



These are your SHORTS

Please send your reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com

DEADLINE for submissions etc 17:30 TUESDAY

Wednesday runs from the clubhouse. - £1 fee per run payable by card/device only, no cash
Changing rooms, showers & bar all open.
Paces and distances to suit all abilities

Tuesday speed work at Crystal Palace Track
- suitable for all abilities

In your SHORTS this week !

- 1 General notices
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Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Like us on Facebook @dulwichrunners

Please remember to sign in and pay your £1 on arrival at the clubhouse for the Wednesday run

Connect with us:



It's that time of year ! - 2022/23 club membership renewals

You all should have received your renewal email, so keep an eye on your inbox.

If not or you have any membership queries contact: barry@bg1.co.uk

Thankyou to those of you that have renewed, if you do not renew you cannot compete in any race as a Dulwich Runner nor take part in the club champs.

Please do not reply to the email unless to notify me of changes to your membership type or your details etc.

Payment by direct bank transfer or contactless on a club night. Bank details in the email. No cash or cheques

Full 1st club claim membership is £46 and that includes EA reg. of £16

1st club claim membership without EA reg £30

2nd claim £30

EA reg is £16 and can only be arranged through your 1st claim club.

The club membership year is April 1 to March 31 (the same applies to EA reg.)

'Midsummer Relays' - Wednesday 15th June

Keep the evening free for our 'Midsummer Relays' in Dulwich Park.

These have become very popular, so we hope there will be a bumper turn out again after not being able to have them for the last two years.

It's an important evening for the club and we will need both runners and volunteers to help. If you would like to be part of a small organising group, please talk to Ange or Ebe.

Pizza and Quiz social evening

Plus presentation of trophies and medals for the Ken Crookes' Cross Country Championships

Wednesday 13th April at 8.30pm in the club house

Come and put your brains to the test.

Teams will be 4 people. So, either:-

- Put together a team yourself or,
- Let us know you want to be in a team and we will do the rest.

To enter:-

- Email Michelle – dulwichrunnerssocialsec@gmail.com with your details plus choice of pizza (veggie or meat). If you have any specific dietary requirements, please let us know and we will do our best.
- Or, write your name on the list on a Wednesday evening.

Cost is £10 – for quiz and pizza. Payment will be by card on a Wednesday evening or on the night
Get swotting!

Summer track and grass sessions at Dulwich College start Tuesday 19 April

Summer track and grass sessions start on Tuesday 19th at Dulwich College

Start time 7pm

Cost £2 contactless by card or device at the track - no cash.

Please note that we have been reminded by Dulwich College that our agreement allows us to use the track and the field to the right of the central line of trees adjacent to College Rd. Accordingly, please only use this area for warming up etc.

Club Runs & Training Sessions

Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7pm...

time you run - Contactless payments only

Meet upstairs in clubhouse, arrive by 6:50pm to register, pay & sort out which group you'll run with.

The usual runs are : long 8-9M, medium 6-7M, short around 5M

NOTE: £1 club run fee for members and guests each

If you're new at the club, we will place you with others at your preferred pace and distance.

Tuesday Evening Speed - Dulwich College

Arrive by 7pm for warm-ups before main session. Each session £2, pay contactless only (no cash).

Entry via Pond Cottages, SE21 7LE on College Rd. - Turn right in front of main center doors, follow path through bushes to track, meet at green pavilion up by tennis courts.

Track & grass intervals prep for the Mark Hayes Mile 31 May, 5k club champs races 14 June, 10k 26 June & 1m 20 July (details of these elsewhere in Shorts). It would be great to see you all take part in these races which are for all standards and abilities. Note: club champs races are external events and may fill up quickly so enter ASAP.

Track not available from July (redevelopment) - July & August training to be advised. September its hill sessions before going back to Crystal Palace track in October.

Questions, feedback or advice on fitting these sessions into the rest of your training contact:

Tom Poynton (Coach in Running Fitness) - tpoynton@hotmail.com

Track etiquette

we are a big group and share the track with others so it's important to act safely and treat them with the same respect that we expect to be shown.

All members using the track:

- give others plenty of space when overtaking or moving off the track.
- keep to lanes 1&2 whilst running reps, use outer lanes for warm ups, recoveries and cool downs.
- wait between reps off the track (or outer lanes) step onto the track just before they start their next rep.
- act on any instruction from a coach to ensure the safety of others.

Tuesday Morning Speed - Dulwich Park

Sessions start 11am in Dulwich Park, we meet by the cricket nets. . We use either the grass and or the parkrun circuit - followed by coffee. - Further details Mike Mann mcmann90@yahoo.co.uk

Thur. Mornings - Brockwell & Crystal Palace Pk.

Sessions at 11.00am - Alternating each week between Brockwell Park and Crystal Palace Park, mix of short hills and longer efforts on the grass - followed by coffee. - for all standards and abilities -

Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

Runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 mins per mile. - Contact Ola olabalme1@gmail.com

For later starts 9 to 10am, a longer run from the Dulwich area (10 miles+) around 8-9 min. mile

Contact Tom Poynton tpoynton@hotmail.com

Longer & faster - 8am from July for marathon training. Circa 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park, check in advance. - Tom South thomas_south@hotmail.com

If interested in any of these runs check in advance with the respective contacts

Further info 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.

For further info about events in Shorts, how to enter etc, contact your captains:
 Thomas South thomas_south@hotmail.com Ed Chuck chuckedward@googlemail.com
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Date	Race	Venue
May	5 Assembly League	Beckenham
	31 Mark Hayes Mile	Dulwich track
June	9 Assembly League	Battersea Park
	14 Sri Chinmoy (Dashing Deer) 5k	(S) Battersea Park
	26 Ranelagh Harriers Richmond 10k	(S) Richmond
July	7 Assembly League	tbc
	10 Sevenoaks 7 trail race	(L) Sevenoaks
	20 Dave Clarke Mile Night (incorporates the SOAR mile)	(S) Wimbledon Pk Stadium
Aug	4 Assembly League	tbc
Sept	4 Big Half	(L) London
Oct	2 London Marathon (or alt. marathon)	(L) London or alt.

