athlete's hearts.
If anyone is interested in taking part they should contact -
Dr Gemma Parry-Williams
gparry-w@sgul.ac.uk

Thanks.
Ange Norris

LINK AGE SOUTHWARK - A little of your time towards making a real difference to an older person who is lonely. It can make a real difference to your life too! Find out more by calling 020 8299 2623 or visit www.linkagesouthwark.org/volunteering. Alternatively, speak to me as I have been a volunteer and befriender since 1996. My emai is vernonrun@aol.com. We need more volunteers to help run groups for the lonely and isolated in Southwark, as well as volunteer drivers to take older people to these various groups or entertainments put on for them by local schools and businesses. Thank you.

You can also take part in the Vitality London 10,000 on 29th May and raise money for Link Age Southwark. Enter online at www.vitality/london10000.co.uk **Sue Vernon**

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

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 Park, Hackney
June 1	Battersea Park
July 6	O2, North Greenwich
July 27	Victoria Park, 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

Sat 20th & Sun 21st May

This is a great weekend of running around the green belt of London.
Teams of eleven runners who each run a leg on Saturday and a leg on Sunday.
Starts at Hampton Court on Saturday morning and ends at Kingston at approx. 6 p.m. on Sunday, roughly following the Green Belt, taking in river and canal tow paths, old disused railway tracks, foot paths, woods, fields and quiet roads.
Although it is a relay, each leg has a specific start time.
Have a look at the website – www.greenbeltrelay.org.uk
We have entered teams for this for many years and there are lots of you who regularly sign up for it. We have entered one team and will potentially enter another if there is the demand.

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

Mob Match At Beckenham Parkrun

25 March

The mob match with Beckenham Running Club takes place on 25 March starting at 9am using the Beckenham parkrun course. This is the final fixture of our cross country champs, but everyone is encouraged to run, whether or not you have competed in cross country this season.

We are fielding a men's team for the 12-stage relay on the same day, but we are still looking for a high turnout from club members. So all parkrun regulars are encouraged to make a trip to Beckenham on that day and hopefully most of those who competed in the first road club champs race of the year at Southwark Park last month, with the exception of our relayers, will be able to take part.

The rules mean that it is to our advantage to field the maximum number of runners regardless of ability;hence the term "mob", so it is very much an event open to all. You may want to bring trail shoes as the course is mostly grass and don't forget your barcodes and club vests.

URGENT REQUEST FOR VOLUNTEERS

We are still looking for some additional volunteers to marshal and help with the finish at this Saturday's mob match at Beckenham. So if you're not planning to run and able to help out, please contact me as soon as possible. Those taking part will welcome some support during the run mcmann90@yahoo.co.uk

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**

		Race	Venue	
Mar	25	Mob Match with Beckenham	Beckenham Place Park	
Apr	2	Paddock wood 1/2M	Paddock Wood	
	6	Assembly League	Beckenham	**tbc**
	9	BMAF 10km road champs	Gravesend Cyclopark	
	23	London or alternative marathon	various	
May	4	Assembly League	Victoria Pk, Hackney	**tbc**
	20	British Masters Relay	Sutton Pk, Midlands	
Jun	1	Assembly League incorporating Club champs 5k	Battersea Park	
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

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.

2	April	Paddock Wood 1/2M	L
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

2017 club championship 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		
Wed	22	12M steady
Thu	23	Tempo 7M with odd miles slightly slower than mar. pace, evens slightly faster
Fri	24	4M easy or rest
Sat	25	Parkrun match v Beckenham
Sun	26	22-23M slow
Mon	27	4M easy or rest
Tue	28	400m reps
Wed	29	8M steady
Thu	30	5M tempo accelerating after slow start - with 4M at mar. pace, fifth at HM pace
Fri	31	3M easy or rest
April		
Sat	1	rest
Mon	3	3M easy or rest
Sun	2	Paddock Wood 1/2M
Tue	4	1000 reps
Wed	5	5M easy
Thu	6	Assembly League
Fri	7	3M easy or rest
Sat	8	5M steady
Sun	9	18-20M slow
Mon	10	3M easy or rest
Tue	11	800m reps
Wed	12	8M 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 slow
Tue	18	200/400m reps
Sun	***23***	***London Marathon***

12-stage Relay

Excellent news is that while not everyone is available, we do have a very good team for the Southern men's 12 stage this weekend at Gravesend.
However while we had well over 17 men available to run, we didn't have anywhere near enough for six women to run in the women's relay at the same venue, which is very disappointing.
There is another chance for club runners to compete in another major relay (if over 35!)...

