



# SHORTS

Dulwich Runners AC

Weekly Newsletter

May 16th 2018

## These are your SHORTS,

Please send your reports, running news & anecdotes to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

### Wed 16 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD  
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

### Tue 22 Dulwich College track, College Rd.

cost £2 per session - Start with a warm up at 7:10pm then 1st part of session will be on grass, 2nd on the track. - page 2 for more details

## In your SHORTS this week !

- 1 General information
- 2 Social events etc
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- 5 Fixture list, 2018 Club Champs and all other races
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*And much more !*

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our website: [www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

Connect with us:



## TRACK SESSIONS

Tuesdays At Dulwich College track on College Road.

Cost is £2 per session

Warm up taken by **Elkie Mace**, various drills and stretches etc will start around 7.10pm..

The main session taken by **Steve Smythe** will start on grass and move on to track and is more suitable for all levels of ability than the Crystal Palace sessions.

## Thursdays 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](mailto:steve.smythe@athleticsweekly.com) to go on the mailing list

## ----- EVENT HORIZON -----

*A brief look ahead*

May 23 Beckenham Team Relays

jun 7 Assembly League - Battersea Park

## 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**.
- The money is to help pay for clubhouse hire, map printing, club costs etc.
- We use the register to compile the new runners' rota, so please write legibly.

Thank you. - Ros



Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota. **Thankyou to Mike Mann, and Claire Barnard's group for running with new people last 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

**Katie Styles**

Ros Tabor

Cameron Timmis

**16/5**

23/5

30/5

## Wednesday Night Map

This map for this Wednesday's runs can be found 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

We are in the process of putting the maps onto Strava (you dont need an account)and links can be found here:

<https://www.dulwichrunners.org.uk/summer-route-4/>

# SOCIAL SPOT

P  
O  
T

*Upcoming events.*

## Dulwich Runners

### The Night Of The 10,000 Metres PBs Saturday 19th May

Highgate Track, Free entry, and chance to watch some top quality athletics, including the qualifiers for the European Championships.

Details to follow, but will include a visit to the beer tent. Likely meeting time 5pm

### Dulwich Hash House Brewery Run Saturday 7th July.

Back by popular demand after the success of last year. A social run visiting various local breweries and pubs in South London over approx 6 miles. You can walk/ run/ get the bus between various venues while enjoying a drink or two. Activities will include the Barry Graham dash !

## 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 **£6.50**

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)

## 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](mailto:ola.balme@btinternet.com)

[www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)

## Photographs needed !...

If anyone has any good recent photos of Dulwich Runners in action either on the race course or at the pub (or dance floor for Ajay) for inclusion in the brand new website, please could you send them to:

[jonathanwhittaker79@yahoo.co.uk](mailto:jonathanwhittaker79@yahoo.co.uk)



Instagram

Dulwich Runners are on Instagram.

So if you would like to see any of our Dulwich Runners photos destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, Yvette Dore or Jonathan Whittaker who will take care of it!

The Instagram feed will be linked to our new and upgraded website - more on that soon.



## NEW KIT – BUY ONLINE DIRECT FROM THE MANUFACTURER

We have set up an arrangement with pbteamwear to provide showerproof jackets and mid-layer training tops. You just click on the link to the Dulwich Runners shop: <https://www.pbteamwear.co.uk/athletics-clubs/dulwich-runners.html> and purchase directly. any questions contact Ros at: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



### Showerproof Team Jacket

Full Zip Multi Purpose Club Jacket. Unisex Fit, Chin guard, Concealed hood. Drawcord system, Durable water repellent textured fabric, Inside pocket. Mesh lining. Scooped hem, Generously sized



### Pro Mid Layer 1/4 Zip Top

Technical Mid layer Pro 1/4 Zip Training Top, 220gsm 4 Way stretch matt finish / full dull polyester outer Scooped hem dropped back, Soft touch anti - pill fleece reverse

## 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
Bufs/snoods	£6 each

Most kit is usually available  
Wednesdays at the club from Ros  
[ros.tabor49@gmail.com](mailto: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.



Socks only £5



Bufs/snoods - only £6

## HOODIES...

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros



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

## Club Championship 2018

The club championship in 2018 consists of 9 races at various distances during the year at which members are encouraged to take part, to maximise competition and team spirit amongst all abilities. The full rules for 2018 will be on the club website shortly.