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

2022 Club Champs

To complete the championship you need to finish a minimum of 5 races, with at least one in each of the short (S) and long (L) categories. - <https://www.dulwichrunners.org.uk/club-championships>

Confirmed fixtures are:

Feb	5	S - Crystal Palace parkrun	completed
March	13	L - Paddock Wood 1/2M	completed
June	14	S - Sri Chinmoy (Dashing Deer) 5k, Battersea Park, , 7pm	
June	26	L - Ranelagh Harriers Richmond 10k 9am	
		(enter ASAP: https://ranelagh-harriers.co.uk/events/ranelagh-harriers-richmond-10k/)	
July	10	L -Sevenoaks 7 trail race	
July	20	S - Dave Clarke Mile Night (incorporates the SOAR mile - Wimbledon Pk Stadium, please check if entries open at https://www.herculeswimbledonac.org.uk/sprint-middle-distance-night)	
Sept	4	L - Big Half	
Oct	2	L - London Marathon (or alt. marathon)	

If you intend taking part in the Club Championships, make sure you have a Power of 10 (RunBritain) profile and it is receiving your race results correctly from parkrun and other races.

Some people have multiple profiles or an incorrect set-up, and their results don't get updated, which makes it difficult for the club to collect all race results in a timely manner

British Masters Road Relays Champs Sutton Park, Sutton Coldfield

Saturday 23rd April 2022

This entry is for masters athletes (anyone over the age of 35) who wish to compete in the British Masters Open Relay Championships at Sutton Park on Saturday the 23rd April 2022.

The course is traffic-free on a safe tarmac course.
 Medals will be awarded to the first three teams in each age category.
UKA registration is mandatory for entry to the championships.

Contact your captains if you're available and for further details - dulwichladiescaptain@gmail.com
 It's usually a great day out. The club pays travel costs.

Event Timetable

- Race 1 – 10:30: Women's 4-Stage - W35
- Race 2 – 10:35: Women's and Men's 3-Stage – W45+, W55+, W65+ and M75+
- Race 3 – 12:25: Men's 3-Stage – M55 and M65
- Race 4 – 14:00: Men's 6-Stage – M35
- Race 5 – 14:05: Men's 4-Stage – M45



Saturday 15th and Sunday 16th May

Team members wanted

A great weekend of running around the green belt of London. A team event; each team comprises 11 runners who each run a leg on Saturday and a leg on Sunday. Starts at Hampton Court Saturday morning, ends at Kingston at approx. 6 p.m. 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. If you're a Green Belt Enthusiast or a Potential Rookie, email me if you are available and keen or if you have any questions. The legs vary in length from 6 mile to 13.5m and in degree of difficulty. We try our best to give runners legs that are appropriate to their ability.

contact Ange - dulwichchair@gmail.com or speak to me at the club on a Wednesday evening.

Contacts:

dulwichladiescaptain@gmail.com - thomas_south@hotmail.com - chuckedward@googlemail.com

Beckenham Road Relays - 18 May 7.30pm

Those interested contact your captains either on an individual basis or with complete teams of 3

Mark Hayes Mile, 31 May

The removal of Dulwich College track from early July and the busy schedule of races in June has meant that the Mark Hayes Mile will take place earlier than usual this year on the evening of Tuesday 31 May. Further details on seeding and time of races etc to follow. To take part contact Mike Mann mcmann90@yahoo.co.uk

Assembly League

What is the Assembly League?

- A summer evening race series which ran every year from 1975 to 2019 with a welcome return at 7.30pm on Thursday May 5 at Beckenham Place Park.
 - Races free to enter, no need to book in advance.
 - Unlike many races men and women run together.
 - A competition between 15-20 London running clubs from north and south of the river.
 - Extremely popular events we encourage all first and second claim members to take part whatever your standard, form or ability.
- Just turn up on the evening with a club vest and we will give you a number to pin on your vest. If you need a club vest then Ros Tabor will be happy to sell you one on a Wednesday evening!
 - Races normally either 5km or 5.6km (3.5 miles)
 - Usually start at 7.30pm unless otherwise advised.
 - Beckenham Place Park will use the relatively new undulating parkrun course, mixture of surfaces so consider this in your choice of shoe.
<https://www.parkrun.org.uk/beckenhamplace/>
 - After each race the organisers normally have a bar open for food and drink.

Dates

Thurs 5 May, Beckenham - Thurs 9 June, Battersea Pk - Thurs 7 July, venue TBC - Thurs 4 August, venue TBC

Rules

- A team's first four runners score.
- Lowest score = first place and so on.
- Unlike the Surrey League a team's 5th, 6th etc finishers impact the score of slower teams who's first four finishers place after them. This rewards a strong turnout.
- 1st place team gets 15, 2nd gets 14 so seasons end team with the Highest point total wins.
- For individual awards same applies- 1st place runner in that category getting 15, 2nd 14 and so on.
- Individual champion is the runner with the most points.

Awards

- Men's A and B team, individual, U20, M40, M45 and subsequent veteran categories.
- Women's A and B team, individual, U20, W35, W40 and subsequent veteran categories.

History

Dulwich have enjoyed team and individual success. The men are still the reigning champions from 2019, and individual and age group winners from 2019 included Ed Chuck, Mike Mann, Barrie John Nicholls, Andy Bond and Tom South.



Beckenham Running Club are taking the lead with the organisation of the race on 5 May, but would welcome a few additional helpers, who have some familiarity of the park. If you are not planning to compete and willing to volunteer on the evening, please contact Mike Mann.

Want your race results and reports in SHORTS ? please& email them to barry@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

Manchester Marathon 2022

The Race

With no marathon in London this Spring, many club runners decided to head to England's second city to try their luck over the iconic distance. Adding spice to proceedings, the race was also a qualifier for the Commonwealth Games, a selection event for Team GB at the Munich marathon this summer, and the trial for the GB team for the IAU 50km European Championships in Avila, Spain, in October. A serious group of about 50 elites turned out to compete for vests and a strong contingent of Dulwich Runners joined them.

Myself, Tim Bowen, Shane O'Neill, Jon Phillips, Andy Inglis, Peter "PJ" Jenkins, Yvette Dore, and Alice Williams. Writing this report, I've discovered that we were joined by Des Crinion, Helena Flippance, Chris Sanderson, and Rhian Stansfield. I didn't have the chance to talk to these DRs on the day, so I'm afraid I'm making a briefer mention of their performance (apologies, guys – I hope to see a report from you, too!).