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 make contact with 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.
If need be runners can drop down an age group to complete teams.

M35 (6): Andy Bond, James Burrows, Mark Callaghan, Kevin Chadwick, 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, Nicola Richmond

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

BMAF 10km Championships, Gravesend

April 9

A further 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

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.

World Masters Championships Indoors, Daegu, S Korea

Ros and Andy set of for South Korea on Saturday evening and arrived in Daegu Sunday afternoon after an 11 hour flight, 2 hour train journey and 9 hours disappearing with the time difference. So there was some jet lag to cope with in their cross country races on Monday morning.

The course was in a small park in the outskirts of the city, very flat on straw-like grass not yet growing after a cold, dry winter. The small area of the park available meant a complex 4x2k laps on a taped-off course with several parallel sections linked by U-turns at each end.

First race was for all women at 9am and only about 5 degrees, with Ros's w65 main rivals as world record holder Kathryn Martin (US) and Emi Vaquero of Spain, who has beaten Ros in distance races sometimes. Martin set off in 6th place overall, building up a steady gap over Ros, who got half a minute up on Vaqueros and concentrated well to hold her pace to the finish. Ros was in a GB w60 team which won.

W65 XC 8.2k

1 K Martin US	34.22
2 Ros Tabor	37.33
3 E Vaquero Spain	38.10

W60 team 1 GB (Tabor, Howe, Fellowes) 1.57.58

Andy had his foot strapped up in the 5 days before travelling but hoped that a steady run might get a team medal in the first men's race, for M60's upwards. Despite slightly fading from halfway, Andy was second m60 scorer for GB and initial results and presentation gave them the bronze team medal. However, web results now show Italy in 3rd, if they requested in time that two m65's drop down... no request yet to hand back the medal.

M60 XC 8.2k

14 Andy Murray 38.29
GB M60 team 3rd initially, perhaps 4th (Thompson, Murray, Jenkins) 1.50.55

..indoor events and half marathon to come. Andy Murray

Brentwood 1/2M

19th March 2017

This was the fifth year that LV= (for whom I work) had sponsored this event, so for the fifth year running I found myself donning another brand new t-shirt emblazoned with the corporate logo heading anti-clockwise round the M25. I was slightly later arriving than I had wanted so was still faffing during the tannoy announcement for runners to leave the relative warmth of the sports hall (doubling up as a baggage drop) and start assembling in the starting pens. Suffice to say, that I didn't manage to weave my way all the way up to the front of the field, and started some 30 meters back from the start line.

The course starts with a three mile downhill section, which after a small amount of weaving I managed to find some space to get into a rhythm, before the course turns left and heads north of Brentwood and into the Essex countryside, which can be best described as undulating. It was a little windier than I would have liked and with very few exceptions the wind was against the runners the whole way round. This year they had installed a timing matt at the half way point, but I don't think I have seen anything official showing what that time was. I don't think it wasn't my day this time round and found myself battling to complete the course to deliver my worst half marathon time in over 6 years.

Regardless, I was still the fastest 'employee' to finish the run with a time of 91:57 and have the pleasure of another piece of glass wear to add to the collection, as well as the pleasure of possibly the worst photo ever posted to twitter by the marketing department. The afternoon started with a couple of drinks before heading back over the Dartford bridge to South East London.

166 Tom Wilson 1:31:57
1500 ran

Fleet 1/2M

19th March 2017

I ran the Fleet half marathon on Sunday. It has been used as a club championship race in the past, and also holds the army, navy and airforce running championships with loads of sqaudys donning their respective regiments running vests.