**A series of club medals is awarded for each event:**

Overall age-graded, 1-3m, 1-3w, 1m&w40, 1m&w50, 1m&w60, next best m&w age graded, captains' award

**Also there are age group points competitions for the year – medals for top 3 in each category**

- **5 events must be completed** including at least one long and one short, best 5 scores for the year to count;
- **Age groups** -senior men, women plus 40's, 50's, 60+'s age groups for each
- 50 points for 1<sup>st</sup> in age group in each race, 49 for 2<sup>nd</sup> etc. Plus one point per event completed.

**Plus an overall age graded competition for the year -medals for top 3, plus for 5 events completed**

- uses World Masters Athletics tables for men and women at each age – score is basically world best time for sex/age as a percentage of runner's time; then this %age x 1000.
- **5 events must be completed** including at least one long and one short, best 5 scores for the year to count;

**Fixtures (make sure you enter in good time - see event websites for 1 mile and long events)**

### Short

3 Feb Dulwich Parkrun 5k (71 DR's ran)  
7 Jun Battersea Park Assembly League 5k  
27 Jul SOAR 1 Mile London Stadium, Stratford  
15 Sep *tbc* Beckenham Place Parkrun 5k  
24 Nov Beckenham Place S of Thames XC 5m

### Long

24 Mar Run Through Hyde Park 10k (28 DR's ran)  
8 Apr Paddock Wood Half Marathon  
22 Apr London Marathon (or any certified marathon up to 24 Nov)  
30 Sep Middlesex Victoria Park 10k



## DULWICH RUNNERS A.C. SUMMER RELAYS AT DULWICH PARK

## Dulwich Runners Midsummer Relay 2018

The date for this year's 3 x 1 mile relay in Dulwich Park is Wednesday 27 June.

**This is the major fundraiser for the club** so I hope you will all do what you can to publicise it with your friends, family, work colleagues etc. The more teams we have the better the event will be.

This year the relay is being held in memory of Gill Johnson, a member who sadly died of cancer last Autumn. A portion of the entry fee will be sent to the hospice which cared for her.

If you can't run, then your help will be needed.

Entry form on our facebook page:  
[www.facebook.com/groups/2409157697/](http://www.facebook.com/groups/2409157697/)  
or at the back of Shorts

Thanks - Ros Tabor [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

# 27.JUNE.2018

3 x approx. 1 mile lap

Entry forms and race details from  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)  
or [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

Entry: Race starts at 7.30pm  
£15 per team  
(Limited entries on the day)

7.00pm children's 1 mile fun run  
£2 per child

[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

## Children's Fun Run at the Midsummer Relays 27 June 2018

Perhaps due to the fact that my Personal Bests resemble those of a small child, I have been asked to organise the Children's Fun Run at the Midsummer Relays on 27 June 2018. With this in mind please can anyone with children at a local school please try and drum up some support at the school by e.g. having something put into the school newspaper, putting up a poster on a noticeboard, placing something on a WhatsApp group or social media, speaking to the PE teacher and/or just generally trying to spread the word. Similarly if you have a nephew, niece or a family friend with children aged 4-14 please can you try and encourage them to attend. If you are able to make contact with a school, please can you let me know so I can try and ensure that most of the local schools have been approached in some way or other. My email is [hughfrench@hotmail.com](mailto:hughfrench@hotmail.com) - 07980 114467. Many thanks. Hugh French (28.53.42 5K runner)

# DULWICH RUNNERS 2017/18 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.*

2018		Race	Venue
May	21	Blackheath & Bromley Open Meeting	Norman Park
	23	BMC Meeting	Eltham
	23	Beckenham team relays	Beckenham Place Park
Jun	3	Surrey Masters Champs	Ewell Court
	7	Assembly League (incorporating 5k club champs)	Battersea Park
	11	B&B Open Meeting	Norman Park
	13	Dino Dash Relays	Crystal Palace Park
	20	BMC Meeting	Eltham
	24	South of England/VAC Champs	Battersea
	27	Dulwich Runners Midsummer relays 3 x 1M	Dulwich Park
	30	HHH Open Meeting	Tooting
Jul	5	Assembly League	Tottenham Marshes
	7	BMC Meeting	Eltham
	13	Mark Hayes Memorial Mile	Dulwich College Track
	16	B&B Open Meeting	Norman Park
	18	BMC Meeting	Eltham
	27	SOAR Mile (track) (S) (Inc. club champs mile)	London Stadium, Stratford
Aug	2	Assembly League	Victoria Park, Hackney
	13	B&B Open Meeting	Norman Park
	15	BMC Meeting	Eltham
	25	HHH Open Meeting	Tooting
	30	Assembly League (note new date)	Beckenham Place Park
Sep	15	(or alt. early autumn date) Beckenham parkrun (S)	Beckenham Place Park
	23	Southern 6/4/3 stage road relays	Crystal Palace Park
	30	Middlesex 10k (L)	Victoria Park, Hackney
Nov	24	(date tbc) South of Thames 5 mile (S)	(tbc)