The Course

A lap of the city centre before a fairly uninspiring trip South along the A56, then a sharp turn in hilly Altrincham before heading back to the start via suburbia. In terms of speed, it's not a Berlin, but then neither is it a Boston. Support out on the course is less constant than London, with a few patches of emptiness, but much enthusiasm at the pinch points. It also had all the charming chaos of a big race – 50% village fete, 50% cack-handed corporate sales pitch.

Special mention goes to Underground Collective's aloof techno – six blokes with folded arms and furrowed brows huddled around a console beneath a flyover – and Manchester royalty Peter Hook of Joy Division / New Order, who was pulled out of bed on a Sunday to fire the starting gun

("I hear you do a bit of running yourself, Pete." "Not really, mate, no."). Unexpectedly, there was a lot of love for Dulwich, some of it from friends and club members (a special thank you to Polly and Shane, whose support was hugely appreciated), some, I think, just down to the fact that our kit very visibly has the name of our club on it. Conditions were *perfect* – no wind, no rain, cool but not cold. Would recommend.

The Runners

Me (Jack Ramm)

A bit of a challenge right out of the gate. I often have trouble with my watch's GPS, and had noticed that it was reading slow at track on the final Tuesday. Normally, restoring the watch to factory settings remedies this, which I did the night before the race. Unfortunately, I had forgotten that the factory setting is *miles* rather than my preferred kilometres. My arithmetic is abysmal, and I had no idea what my mile split was supposed to be. After my initial confusion (*watch must be wrong, that wasn't a 5:30 kilometre!*) I realised I was flying blind.

Still, I had done all my marathon paced training sessions with my watch just showing the clock rather than the splits, so I felt like I knew which gear I needed to be in. Around 10K or so, I found my way into a group, which I stayed with until halfway. It was time to pull the plaster off and have a look at the time. 1:13:00 dead. A little slower than I would like, but I'd take too slow over too fast.

I decided to put my foot down and got myself over to runner ahead. Catching him within a kilometre or so, me and my new pal (John Payne of VPH) ran through the toughest part of the course, a leg-shredding climb into Altrincham, together. I had checked the profile beforehand, but I was taken aback by this section. Strava reckons there's about 100 meters with a 5 to 7% gradient. Doesn't sound like much, but after about 90 minutes of hard running? Oof!

John started flagging around 20 miles. Luckily, there was always a vest in front to chase down, and as we got closer to the city, the crowds started to swell, too. Just after passing the techno flyover for

the second time, and before the turn towards Chorlton, I saw Shane Boyce – a friendly face was a huge, huge spur in this unforgiving part of the race. With about a mile to go, I was caught by one of the lads from the group that I'd left at halfway, Max Costley of Southampton. I owe a huge debt to Max – he pulled me through the last mile.

Max edged ahead as we rounded the corner into the finish. I thought the club record was still on, so I tried to leave it all out on the road for the finish. Crossing the line, I checked my watch. 2:26:00 dead, which my chip revised up for a **2:26:03**. A solid 4-minute PB with, according to my watch, a very satisfying even split of 1:13:00 and 1:13:00.

Jim Estell's record looks safe for another year (unless Ed has a go at London...), but I'm delighted with my time. In the days afterwards, I was overwhelmed by the number of messages I received from clubmates. Thank you, everyone, and special thanks to the people I ran with a lot over the last few months: Ed, Shane, Tim (also, for great marathon advice), Andy, Andy, Jon, Ben, Dylan and everybody on Wednesdays, and Lewis.

Tim Bowen

Becky Briggs came over the line for the win a couple of minutes after me. She looked so shocked, and then so happy, that I burst into tears. Peering through blurry, tear-smudged vision came a blur of red top, green shorts. It resolved into something unmistakable to anybody who has been to the track this winter: Timothy Bowen going like *an absolute steam train*. I looked up at the clock, he was cutting things fine to get under 2:30...

Let's leave Tim pounding his way to the finish and rewind four weeks. In most traditional marathon build-ups, four weeks out is considered the "peak week" – the highest mileage, the hardest sessions. This was, in a sense, true of Tim. It was the highest mileage, and it contained the hardest session. But it was also, pretty much, the *only* mileage and the *only* session. Tim edged up from his average of 55K a week to a titanic 66K, made up of a meagre three runs – track session on Tuesday, a jog around the park on

Thursday, and a two and a half hour long run on Sunday. Good stuff, no doubt, but you probably wouldn't bet the house that he was in the shape required to break the mighty 2:30 barrier. Tim's training was also disrupted off the back of a nasty bout of Covid, which had meant that, six weeks out, he struggled around The National in just under an hour.

Just a bit of perspective here. Including professional athletes, about 150 men run under 2:30 a year in the UK. In the main, they are serious, dedicated club runners, often in the best fitness of their life. Most people would say that you need to average about 120K, hitting your key sessions, especially your long runs, for 8 weeks minimum. Many people train perfectly, never miss a session, run high mileage, stretch, get 8 hours of sleep a night, lift weights, see a sports psychologist and generally organise their whole lives around running. And they never break 2:30.

Tim... Tim did not do any of that. He goes in for what we might call an 80/20 system – 80% esoteric rituals, 20% actual running. The cornerstone of his success appears to be living on canned sardines for a month before the race. He tweaks things by cutting out coffee for a fortnight before getting absolutely jacked on pro plus tablets about ten minutes before the start. He drinks a lot of beetroot juice. He occasionally has a dip in icy Brockwell Lido. Is there any evidence that this works? Yes. Tim Bowen. Should you try it? No. Obviously not. When most people eat a pack of Pro Plus tablets having not so much as looked sideways at a coffee for a fortnight, they run the risk of their heart exploding. Tim just calmly turned to me at the start line and said in a faraway voice, "I think I might take off."