The course is described as gently undulating, nowhere near as hilly as the Dartford half marathon, but there are still a few sharp rises and longish drags that need to be overcome.
I had my eye on a sub 1:30:00 time and was glad to see that there would be pacers at the race. I decided to line up just in front 1:30:00 pacers, thinking that there might be a big crowd around them. This was a mistake on my part as I started out too quick for the first 4 miles, and started to slow around mile 8 when the pacers caught me up and then went passed me, and I knew then that this wasn't going to be my day. I tried as hard as I could to hang on to them for about a mile until they disappeared into the distance in a matter of minutes.
In hindsight, if only I would have brought with me a tangerine for energy, or picked up a couple of empty gel wrappers from the floor like Ajay did in a race the previous week, that might of been the tonic I needed. So instead of doing the rumba for the rest of the course, I could have been quick stepping and achieved my target! Who knows!

I came in over the finish line in 1:31:02, a minute or so just outside my goal. On reflection, the weather conditions weren't the best with a strong blustery wind, plus the hills (I'm starting to get quite good at finding excuses) so hopefully if the planets all align and I keep my fingers crossed I might get nearer at the Paddock Wood half in a couple of weeks time.
Overall a well organised race that I would definitely go back to and give it another go in the future.

2647 ran - winner	1:07:21
337 Jim Dowsett	1:31:02

Clumber Park Duathlon/Clumber park parkrun, Notts

18 March

Clare Wyngard kicked off her multi-event season with this duathlon on Saturday, the first of 3 qualifiers for the European Age group champs of 2018, location yet to be disclosed. To make sure of qualifying for the GB team she had to finish in the first 4 out of an overall field of 15 in the FV55-59 group. She was therefore delighted to finish 4th, for once not the worst place to end up in a race! She would actually have finished in the same position had she still been in the 50-54 category, courtesy of winning a sprint in the finishing straight with not one, but two competitors from that category. In addition she was only half a minute ahead of the woman who could have deprived her of the 4th place she needed so all very satisfying and indicative of a serious level of competition all round. With next year now sorted she can focus on this year's champs in Soria, northern Spain, in late April, a place she secured last September at the last of the qualifiers.

Ok, with the explanations out of the way, what about the race? Well, this was in the very pleasant surroundings of Clumber Park, Notts, adjoining Sherwood Forest, no less. It was a very welcome contrast to that previous qualifier on the blasted fenlands of Bedford Autodrome. It helped, too, that the weather held up. Bedford had been a nightmare of galeforce winds and rain where the loyal bag carrier, i.e. me, had to take refuge in our Ford Focus for the entire race. Although there had been some fretting pre-race on social media about the likely conditions here, particularly about possible debris on the bike course, these proved largely unfounded.

I have to confess that I missed most of the race again but this was for the much more acceptable reason that there was a parkrun taking place about 200 metres away from the duathlon. I was quite impressed by this. I'd contacted the organisers during the week before as I was used to Crystal Palace being cancelled when something else was going on - and not necessarily simultaneously, as in this case (and I know that CP supremo and fellow DR, Tom Wilson, isn't in any way to blame here). They had replied within minutes saying they tried to stage it every week without fail and had only been bounced so far by a 'Race for Life'.

So that's how Clare and I started out on separate 5k journeys in the same park just after 9.00 on Saturday. The difference for Clare was that hers was followed by 20k on a bike then another run of 2.5k. She was still 12 seconds quicker than my own 23-55 performance although I'm sure that, whilst both courses, along very nice woodland trails, were 'undulating', mine was appreciably more so. In fact it bordered on the 'challenging'.

Even so I managed to get back to the transition area to see her go out on the second of the running legs and then cheer her on during the sprint I mentioned earlier. I also appropriated, and promptly consumed, her complimentary pint of Erdinger Alkoholfrei, what a gent and another multi-event tradition we've developed. Roll on Soria!

Mike Dodds

225: Clare Wyngard; 1-17-19 (23-43 (5k run), 38-52 (20k bike), 12-21 (2.5k run) + transitions)

437 finishers

New Forest Festival of Running 20M and 10M

19th March 2017

Round 2 of Barrie's 20-mile race series took us to the beautiful location of the New Forest. Yet another long drive but it was quite an antidote to the M3 to suddenly emerge onto narrow roads shaded by trees of all shapes and sizes. The New Forest ponies provided plenty of additional decoration as well as deer which sprung across the road like gazelles. It was quite magical.