Road & other Cross country Club Champs Assembly League Track

## 2018 Club Championship

2018 club championships races (subject to a few dates and venues tbc) are now in the fixture list above. The marathon, 1/2M and two 10k races are classified as long races, with the remaining 5 short.

**You must have renewed for 2018/19 in order to run and compete as a Dulwich Runner in the club champs**

## CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like to have more coaches. The club has a policy of contributing to coaching costs. There are various levels of qualification and different pathways which can be followed.

Details are on the website: [www.englandathletics.org](http://www.englandathletics.org)

Our current coaches (Steve Smythe and Elkie Mace) have agreed to help or advise interested members.

If you are interested please contact me or another committee member. [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

Thanks - Ros

## SOAR Mile

a week later than expected on Friday 27 July (not ideal but we'll have to go with that) and at the London Community Track next to the Olympic (and West Ham) Stadium. Entries will be open in the next week or so.

## Summer Training

While some people seem keen on doing events that while may be fun and rewarding and having good scenery, will remove any possibility of them ever fulfilling their potential or utilising their speed.

In my view the summer should be used to recover from the winter endurance races (if done) and making the most of the warm weather to improve speed and speed endurance.

This should mean you will run faster at the mile and 5km, which ultimately will make you a better runner at all distances at the end of the summer.

This is my suggestion for the next few weeks. It doesn't have to be full of miles at this stage of year.

Note Bruce Tulloh ran a sub-14 minute 5km off 30 miles a week, 60 years ago.

The key is to do enough to hold the endurance built up over the winter but staying fresh and improving the speed and keeping sharp.

Wed May 16 50 minutes relaxed  
 Thur May 17 either tempo (alternating 30 minutes at HM, 10k and 5k pace) or short rep speed (focusing on mile speed in 75 second reps)  
 Frid May 18 4M easy with 6 x strides over 150m increasing pace on each  
 Sat May 19 Parkrun (ideally off-road) or hills  
 Sun May 20 Slow 70 mins  
 Tue May 21 speedwork - focussing on 400m length reps at mile pace  
 Wed May 22 Beckenham relays

## 2019 London Marathon Good for Age Places Qualifying

*Extract from the website – nb changes to times, ages and no longer a guarantee, particularly for men just inside their qualifying time.*

You will be eligible to make a Good for Age application for the 2019 Virgin Money London Marathon if you achieve the qualifying time [at a certified marathon] between **1 January 2017** and **10 August 2018**.

The Good for Age qualifying times for the 2019 Virgin Money London Marathon are:

Men	Time (in hours)	Women	Time (in hours)
Age 18-39	sub 3:00	Age 18-39	sub 3:45
Age 40-44	sub 3:05	Age 40-44	sub 3:50
Age 45-49	sub 3:10	Age 45-49	sub 3:53
Age 50-54	sub 3:15	Age 50-54	sub 4:00
Age 55-59	sub 3:20	Age 55-59	sub 4:05
Age 60-64	sub 3:45	Age 60-64	sub 4:30
Age 65-69	sub 4:00	Age 65-69	sub 5:00
Age 70-74	sub 5:00	Age 70-74	sub 6:00
Age 75-79	sub 5:15	Age 75-79	sub 6:20
80+	sub 5:30	80+	sub 6:40

Please note: If the number of Good for Age applicants exceeds the number of places available, then the qualifying time will be reduced evenly across the age group categories listed above until 3,000 runners of that gender are accepted.

### Club Championship Marathons reminder

**-Please ensure your DR membership is paid up for 2018/19**

-Arrange for a report or results to be sent to Shorts (London results should be covered but reports welcome)

- after a few days check with your athlete page on Power of 10 that they have picked up your result; if not, submit it to them, this helps ensure the marathon ranking for the club on Power of 10 is complete.