So, to the actual race. Through the half in 1:14:51. Tim's got a 9 second buffer there, just in case the Pro Plus starts wearing off. Going through the 30K mark in 1:46:22,

he's extended the buffer to 12 seconds. Little bit of time in hand, but it's a razor thin margin. All it would take is a couple of slow KMs to derail everything. Tim needs to run 3 minutes and 33 seconds every KM from the 38K mark. So, here it comes. 38K 3:32. Great. 39K 3:36 – it's fine, plenty of time in hand. 40K 3:35. Again, a little slow, but no problem. 41K 3:41. Oh, no. The pace is slipping.

The margin has been erased. 42K 3:40. Well, it was a good effort. He went out bravely, he ate those sardines without complaint, but on the day, it just wasn't enough. It was a crazy dream, running a 2 hour 30 marathon off two runs a week. Too crazy. It cannot be done. Tim rounds the corner, he's on the home straight. Blinking back the tears, it's here that I catch sight of him. I look up at the clock -- surely not. Surely, he can't.

I make it a **67 second final 400** to polish the marathon off with 3 seconds to spare. I couldn't believe it. I still can't. I apologise for taking more space with this than is custom, but I think it deserves it: Tim 'Sprezzatura' Bowen **2:59:57**.



Shane O'Neill

Shane has historically had, perhaps, the opposite problem to Tim. He trains fantastically but (I hope he doesn't mind me saying) he has gotten a touch unlucky in races over the years. Following a frustrating 2021, with a bad back injury keeping him off the roads for a long while, Shane has built back better post-Covid

lockdowns. He was in the shape of his life this winter. As anybody who has been to track in the last couple of months has seen, Shane's work ethic has been paying dividends. I think it's also fair to say that he's grown in confidence over this training cycle. Certainly, from my perspective, in the nerve-y week or two before the race, Shane was a cool head and a sympathetic ear whilst I griped and fretted.

On the day, Shane set off very sensibly and settled into his target 2:30 pace. There was a decent group of runners looking for 2:30, including some familiar faces from the SE running scene – Tim was there, of course, as were a group of Kent AC athletes, and Shane stayed with them through the half in a spot-on 1:14:51. Shane kept in the group for about another 10K, and was bang on target at the 20-mile mark. Alas, like many a runner before him, his pace just slightly started to drop in the in the last 10K or so. It looks to me like the hills of Altrincham, coming at such a crucial point in the race, sapped some energy from him -- on a flatter course, perhaps he could have held on.

No matter, faced with a tough final 5K, Shane very impressively controlled the pace and kept the wheels on. It feels like you're running through gloopy mud when you start to blow up, and Shane showed enormous grit and determination to keep it together. Whilst not precisely the numbers he had hoped for, there can be no disappointment in an 8-minute PB, and a time that put Shane squarely in the Top

100: **2:34:02**. 2.30 can't be far away now, and he finishes this training cycle in totally different shape to where he was at before Christmas.

Jon Phillips

Jon had a superb training block. Coming off the back of a 72 minute half at Cambridge, Manchester looked like it could be an exciting race for him. With a

championship place secured from his half at Cambridge, it felt as though Jon has really broken through a big threshold with his running in this training cycle. However, he was going in with a bit of caution. An experienced marathoner, Jon has never quite managed to run an even split. As he put it in a text to one of the many DR Whats App groups: "I've had big positive splits in marathons to date, despite racing at the most conservative MP estimated by the various calculators, keeping injury-free during training etc. I feel confident pacing everything except the marathon." To which a cascade of "join the club" texts came through. The marathon is hard and mysterious, things can go wrong on the day without there being any clear reason why.

But at Manchester, Jon managed to find the unicorn of marathon running: *a negative split*. Unlike most other runners on the day, Jon started to crank up the pace after he came out of the hilly section. I saw him heading back the other way as he was going into Altrincham, and he looked incredibly chilled and calm running off the front of a small group. Fantastically, from this point all the way to the finish, Jon tore through the field, dropping the best part of 100 other runners. He even managed a sprint to the line down the back straight to the finish for a fantastic **2:36:09** and a hugely impressive 28th in his age category. Fantastic piece of running, beautifully paced, and one of the most successfully executed lead ins and races from the DR contingent at Manchester. Jon should feel very proud of this one.

Andrew Inglis

Andy had the most eventful race of the day. Training with Jon, Tim and Shane over recent months, he's another runner who has gotten himself into great shape – as proven by his 72 at Cambridge Half. Andy had been using Manchester as part of his build up for Berlin later in the year, and we're all expecting great things from one of our internationally competitive vets in that race.

But the word "vet" has more than one meaning. And on this occasion, Andy was using the more traditional one. Heading through 30K with a 2.35 all but in the bag, Andy was brought up short by a shocking sight. A badger, wounded in the paw, hiding in fear beneath a wheelie bin. Torn between nailing his marathon and protecting an animal in distress, Andy – whose deep and passionate commitment to the natural world is well known – was forced to stop. "You need a ride, little guy,"

he called out to the badger. Its wild, darting eyes were calmed, recognising in Andy a brother to all badger-kind. Wiping a tear of pure, liquid compassion from his eye, Andy scooped up the creature, and cradled it in his arms through the final kilometres, nobly sacrificing his race ambitions in the process.

I was amazed when Andy told me this story in the pub after the race. It's unfortunate that there is no photographic evidence of this profound act of humanity – I gather that the photographers were so moved that they put down their cameras to applaud Andy's selflessness. Shrugging with modesty, ("I just did what anybody would have done,") Andy sets his sights on Berlin (where badgers are less common) to secure a PB. Who can be off a **2:44:50** in such circumstances?

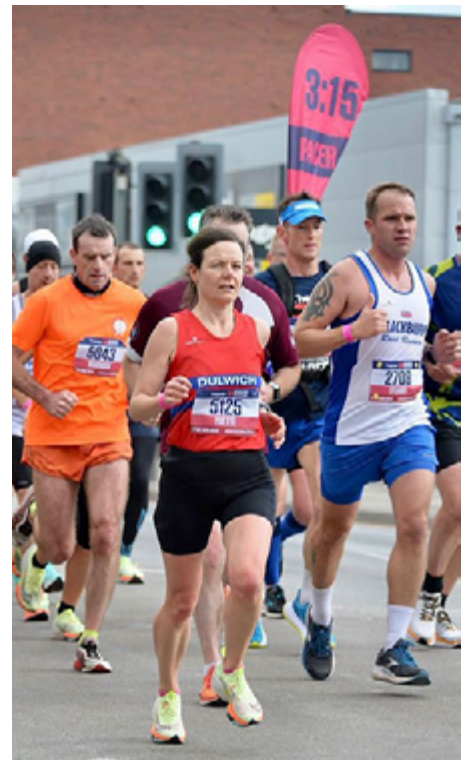
PJ

PJ wasn't sure exactly what kind of shape he was in heading into the race, training having been a tiny bit spotty, with an average of around 70K (mainly done at about 5 O'clock in the morning) in the weeks leading in. However, benchmarking his fitness with a 1:18 at Paddock Wood gave PJ plenty of confidence that all would be well at Manchester.