The event comprised a number of races across the weekend including a 10k and a couple of ultra-races on the Saturday. Conveniently on Sunday there was a 10-mile option as well as the required 20, which just took in one lap of the course as opposed to two. All seemed very low key however with quite low entry numbers.

As my race start was later than Barrie's I dropped him off at HQ as there was no parking on site and went to the allotted parking area. They were offering a very efficient park and ride on the day so I managed to get back before the 20 miles started. The race HQ was at a camp site in the New Forest itself with the all-important promise of hot showers and plenty of toilet facilities!

There was a quick race briefing with instructions to close gates, avoid the natural hazards of the ponies and deer and not to deviate from the paths unless instructed to do so by a marshal or sign. We hadn't quite realised the off-road nature of the event with only about a mile and a half on road and the rest on stony and muddy trails. The organisers described it as undulating but participant descriptions ran along the lines of 'bloody hilly' and 'incredibly tough' according to the race briefing.

As my race was 45 minutes later than Barrie's I didn't see him complete the first lap so set off with no idea of what lay ahead but only thinking he had to do the route twice! The participant descriptions of the event have to be given the nod for greater accuracy with the route like a rollercoaster at points. We climbed quite early on then the path flattened for a while then it went downhill and then up again. And I could go on…the pattern repeated itself.

The scenery was stunning but it was such a hard run and not helped by stony and uneven ground underfoot. I found absolutely no one of my pace and for the first time ever actually ran the whole race on my own which made it seem even tougher. A couple of women came past me early on and I tried to hold on to the back of them but they were clearly faster than me. The only respite to the uneven terrain was a mile of flat road at around mile 6 but that was into an incredibly strong headwind which we kept for another mile or so as we dipped back towards the forest. This week some of the top 20 milers again swept past but I found their temporary presence quite welcome as I bid them well done. For much of the race I couldn't see anyone!

There was a killer hill right before the end which was a final sting in the tail before the course headed down a brief stretch of road to the finish at race HQ. I completed my race and waited anxiously for Barrie concerned about how he'd coped with the contrasting terrain to Lydd. He appeared somewhat down on his time from last week (not surprisingly) but looking strong and like he was working hard. Fortunately he had found a couple of people to run with but had, true to form, managed to pick up the pace at the end and leave them behind.

This week we had lunch by a beautiful brook with the obligatory pony on hand to improve the view. We had a quick walk to ease aching limbs before the long drive back to reality and the big smoke. The New Forest certainly has a mystical and enchanting quality about it – if only they could flatten out some of those hills it would make for perfect racing conditions.

10 miles
37 Lindsey Annable 1:31:57 (3rd FV40)
85 ran

20 miles
118 Barrie John Nicholls 3:35:45
155 ran

Eastleigh 10k

Sun 19th March

I've got fond memories of the Eastleigh 10k as it was my first sub-35 (34:57 to be exact) way back in 2010 when I was still a young lad (!). Seven years later and a lot of races under the bridge, I've been wondering if I'll ever see a sub-35 again after two downhill years since the last one.

A winter's consistent training has got me very gradually getting fitter again and I was daring to believe it was possible so a return visit to the South's biggest 10k seemed a good idea, although not so attractive after running the recent club championship 10k slower than a very slow thing.

Anyway, I gave it a good go but fell half a minute short due to very strong winds in the second half after an encouraging first 5k in 17:20. Best 10k for two years though, and a damn sight better than Regents Park, so I might as well keep plugging away...

74 Tony Tuohy 35:31 2nd M50
2406 finishers

Les Foulées de Clichy 10k

Sunday 19. March

For the second year our club was offered places to represent Southwark in this road race through the Parisian suburb Clichy (to which it is twinned). This time I was the sole participant from London, a pity really because it was a lovely experience I can highly recommend for the next time. Apart from the travel to Paris everything else was taken care of by the twin city committee of Clichy.