*Andy Murray*

## Assembly League 2018

The assembly league is a series of 6 inter-club races held each month on Thursday evenings from April to September. The dates appear in the fixture list. The races are all about 5k, with the June fixture in Battersea an officially measured 5k distance. The emphasis is on positions in the race rather than times.

Two races (including the first one) are multi-terrain in Beckenham Place Park; two on paths in Victoria Park; one on paths in Battersea Park; and a new venue for this year – Tottenham Marshes. There is an Assembly League facebook group, or you can ask one of the club captains for information.

The races are free to all club members and runners of all abilities are welcome. Men and women run together. There is no need to pre-enter. Just turn up, sign your name and pick up a number to pin to your club vest.

At the end of the season there are men's and women's trophies. At each race the first 4 men and women score for



their club's A teams and the second 4 for the B teams. The teams with the lowest cumulative scores win. There are also individual medals for the 1st 3 runners in each 5 year age group.

The races are very friendly occasions and club members often follow them with a social drink in a nearby bar or pub. I hope Dulwich Runners will have a large presence at each fixture. - *Ros Tabor*



### Saturday and Sunday 19th & 20th May 2018

See the website - [www.greenbeltrelay.org.uk](http://www.greenbeltrelay.org.uk) for full details

We have one team for 2018, so we won't be able to get any more. If you're keen let me know by email or on a Wednesday evening. I'll put people into the team on a first-come-first-served basis then have a list of reserves.

**NB Reserves needed.** We now have a complete team and the event is now full with 50 teams entered

**But - injuries, work, family commitments and stuff just happens and every year we call on reserves. So that's what we need now, a few people who could put their name down just in case, so I don't have a to panic**

Ange - [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

If you require any further information about any races in Shorts then contact your respective captains:

**Men Xc:** [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

**Men road:** [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)

**Ladies:** [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## Beckenham team relays

Wednesday 23rd May @ 7:30pm.

These ever popular and fun relays are nearly upon us again! They can fill up quite quickly with a record number of 122 teams competing last year. DRs alone fielded 11 teams, so let me know via [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk) or FB comment if you'd like to take part.

We can put teams together and I can enter all teams together online.

Payment is on the day in cash, £5 per person.

Men's, women's and mixed teams of three compete for prizes. Each leg is an undulating 2.6 mile lap on roads and paths, starting and finishing by Beckenham Place Mansion (same as Assembly league finish, so another chance to enjoy that final hill :)

## Mark Hayes Mile

13 July

This event is in memory of Mark Hayes who was club mile champion back in the 90s and in whose memory we hold a series of races every July at Dulwich College track.

It should provide excellent preparation for those planning to run the club champs SOAR Mile, expected to take place at Battersea track on 20 July.

Further details about arrangements including a social function afterwards will appear later. - *Mike Mann*

# Race Reports & Results

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

## Chase the Sun 5k Olympic Park

9th May 2018

### aka Becca and Des' mission to a sub20mins 5k

During marathon training when chatting to my friend Des, he kindly offered to pace me to a sub20mins 5k which I gratefully accepted. After my big marathon disappointment, this would have been a much appreciated achievement.

On the day, my attitude was to give my best and get as close to the 20min mark as possible, not really expecting to crack the 20mins. I had a headache, had forgotten to bring a hair tie and the wind was picking up all leading to a not very optimistic Becca.

Des however took his role very serious and once we set off at the front of the pack checked his watch every few seconds (slightly irritating me) and even did his best to shield me from the wind. The course was fairly flat with a few ups and downs and some turns. After the first

out of 2 laps we were spot on time but I was worried I wouldn't be able to keep up the pace as I was already working hard.

Des constantly tried to motivate me and worrying we wouldn't make it tried to get me to speed up with 700m to go... I said I couldn't just then but managed to pick it up and overtake one runner with maybe 300m to go just to finish with 19:49 on the clock! I couldn't believe it and was just super, super happy...almost as happy as Des!

It's been a great motivator and I have been overwhelmed by all the kind words and congratulations I have been getting for this from the club. Thanks everyone it really means a lot. And thanks Steve for your support and training plans. I am looking forward to concentrating on the shorter distances which don't require

me spending my Sundays running around London for 3hrs....

It was also great to meet a Clapham Chaser at the start line who said she was there to win the 10k in sub36min and win the race she did – in 34:39mins – over one minute ahead of the first male!