So buoyed by confidence was PJ that he bravely set off at 2:40 pace just five weeks later (that's 1:20 half pace for those who are paying attention, which is to say, roughly the same pace as his half at Paddock Wood). Fairly punchy, then, but with a potential Champs place at London in the offing, PJ was determined to run his hardest. Putting in a truly gutsy performance, he stuck with the pace right until about the point that Andy found that badger – somewhere between kilometre 32 and 35.

Despite being in the red zone, PJ gritted his teeth all the way to the finish, never truly blowing up and keeping things sharp. Stopping the clock at **2.46.04** shows PJ's incredibly high levels of general fitness, equalled only by his determination to finish the job when things get tough. It was a hugely impressive performance when considered against expectations, and I hope it encourages PJ to stop messing around on his bicycle and stick with running for a bit. It would be great to see him hit the track through the summer and see where his fitness can take him. A massive well done to him for grinding it out.

Yvette Dore



Next to break the tape was Yvette Dore. After a seriously solid build up, with all long runs and track sessions checked off, club secretary Yvette was in the best shape I can remember and was looking confident in the days beforehand. But as anybody who has run a marathon knows, and as other runs on the day prove, being in great shape doesn't always cut it – you need it to come together on race day.

With an ambitious goal of 3.15, Yvette was able to run in a paced group. Unfortunately, the pacer wasn't pacing particularly accurately and managed to go through the half a solid 90 seconds too fast, with most of this time being made up in the first 5K. Or, to put it another way, a recipe for a big old implosion at 20-miles.

However, Yvette's diligent training had prepared her for a tough day at the office and, despite being a minute ahead of schedule, she pushed the pace through the whole of the second half. At the 20-mile mark, Yvette took off, and ran off the front of the 3.15 group, winding things up for a big finish. I was lucky enough to catch sight of Yvette dropping a whole crowd of runners about 800m out from the line. She was totally in the zone, not hearing the cheers of the Dulwich men as she flew past us towards the final straight.

Yvette's huge finish meant that not only did she run a negative split, not only did she smash her goal by more than a minute, gaining a PB in the process, she *also* qualified for a Champs place at London.

A place in the Championship is a serious achievement, and I think it's worth reminding that this is not an age-graded standard – it is a marker set to find the fastest runners. 27th in category, and 150th Woman overall, for my money, Yvette's **3:13:51** was one of our best results of the day.

Des Crinion

I didn't have the opportunity to speak to Des, but this stalwart of Dulwich's XC team was on the start line to roll the dice across 26 miles last Sunday.

Des set off looking for a sub-3 hour marathon – a pace anybody who saw him over the country this season would have thought achievable. All was on track at halfway, which he went through in 1.28. Unfortunately, I think things got brutal for Des around 28K, with, I suspect, a bit of a pause to reset. A lesser runner might have knocked it on the head, but Des set off again, finding his legs and managing to bring it home in **3:23:52**. By his own admission the last few miles "weren't pretty", so congratulations to Des for sticking with it.

Helena Flippance

I didn't get chance to speak to Helena, but I understand via Strava that this was her debut marathon. Huge congratulations are due for a brilliantly executed first race! Helena ran even splits, going through the half in 1:46:44. Very impressively, she banked time between the halfway point and 30K, which was the toughest part of the course – overcoming the fearful mounds of Altrincham, Helena attacked the race as it headed back to the city. This good work through the middle meant that, when the distance really began to bite, Helena was able to ease up a little bit, without it hurting her overall time, a fantastic **3:34:56**.

Alice Williams



Just behind Helena came Alice Williams. Now, as mentioned, Des showed a lot of fight to get to the finish. But Alice showed a lot of fight to get to the start -- a bout of covid just before the race meant it was touch and go -- but Alice made the trip up to Manchester with a view to running the race without being overburdened by expectation.

Before this stroke of bad luck, Alice had a very solid and consistent build up, doing a much of her training in the UAE. Running in the ME provides challenges we don't experience in London. I'm thinking of the tempo session tagged "bit of a struggle in the sandstorm", or the red eye starts required to beat the fierce sun.

The tenacity to train under such circumstances put her in good stead for what proved to be a tough race. Unfortunately, Alice faced *another* challenge, this time due to a gel malfunction. Alice isn't the only Dulwich Runner to throw up on the streets of Manchester, but she had a nobler reason last week than I did back in 2008. Also, unlike me, she didn't whine to her mates until they put her in a taxi. Instead, showing enormous strength of character, she dusted herself off and ran the rest of the marathon. Despite a couple of stoppages, Alice's moving pace never

dropped off dramatically. It takes proper grit and fortitude to stick with it under these kinds of circumstances and so whilst it's true that it's not Alice's fastest race, it was a thoroughly inspirational performance. Most runners would pull the plug. Huge credit to Alice for refusing to. More than that, she still managed to run a very decent **3:35:00**, putting her in the Top 10% of female athletes. I hope to see her tackle the distance again soon, and race to her full potential.

Chris Sanderson

Chris looks to have had a race of two halves. He seems to have set out looking for a 3 hour marathon, and went through the 10K bang on target. He had eased up on this pace a little by the halfway point before, I think, walking it home from 30K. Not the easiest way to run a marathon, and must have been very tough out there, so another runner who deserves plenty of respect for getting it done. **3:50:01**.

Rhian Stansfield

Our final DR was Rhian Stansfield. Rhian ran a very solid race, setting off around 3:50 pace and not letting it slip too much through the first 30K. A slight deceleration in the last quarter of the race wasn't enough to deny her dipping under the big 4-hour mark, putting her roughly in the top quarter of female athletes on the day with a **3:57:51**.