I was picked up from the train station in Paris and driven to the comfortable hotel in the town centre, not far from the race start. It was a very friendly welcome in about three languages. Gabrielle who had chaired the committee for many years turned out to be from Germany originally, her daughter Vanessa had spent years in the USA and I tried my rusty French from school. So definitely no problems of communication, also with the rest of the group whom I met later at the dinner given for us in a nice little French restaurant close by. Ironically the other runners invited were from the German twin town of Heidenheim (in a long standing cooperation with Clichy and coming to the race with a group of four, including the mayor's son), so that we ended up with 6 Germans representing three countries around the dinner table. An equal number of French participants from the local Athletics club and the twinning committee made for a merry night out, helped along nicely by excellent wine and food.

Equally good and lively was the lunch invitation the next day after the race, in another restaurant. Also presents were exchanged and - since I was alerted to this by Joe Brady, who very ably represented us last year - Ros had provided me with a number of DR buffs, by chance just enough to give one to everybody present at the table, who seemed to really like them (having the additional advantage of being calorie-free).

Now to the race itself, which I found well organised and marshalled.
The 10k course (there were shorter distances as well) is flat and quite fast, albeit with several twists and turns. It consisted of 2 equal laps through the streets of Clichy and the finish came within the Athletics stadium on the track. All the traffic was barred during the race so we could run comfortably on the road.

Chip timing was provided as well as several pacers (up to 45 minutes) and the field of competitors is usually around 500. Prizes were given, but only to the winners in each category (overall and three age groups for men

and women). To win here I gathered from previous results, you have to run about 32 minutes for men and around 40 for women (a big chance here next year, c'mon Ladies!). In my age group I could see that a win would require Tony's level of racing (and so it turned out), but at least I could try for podium. Otherwise I was aiming for sub 39 minutes, an improvement on my recent Regent's Park 10k. Conditions on the day were windy but distinctly less wet and chilly than during our club champs.

I took a while to gather pace after the start, but soon two runners who looked my age group appeared side by side, pushing the pace. I followed them for the first two kilometres, but the second k passed in a quick 3:35min (no doubt helped by a tail wind) and they showed no sign of slowing down. On the third k I had to let them go (they finished indeed 2nd and 3rd M50 in around 37:50) and focus instead on my goal of sub39.

Depending on wind direction and twists in the course my pace slowed or quickened but on the whole I was picking up places and was happy to see the race clock at the 5k arch show 19:18 as I passed underneath. Stupidly though I also didn't pay enough attention to the road at this point and tripped on a suddenly appearing speed bump. One of those slow motion moments in the mind followed and I found myself on the tarmac. In a very friendly gesture a young runner I had previously overtaken slowed and helped me on my feet saying something encouraging in French. I ran with him for a bit while checking for damage (only pride and grazed knees luckily) and was happy that he achieved his goal of a sub40 pb by quite a margin, finishing with a beaming smile just behind me.

That little tumble cost me some seconds but wasn't a disaster as I didn't loose too much on the second lap and could pick up the pace considerably on the last kilometre.
Was happy to get under 39min by gun and chip time and run a seasons best in my coming back from foot injury. I just missed the podium in my age group, but was at least the fastest German present in the race :) I would happily do this trip again, but hope next year there'll be others from our club who can take advantage of this excellent exchange.

36 Ebe Prill 36th 38:58min (38:54min chip); 4th M50 (of 46)
478 ran; winner in 32:51min; first woman in 39:13min; first M50 in 36:52min

British Masters XC Champs Liverpool

18 March

I was the sole Dulwich representative at these championships held at a windswept Wavertree Park in Liverpool. Horizontal rain resulted in the worst weather conditions I have experienced this season and the going underfoot on a largely flat course was heavy in places and where it wasn't there were strong headwinds to contend with over a course that came out at around 6.2km. My form over the cross country season up to mid February had been reasonably consistent, but following the intervention of the indoor track season, has evidently taken a dip as I never really got going from the start and finished a minute and some three places down on where I should have been based on earlier form.