5K – 223 ran

1st overall 15:52

1st female 18:47

13 Rebecca Schulleri 19:49 3rd F



## St Neot's Triathlon



I did my first triathlon of the year on Sunday. It was an Olympic Distance (1.5k Swim, 40k Bike, 10k Run) at Grafham Water. There was a late venue change last week due to flooding at St Neots. It also happened to be an Age Group World Championships qualifier so there was a lot of people trying to qualify for team GB which meant a good standard and deep field of talent.

My swim and bike were as good as I could have expected after a few months of marathon training. Both need work but I came off the bike feeling good and managed to pass 16 people on the run with a 39minute 10k. I actually ended up finishing with a PB of 2hours 11minutes so all around a good start to the race season!

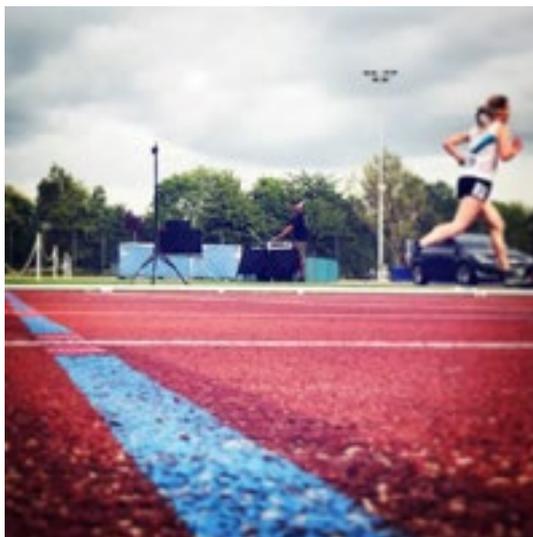
Des Crinion 2:11:00



## London 5K Fest Lee Valley

Wanting to capitalise on a good run at the Assembly League and have an official race under 18 minutes on power of 10 I entered the 5k fest at Lee Valley on Wednesday 9 May. It was advertised as something similar to the Night of the 10000 PBs and SOAR Mile. They had a resident DJ on the decks - didn't catch his name but he turned out various EDM choons which was great for the warmup but as always when running fast I couldn't tell you a single song he played when racing as I just got into a zone and blanked out the noise and focussed on 1 lap at a time.

Preceding my race was a super quick mile with the winner clocking 4:02 so no pressure. Having done a pretty measured 3000 a few days before with no stamina issues I attempted the same method albeit 5-6 seconds per minute slower. All good until 3200m and then as often happens



with me, energy levels plummeted and was dropped by my group in 1 lap. Managed to hold it together and record 17:38 which is a 5000m PB as I have never run that distance on the track! The winner managed 16:52 and then there were some quicker races after me.

In terms of the event it didn't hit the mark of either SOAR mile or Ladywell 10000 - partly as Lee Valley is so far away from civilisation (a bus ride from Edmonton) - there were few fans and there wasn't really that many races. I think as an evening event it could work at a better appointed track or maybe someone like Kent AC could

do a 10-5-10-5 etc mash-up.

Anyway I think this confirmed that 1500-3000m is my natural event! But I will still keep trying and maybe with training who knows...

8 Jonathan Whittaker 17:38:74  
17 ran

## Eastbourne Trackstar Marathon

13/05/2018

I signed up for the Eastbourne track marathon when the first rumours surfaced that the VLM was going to be a bit warm. Positives - flat, not far from London, could toddle off to the side and go home if imploded. Negatives - potential for boredom and drudgery. Thankfully London didn't end in meltdown, but seeing as the weather was good, and I felt reasonably rested, I decided to give this a go anyway.

I was a little concerned about whether the track would be crowded - entries were capped at 80 (5 metres of track space each) and race instructions were that the lane 1 was the racing line, so overtaking had to be on the outside. It did seem a little busy at the start, but by the time the first overtaking was needed a few laps

in, it was clear it wasn't really going to be an issue - numbers appeared to be 60ish, and people were running in bunches, so there was plenty of clear track.

After the first few laps I then tried to settle into the target of 105.5 91 second laps (goal of dipping under 2.40). While the organisers were logging everybody's laps, they wouldn't be providing a running total, and were only going to announce when you were approaching your final lap. This meant hitting the lap button every 400 metres (GPS apparently being inaccurate around the track), but it helped provide some focus, and gave pretty constant feedback on pacing.

The first half passed uneventfully - pace was a bit quick, and I went through half in 1.18 something. Surprisingly it wasn't all that boring. The organisers had a sound system set up with themed music (Road to Nowhere, Born to Run, etc) which wasn't terrible, and with lapping people it was possible to have intermittent

conversations.