*

And there you have it! As always, thank you to those who made the trip to support, thanks to all those who have coached and lead sessions, thanks to those who have ran with us during training, and thanks to you if you managed to get to the end of this marathon-length marathon report!

Jack Ramm

Vets AC 5K, Battersea Park

5 April

Mike Mann writes: This was the first of the Vets AC summer series at Battersea Park. Conditions were good with mild temperatures though slightly breezy.

Kay Sheedy, returning from a spell of injury was pleased with her performance, which was only 10 secs down from her best in 2021. My time was comparable with last year's performances at Battersea Park, though 13 secs short of my best. It was faster than recent parkrun performances, not a surprise given the fast course and where I am not at my best first thing in the morning unless I get up at stupid o'clock. Dave West had an excellent run, the first under 24 minutes for many years and faster than all his recent parkruns. Ros Tabor, competing in her first race since hip replacement surgery in January had a strong run, finishing 2nd W70 and was justifiably pleased with her run. She is making excellent progress in returning to top form.

Dave West writes: Like our co-Chair Ange, my favourite races tend to be off road, and an enjoyable 24:30 run last week in the Reigate Parkrun, over a cut down version of the XC course, suggested that I was in reasonable shape. However, I'd approached this Battersea race off the back of a hard training week, incorporating a 10-mile recce of Knole Park with an unplanned excursion into deepest

Kent (getting very lost in the surrounding hills), so I was feeling a bit jaded. Fortunately, Battersea is pancake flat and conditions were good, with only a slight crosswind at a couple of points to disturb the flow.

In this, the first of a series of 5kms and 5 milers, just over 100 runners and race walkers took part in the gun to chip timed event including a couple of 80-year-olds. Kay Sheedy was first W35 home in 24th place overall. I managed to stay with Mike Mann for the first kilometre before he began to open up a gap which grew to about 20 seconds over the next kilo. My last three kms were fairly even with a slight speeding up at the end. I managed to close the gap marginally, but Mike was well away and clinched the second M70 spot. Meanwhile Ros Tabor continued her comeback from surgery with a solid run after earlier dishing out the numbers. Andy Murray was on marshalling duties. Whilst still my fastest 5km since 2011, I didn't feel at my best which should hopefully mean that there is more to come at the next Vets 5km race here in August.

24 Kay Sheedy	18:43 (1st W35)
55 Mike Mann	23:33 (2nd M70)
58 Dave West	23:52 (M60)
72 Ros Tabor	28:03 (W70)

Kew 1/2M

10 April

Graham Laylee writes: This half marathon is part of the Richmond Runfest with a course taking in Kew Gardens and the Thames Towpath. The former was quite twisty, the latter narrow in places particularly where runners were passing in two directions and with the lead bike taking an unplanned detour soon after the start, most runners had the course 200-300m long.

The race was won by 2012 Olympic Marathoner Scott Overall with Finn Nugent having a great run to finish 4th in 75:28 just outside his PB. Sean Cordon also had a great run taking nearly 3 mins off his PB and looking in great shape for Milton Keynes marathon next month. Austin Laylee recorded another sub 90 and was pleased with his run, while Clare Norris had another consistent run to be first FV45. Graham Laylee, in his first race in the MV65 category improved on his Big Half 2021 time and Catherine Buglass ran to a good consistent pace and said she enjoyed her run

Finn Nugent	1:15:28 (4th)
Sean Cordon	1:16:54 (9th)
Austin Laylee	1:29:52
Clare Norris	1:36:49 (1st FV45)
Graham Laylee	1:43:11 (2nd MV65)
Catherine Buglass	1:55:11

Crystal Palace Canter 5k

5 April

With a Vets AC 5k race that evening, Numbers were down with only 2 club members participating on a mild breezy day.

Hugh Balfour	23:39
Claire Steward	27:03

English National Road Relays Sutton Coldfield

April 9

Steve Smythe writes: With no direct Dulwich involvement the only club participation was from members now second claim. Lewis Laylee ran the first leg for Herne Hill and had one of his best ever runs with a 26:48 for the hilly 5.3 miles which works out at 5:00 miling and his fifth mile was a 4:46! That enabled Herne Hill to be in the top five for the first ever time after 2 legs though they eventually faded to 25th.

Leith Hill 1/2M

10 April 2022

Claire Steward writes: You may never have heard of Trionium 'the hardest stuff known to man' – actually a series of tough races around the Surrey Hills organised by Dr Rob McCaffrey. These include the Knacker Cracker, Leith Hill Half (which is preceded by the UK Wife Carrying Race), the Midsummer Munro (half marathon with 3000 feet of ascent), the Picnic Marathon (two laps of the aforementioned Midsummer Munro) and Greensand Marathon. Sadly the two marathons no longer take place due to health and safety logistics, and trying to get volunteers to marshal the course now that sensible cut-off times are regarded as non-inclusive.



Wife-carriers negotiate the first of the hay bales

Persuaded by a friend, I entered on 16 March wondering how I was going to fit in some suitable training in 24 days. On 20 March I did 9.75 hilly miles (including One Tree, Blyth Hill, Hilly Fields and back) then next day awoke with the sore throat from hell followed by two weeks of hideous sinus infection. Then my brother came to stay for a couple of days, so more missed training. With one week left to go, on Friday I repeated the Hilly Fields run with an addition making 11 miles. Still able to walk I figured I would be OK for Sunday's race.



Race HQ is The Priory School, Dorking where we collected our numbers and tee shirts, which it was suggested we wear, featuring Ukraine's yellow and blue colours. Then we went to spectate at

the UK Wife Carrying Race. Contestants take part in pairs, one carries the other over a distance of 380 metres, starting on a flat section with lines of hay bales to be jumped or stepped over, followed by an uphill section before turning round for the descent, back over the hay bales, this time whilst having buckets of water chucked at them. The most successful pairs are likely to consist of a strong, fast man carrying someone who must weigh a minimum of 50k (weights are added if they weigh less). There are various techniques for carrying, with the majority favouring the Estonian Technique, and the passenger must wear a helmet. There is plenty of information and some great photos online as the race always gets lots of coverage. The winning pair (who confirmed that they are not actually a couple) will be heading off to Finland for the World Championship.