Mike Mann 27:39 9th M65

Dulwich Runners' times in Regents Park 10k 5 Mar 2017

	time	points in age category m/f								age grade points	club champs awards
		ms	m40	m50	m60	f s	f40	f50	f60+		
Timothy Bowen	34.19	50								781	1st man
Alastair Locke	34.27	49								780	2nd man
Andy Bond	34.50		50							815	3rd man
Stephen Davies	35.35		49							824	1st m40
Daniel Mann	35.44	48								765	1st sen. man
Shane O'neill	36.08	47								739	Captains' award
Mark Lacey	36.28	46								739	
Tony Tuohy	36.49			50						844	1st m50
Charles Lound	37.44		48							790	Man age graded
Tom South	38.00		47							735	
Ian Lilley	38.21		46							752	
Clare Elms	38.32							50		922	Overall age graded
James Burrows	38.50	45								697	
Holger Betz	39.25		45							743	
Ebe Prill	39.54			49						779	
Rob Cope	40.40		44							698	
Helen Lister	41.38					50				730	1st woman
Jim Dowsett	41.42		43							680	
Ajay Khandelwal	42.28		42							690	
Justin Siderfin	42.25		41							674	
Grzegorz Galezia	42.51		40							684	
Joseph Brady	43.26			48						692	
Gary Sullivan	43.50			47						742	
Michael Mann	44.23				50					798	1st m60
Cameron Timmis	44.24		39							655	
Michelle Lennon	43.58						50			770	2nd woman
Duncan Wilson	45.11			46						688	
Graham Laylee	45.36			45						713	
Lucy Clapp	45.43							49		768	3rd woman
Yvette Dore	46.06						49			698	1st w40
Ros Tabor	46.38								50	921	1st w60
Lucy Pickering	46.51							48		740	1st w50
Katie Styles	47.23					49				645	1st senior woman
Andy Murray	47.01				49					717	
Barrie John Nicholls	48.24				48					697	
Michael Dodds	48.43			44						661	
Joanne Shelton-P	48.50						48			648	
Claire Steward	49.03								49	850	woman age graded
Alex Haylett	49.13	44								553	
Paul Keating	51.55			43						579	
	40	7	12	8	3	2	3	3	2		

parkrun **March 18th**

Beckenham Place
177 ran

Pos	Gen		
15	15	William Cotter	19:49
17	1	Selma Benattia	19:58

Bexley
379 ran

Pos	Gen		
21	19	Michael Fullilove	21:45

Brockwell
274 ran

Pos	Gen		
56	6	Michelle Lennon	21:53
80	9	Lucy Pickering	23:09
81	10	Laura Lane	23:10

Bromley
601 ran

Pos	Gen		
499	319	Peter Ogden	34:10

Clumber Park
245 ran

Pos	Gen		
37	32	Michael Dodds	23:55

Crystal Palace
230 ran

Pos	Gen		
8	8	Tom Wilson	19:58
16	15	Jim Dowsett	20:49
27	25	Andy Cottrill	21:35
28	3	Belinda Cottrill	21:38
76	62	Bob Bell	24:55
89	17	Penny d'Arcy Graham	25:34
95	76	Ameet Patel	25:51

Dartford
215 ran

Pos	Gen		
1	1	Buzz Shephard	18:25

Dulwich
243 ran

Pos	Gen		
5	5	Timothy Bowen	16:52
6	6	Daniel Mann	17:05
12	12	Paul Devine	18:08
14	14	Andrew Shreeve	18:21
42	40	Ajay Khandelwal	21:11
44	3	Ellie Balfe	21:15
63	59	Graham Laylee	22:16
86	79	Barrie John Nicholls	23:17
96	88	Mark Muffett	23:59
99	10	Claire Steward	24:02
109	14	Lindsey Annable	24:33
111	97	Paul Keating	24:41
124	22	Joanne Shelton Pereda	25:19
155	125	Peter Jackson	26:26
169	131	Mick Mead	27:14

Greenwich
254 ran

Pos	Gen		
156	117	Matthew Ladds	28:58

Hilly Fields
213 ran

Pos	Gen		
19	17	Gary Sullivan	21:08

Orpington
159 ran

Pos	Gen		
4	1	Clare Elms	19:40
32	28	Colin Frith	24:38

Peckham Rye
186 ran

Pos	Gen		
1	1	Andy Bond	16:53
8	8	Mark Callaghan	19:26
9	9	Rob Cope	19:27
25	4	Kim Hainsworth	21:16