About mile 17-18 the 88-90 second laps started turning into 92-93 seconds. I continued happily enough until mile 22-23, when the old problems of cramp caught up with me. Had to slow to 105 second laps to manage them (oddly on my right calf, not my left) and was relieved to jog over the line. I missed out on sub 2.40, but very happy to finish in 2.41.53. Now just need to do it properly on the road and find a way of not cramping...

I know it isn't for everybody, but a track marathon isn't as bad or as boring as it sounds - it's a chance to stretch your legs in the knowledge that if it all goes wrong there isn't a long and miserable trudge to the finish line, and there is a sort of manic glee in clocking off the laps. Probably wouldn't do another in a hurry though.

Ed Chuck 2:41:53

# Kent Championships Ashford

May 12-13

## Saturday: Senior 5000m

Clare at 54 became the oldest ever winner of a Kent track title in usually still conditions at Ashford's exposed track.

Clare won the 5000m title in her first track seasons back in 2007 and 2008 and here was up against younger opponents who she knew she was faster than but would almost certainly mean a solo run. With a sub-18 minute target, she followed the early leader for a few laps and then pushed on and was slightly ahead of schedule at 2000m and 3000m.

However, she was thrown with a few laps to go as the lap counters were showing for the men in the race who had lapped her (and were changed as soon as they passed) and at 4000m (still ahead of schedule) she slowed when she realised she had a kilometre to go when she was sure she had just 600m to go.

She then slowed up significantly and though picking up with 200m to go, had to settle for 18:04.46, which is easily the quickest by a W50 in Britain this year and gave her the gold by over a minute.

While it was the slowest of her 5000m track races, in age-graded terms it was the best at 97.45% with clearly more to come in a better race situation and more training.

1 Clare Elms	18:04.46
2 Amy Leach	19:07.02
3 Roseanna Temple	20:02.65

## Saturday: U20 800m

While her Mum has won masses of county golds, Lucy had yet to win an individual medal but boosted by some good speedwork with her Blackheath Harriers track group, she felt sharp enough to start unusually fast and for the first 300m matched junior international and south of England 1500m champion Chloe

Sharp. Through 400m well inside 70, as Sharp pulled away Lucy began to slow and in the straight she was overtaken by English Schools 1500m seventh placer Lara Atkinson, who had paced it better and had been two or three seconds back for much of the race.

Lucy held on for a clear third but as she slowed in the straight she missed her PB by just 0.11 of a second. While in retrospect, she could have run quicker with a slower first lap, it was good practice.

1 Chloe Sharp	2:15.20
2 Lara Atkinson	2:24.38
3 Lucy Elms	2:26.40



## Senior 1500m: Sunday

Clare was not sure about running her first 1500m in two years and only decided to go on the long trek to Ashford for the second time in 24 hours when Lucy said she wanted to race.

Though a little tired from her previous races (Thursday league, Ted Pepper 10k on Monday, the 5000m and two hard sessions on Tuesday and Thursday), she pushed on strongly through the middle laps and broke clear of her senior rivals.

She still looked sure of senior gold again when she about four seconds clear at the bell and entered the straight with a 10-metre lead. However, not aware she was being closed down, and the race probably catching up with her, she was run down in the last 10 metres by a younger rival, who is training at St Mary's University and had not raced the day

before.

While Clare was disappointed to come second, the time was encouraging after a long break and again her 4:53.99 was easily the quickest by a W50 in Britain this year.

It's worth noting for next summer that the British W55 record is 4:57.4 - Clare already holds the W45 and W50 marks and the world record of 4:51.26 should also be attainable if Clare can stay fit and do more speedwork

1 Anna Weston	4:53.21
2 Clare Elms	4:53.99
3 Amber Reed	5:05.70

## U20 women 1500m: Sunday

The two junior athletes who had beaten Lucy at 800m were amongst the best in Britain at 1500m and while Lucy could have followed the 800m runner-up over two laps, it was not feasible over almost double the distance and so Lucy settled back behind some of the seniors who were in the combined race.

Lucy looked well on target for her first sub-5 as she pushed past the senior bronze medallist late on but she had used up a lot of energy getting past the senior who had surged and balked her and was unable to finish with her usual kick and again just missed her

PB but did win her second medal of the weekend and encouragingly for the future, she beat the senior bronze medallist, with certainly hopefully faster times to come when she has got her exams out of the way.