After all that excitement it was time for our race. The course is out-and-back, starting from The Nower with an ascent of the Greensand ridge and following trails with short road sections, turning around just after the Leith Hill Tower. Apparently there is no higher ground between Leith Hill and the Urals. The time passed happily enough and at 4.5 miles the leader came flying towards me then a steady stream of runners with most shouting encouragement for those of us still toiling towards half way. On my return it was heartening to see that I was nowhere near last but I did lose time when I was cramping a couple of times. I managed a reasonably energetic descent to the finish where I received my medal and bottle of Surrey Session Pale Ale brewed in Reigate at the Pilgrim Brewery. Hot shower and a full English breakfast in the school are included, although I personally couldn't face a plateful of fried food.

Winner: 1:28:39
Claire: 2:32:26
Final finisher: 3:05:39

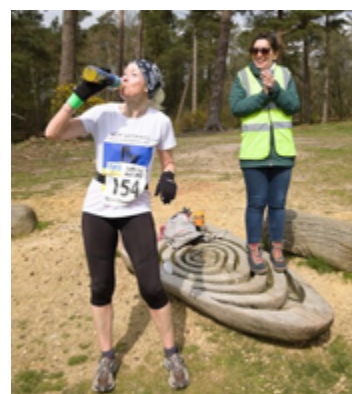
None of the other five Herne Hill long legs could break 28. Lewis was quicker than three of the winning Tonbridge team.

Clare Elms has always wanted to compete in this event and had to change clubs to do so.

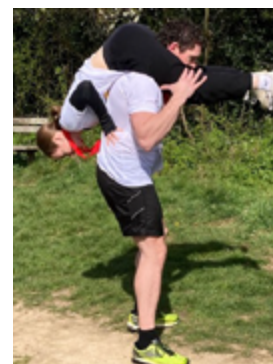
Unable to train after her previous week's half marathon and feeling a little dizzy she wasn't at her very best but with a well-paced run moved Kent up two places on leg three with a 19:03 for the 3.165 miles which represents 6:00 miling for the well over 5km lap of the park.

She was in the top 20 overall leg times on the four short legs and quicker than half of the winning Salford runners as Kent finished in their best ever seventh place.

While many teams were not at their very best and had people missing still over 80 teams participated in the two races and had people who had run marathons or half marathons the week before.



Turnaround at half way



The winning pair demonstrate the Estonian Technique hold

To have your results here ...update your parkrun profile to show Dulwich Runners AC as your club.
If you are no longer a member please remove DR as your club.

Banstead Woods

161 Ran
Pos Gen
10 10 Tony Tuohy 20:25

Beckenham Place

211 Ran
Pos Gen
71 60 Michael Mann 25:18

Brockwell

269 Ran
Pos Gen
1 1 Aaron Wilson 17:21
48 41 Stephen Trowell 22:19
59 48 Hugh French 22:51
87 14 Lucy Pickering 24:11
109 80 Martin Wagner 25:02

Bromley

449 Ran
Pos Gen
146 123 Justin Siderfin 24:41
190 153 Colin Frith 25:48

Burgess

371 Ran
Pos Gen
53 46 Martin Kelsen 20:50
167 22 Shoko Okamura 25:29

Catford

130 Ran
Pos Gen
1 1 Kevin Chadwick 18:13

Clapham Common

579 Ran
Pos Gen
34 26 Des Crinion 19:56
256 144 Ian Sesnan 25:47

Crystal Palace

256 Ran
Pos Gen
33 3 Yvette Dore 22:11
38 4 Emma Benyon 22:42

92 16 Katharine Bond 24:53

Dulwich

395 Ran
Pos Gen
1 1 Ben Howe 16:01
26 23 Mark Callaghan 18:41
55 48 Joe Wood 19:59
56 6 Kay Sheedy 20:02
57 7 Polly Warrack 20:04
66 53 Tommy Fernandez 20:23
69 55 Robert Tokarski 20:42
135 100 Sum Mattu 23:06
136 101 Chris Lawrence 23:06
156 114 Barrie John Nicholls 23:46
206 60 Lindsey Annable 25:33
354 183 Bob Bell 32:03

Foots Cray Meadows

51 Ran
Pos Gen
8 8 Dave West 24:08

Haga

88 Ran
Pos Gen
62 52 Paul Collyer 29:07

Highbury Fields

260 Ran
Pos Gen
54 7 Harriet Roddy 22:49

Hilly Fields

160 Ran
Pos Gen
25 3 Emma Ibell 22:16
33 29 Hugh Balfour 23:09

Monsal Trail

169 Ran
Pos Gen
26 25 Dan Hill 22:12

Parke

73 Ran
Pos Gen

10 2 Kim Hainsworth 23:39

Peckham Rye

225 Ran
Pos Gen
1 1 Ed Gibson 16:45
4 4 Joe Farrington-Douglas 18:23
9 9 Michael Nogas 19:58
43 36 Wander Rutgers 22:53
47 7 Madison Newey 23:02
58 47 Lee Wild 23:49

Riddlesdown

129 Ran
Pos Gen
35 7 Ange Norris 25:41
126 66 James Wicks 56:11

Roundhay

264 Ran
Pos Gen
80 9 Madi Robinson 24:16

Shrewsbury

435 Ran
Pos Gen
29 27 James Auger 20:15

Southwark

285 Ran
Pos Gen
206 130 Paul Keating 29:01

Springburn , Glasgow

111 Ran
Pos Gen
6 6 Jonny Hough 19:05

Sutcliffe

155 Ran
Pos Gen
24 22 Ross Rook 21:05

Tooting Common

383 Ran
Pos Gen
2 2 Hugh Stobart 18:09

Put a spring back in your stride with a Sports Massage.

Ola Balme is an experienced Sports Massage Therapist and DR club runner. - For more details - 07506 554004
www.hernehillsportsmassage.co.uk

Dulwich Runners

For the latest results, personal and club records, leaderboards and runners stats, championships standings and awards, please go to:

 app.dulwichrunners.org.uk

Feedback and requests:  ceccolini@gmail.com

Please check your profiles on [Power of 10](#) and [Parkrun](#) are properly configured, so your results can be included automatically in the [DR App](#).