Riddlesdown
152 ran

Pos	Gen		
10	2	Ange Norris	21:08

Southwark
245 ran

Pos	Gen		
4	4	Gregory Hills	17:53

Stonehouse
93 ran

Pos	Gen		
1	1	Alastair Locke	17:55
3	1	Helen Lister	20:10

Wakefield Thornes
308 ran

Pos	Gen		
57	52	Ian Sesnan	23:38

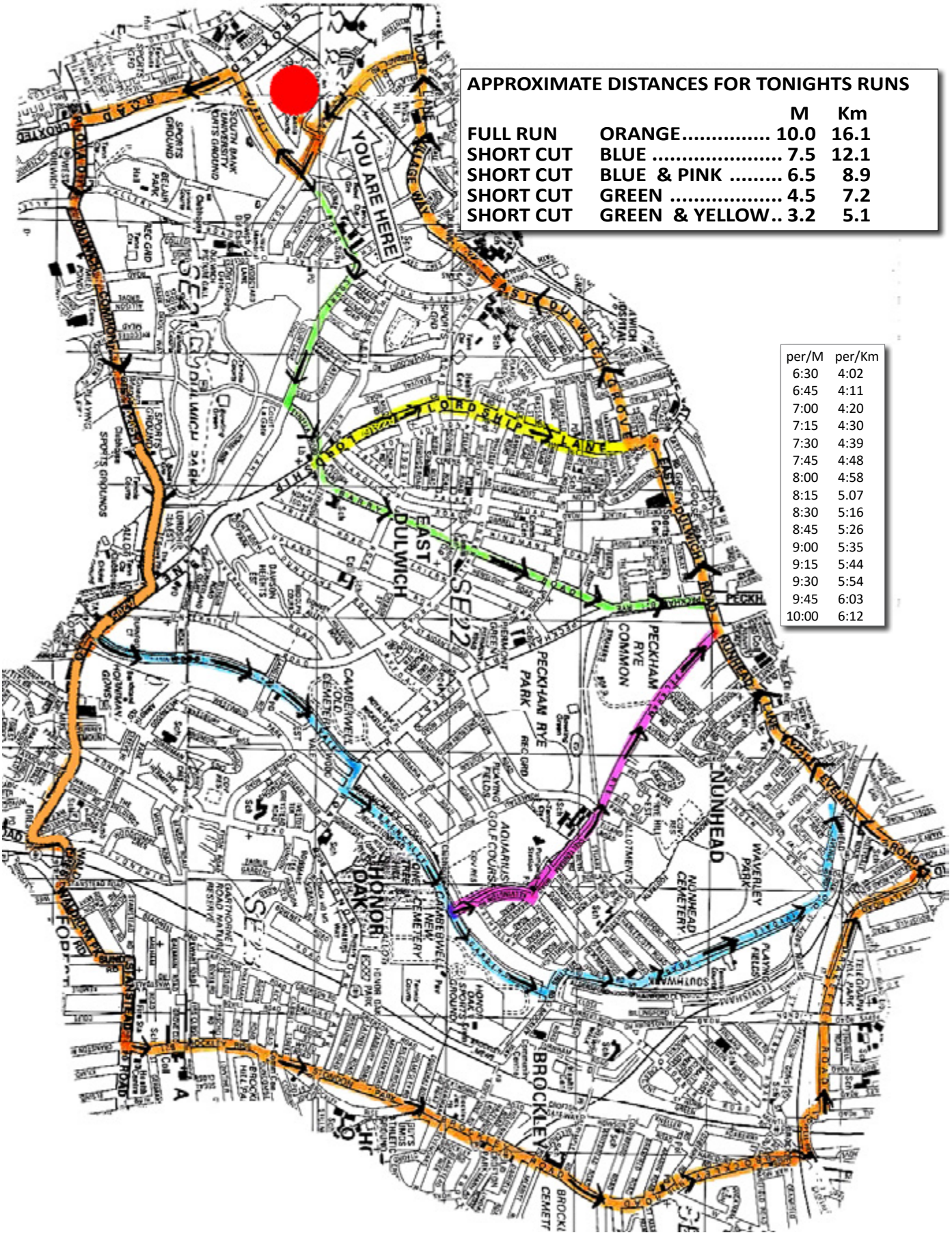
Western Springs
78 ran

Pos	Gen		
13	9	Nick Bell	22:29

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 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