1 Chloe Sharp	4:31.70
2 Lara Atkinson	4:53.43
3 Lucy Elms	5:02.49

## Under-20 men 1500m: Saturday

The Elms' weren't the only medallists as Oscar Hussey had his best Championships race to date to finish third in a competitive and tactical under-20 1500m.

1 Angus Harrington	4:10.00
2 Thomas Manning	4:11.62
3 Oscar Hussey	4:12.04

*Steve Smythe*



May 12

**Ex members:** If you are not a current member of the club you cannot run or compete in any events as a Dulwich Runner, and your results will not appear here, it would therefore be appreciated if you could remove the club from your parkrun profile.

## Banstead Woods

216 Ran

Pos	Gen		
1	1	Tony Tuohy	18:22
6	6	Paul Devine	19:06

## Beckenham Place

180 Ran

Pos	Gen		
5	5	William Cotter	19:19
14	14	Nicholas Brown	20:06
106	24	Claire Steward	27:28

## Bevendean Down

44 Ran

Pos	Gen		
12	1	Laura Vincent	22:49

## Brockwell

384 Ran

Pos	Gen		
68	8	Victoria Read	22:16
70	9	Anna Thomas	22:18
81	12	Clare Cummings	22:49
199	63	Sharon Erdman	27:00

## Burgess

444 Ran

Pos	Gen		
52	4	Tess Bright	20:00
56	52	Hugh Balfour	20:15

## Catford

192 Ran

Pos	Gen		
11	11	Stephen Smythe	20:16
19	19	Gary Sullivan	21:01
38	35	Graham Laylee	22:51
41	5	Ros Tabor	23:05
42	37	Andy Murray	23:07

## Cheltenham

723 Ran

Pos	Gen		
194	171	Ian Sesnan	24:33

## Crystal Palace

298 Ran

Pos	Gen		
3	3	Wayne Lashley	17:35
19	19	Michael Williams	19:56
25	25	Tom Wilson	20:31
37	2	Belinda Cottrill	21:28
66	62	Bob Bell	22:55
126	20	Joanne Shelton Pereda	25:04
147	125	Ameet Patel	25:55
208	161	Paul Hilton	28:15

## Dulwich

336 Ran

Pos	Gen		
7	7	Thomas South	17:39
29	3	Chloe Green	19:17
124	106	Michael Dodds	23:15
256	190	Mick Mead	28:15
324	219	Mike Crilly	34:53

## Greenwich

264 Ran

Pos	Gen		
17	17	Michael Fullilove	20:06

## Highbury Fields

345 Ran

Pos	Gen		
9	9	Paul Collyer	18:35

## Horsham

467 Ran

Pos	Gen		
218	172	Gary Budinger	27:55

## Leicester Victoria

355 Ran

Pos	Gen		
68	6	Marjorie Epton	23:06

## Malling

223 Ran

Pos	Gen		
14	1	Tereza Francova	21:08

## Medina I.O.W.

278 Ran

Pos	Gen		
19	19	Duncan Wilson	20:58

## Peckham Rye

288 Ran

Pos	Gen		
1	1	Andy Bond	16:54
2	2	Jonathan Whittaker	18:06
51	49	Gideon Franklin	21:42
176	38	Emily Warburton-Brown	27:24

## Royal Tunbridge Wells

266 Ran

Pos	Gen		
83	74	Rafe Collier	25:51
168	48	Rhoda Collier	31:35

## Riddlesdown

203 Ran

Pos	Gen		
1	1	Dylan Wymer	16:27
47	3	Ange Norris	24:01

## South Norwood

129 Ran

Pos	Gen		
2	2	Alastair Locke	18:39
7	7	Ebe Prill	20:38
11	1	Christina Dimitrov	21:07
13	2	Helen Lister	21:19
43	9	Claire Barnard	24:42

### New members especially, and others....

For your results to appear here you need to update your parkrun profile to show you are a current member of Dulwich Runners AC. or send them in.