SUSTAINABILITY AND RUNNING SHOES

As a club we have been looking at steps we can take to improve our sustainability. - With useable shoes **ReRun** <https://rerunclothing.org/> will sell them for a small amount on their website, or donate them to people in need, including refugees and people in developing countries, who can use them as normal shoes.

We will collect used shoes on Wednesday 20 April 2022, 6:30 - 10pm, at the Club House.

A big “Thank You” to all the ones who already donated their used shoes. Please wash your shoes, tie each pair together using their laces. We will collect used shoes on a regular basis in the future and deliver them to ReRun or similar initiatives.

- Thanks for your help! - to get involved with our sustainability efforts, or if you have any questions or suggestions, contact: ceccolini@gmail.com

What Can We Do?

While we wait for big brands to use more sustainable materials, and to take responsibility for the recycling of their shoes when they reach end of life, we can:

- Use our shoes as much as possible (obvious)
- Return them to manufacturers or shops when we buy a new pair (in the rare cases when such a scheme exists, e.g. <https://www.runnersneed.com/about-us/recyclemyrun.html>)
- Donate our shoes to someone who can use them, for running or as normal shoes

DULWICH RUNNERS KIT

Vests £18 each
T-shirts short sleeved £20 each
T-shirts long sleeved £22 each
Socks £5 pair
Buffs-snoods £6 each



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



Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com

Socks only £5



Buffs-snoods - only £6
An ideal face covering!



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



The Beast from the East!
It's always on the way!.. be prepared..get
yourself a bobble hat £15

! Available now!
Women's "Racer Back"
vests - £25

For all club kit enquiries: ros.tabor49@gmail.com



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces & hoodies.

Just click the link to the Dulwich Runners shop and purchase directly.

<https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html>

any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer Map C

13.9 km / 8.6 miles - 127m gain

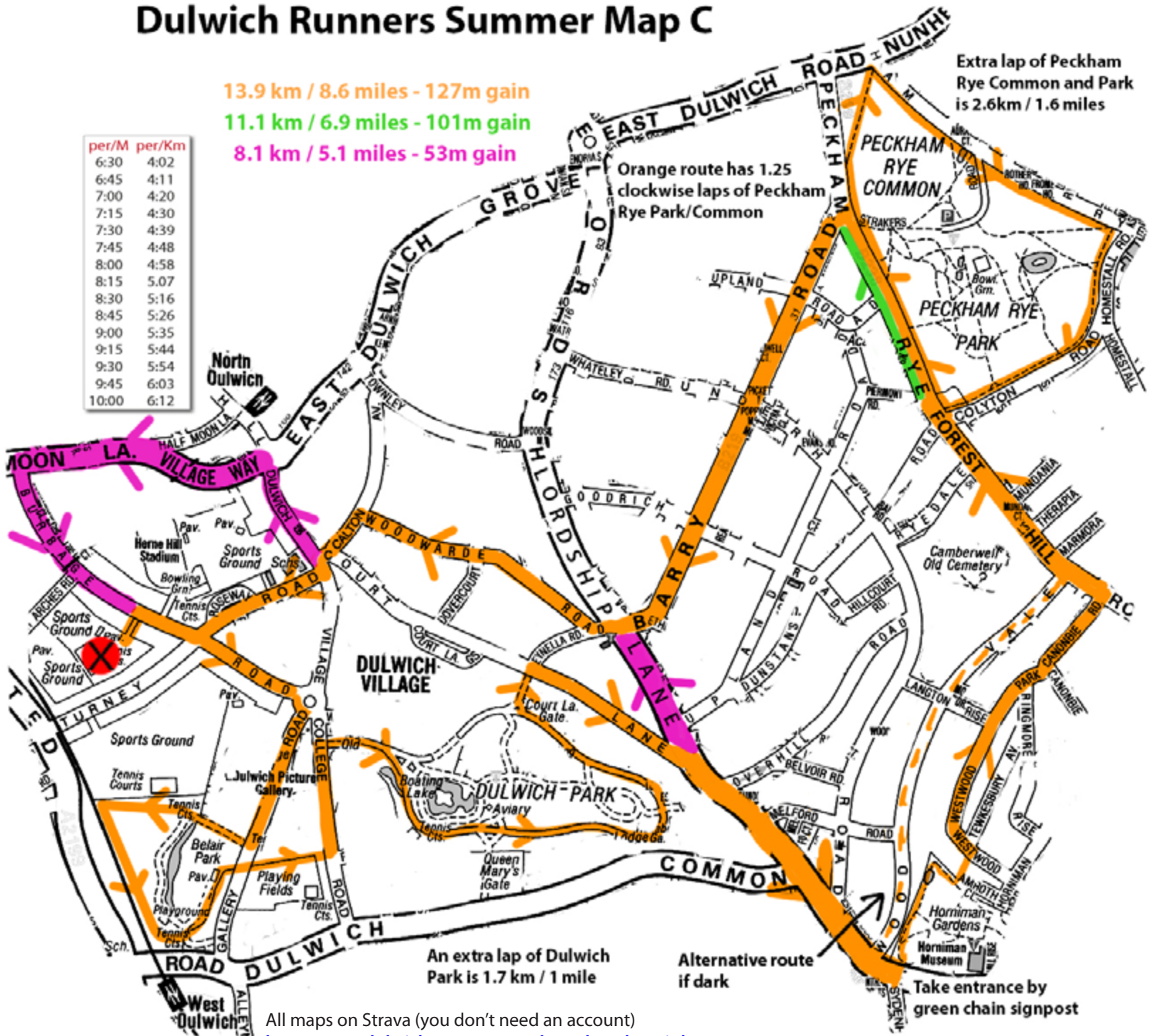
11.1 km / 6.9 miles - 101m gain

8.1 km / 5.1 miles - 53m gain

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

Extra lap of Peckham Rye Common and Park is 2.6km / 1.6 miles

Orange route has 1.25 clockwise laps of Peckham Rye Park/Common



An extra lap of Dulwich Park is 1.7 km / 1 mile

Alternative route if dark

Take entrance by green chain signpost

All maps on Strava (you don't need an account)

<https://www.dulwichrunners.org.uk-wednesday-night-routes>