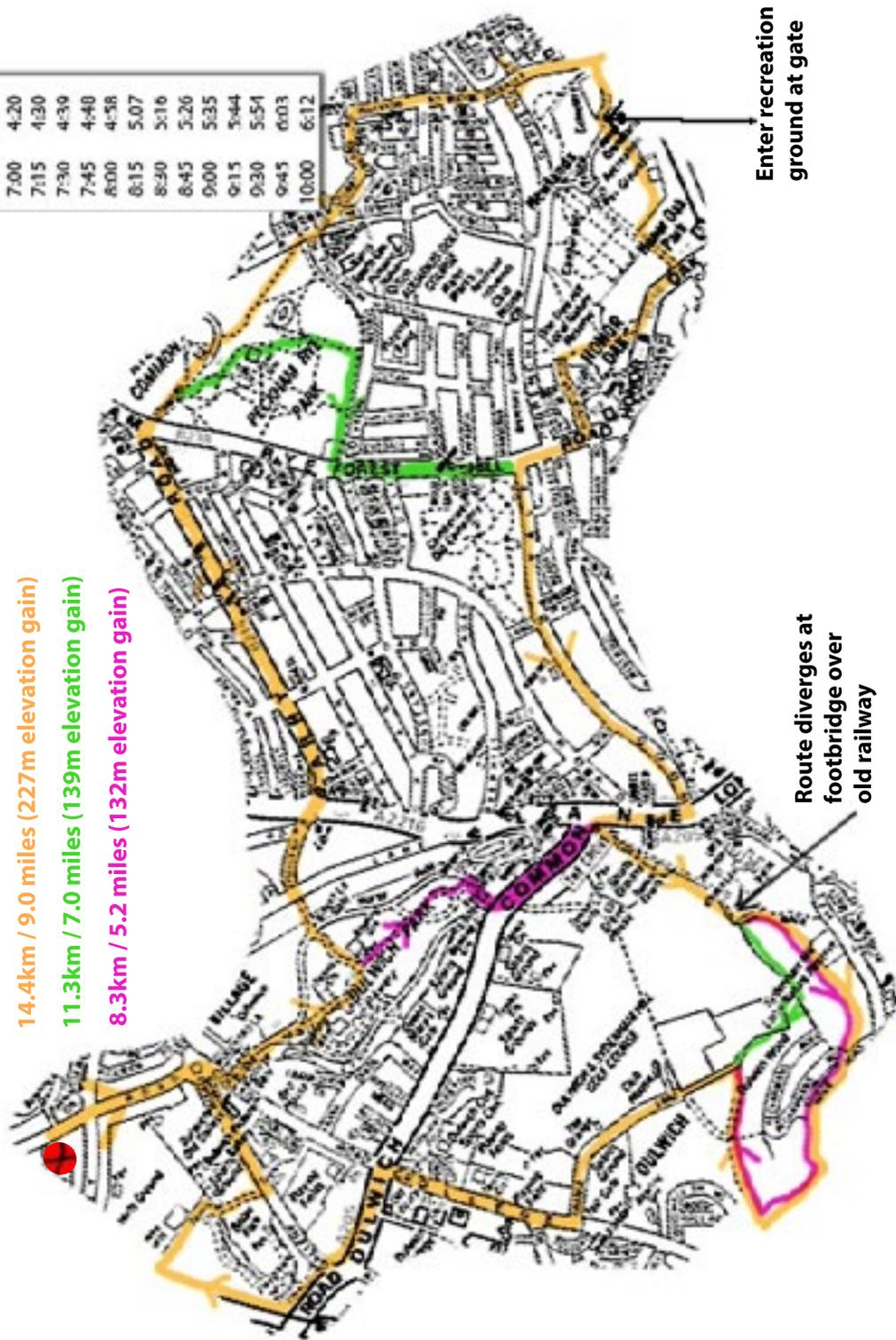
# Dulwich Runners Summer Map 2

14.4km / 9.0 miles (227m elevation gain)

11.3km / 7.0 miles (139m elevation gain)

8.3km / 5.2 miles (132m elevation gain)

pace	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



We are in the process of redoing and putting the maps onto Strava (you dont need an account)and links for this week can be found here:

<https://www.dulwichrunners.org.uk/summer-route-2/>

DULWICH RUNNERS MIDSUMMER RELAY  
WEDNESDAY 27 JUNE 7.30 DULWICH PARK  
3 x 1 LAP (APPROX 1 MILE) **£15 PER TEAM**

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ENTRY FORM

TEAM NAME:

TEAM CATEGORY: PLEASE CIRCLE ONE

MEN

WOMEN

MIXED

LEG 1 name:

LEG 2 name:

LEG 3 name:

(individual names can be entered later)

Please complete, scan and email to [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

Pay on day, or by bank transfer:

Sort code: 40 52 40

Account: Dulwich Runners AC 00090986

Reference: RELAY plus TEAM NAME