



# SHORTS

Dulwich Runners AC

Weekly Newsletter

April 17th 2019

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

Tue 23 Crystal Palace track

## In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 4 Marathon schedule and upcoming races etc
- 5 Reports and times - Club champs, Brighton Mar.athon
- 11 Club kit
- 12 Social events etc
- 13 parkrun times
- 14 Wednesday map + Strava links

*And much more !*

Like us on Facebook @dulwichrunners

Connect with us:



Click to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)

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

## DULWICH RUNNERS AC 2019/20 MEMBERSHIP RENEWALS NOW DUE

*To run in any race at all as a Dulwich Runner or count in the Club championships then you must be a fully paid up member.*

If your membership card/ details had expiry March 31 2019 on it then you will have received via email your renewal details for 2019/20.

Please do not post the form back, you can email it back with any changes etc, this will save on postage costs, paper etc

Preferred payment method is by Direct Bank Transfer and

the details are in the email.

You can also pay with cash at the club any Wednesday evening or any training session.

*Please do not pay by cheque if at all possible.*

If your current membership details have 2020 on them then this does not apply to you and you should not have received any renewal request.

If you have any queries about your membership then please contact me ASAP.

Thankyou to those of you that have already renewed  
**Barry Graham (Membership secretary)**

## TRACK SESSIONS

Tuesday training returns to Crystal Palace track.  
£2.50 per session - Suitable for all abilities.  
At reception say you are with Dulwich Runners, do not pay there, pay Ros trackside, allow time to get down to track.  
Warm up drills from 7.10pm taken by Elkie Mace, main session taken by Steve Smythe starts 7.25pm and last 45 mins.

### 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

## 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)

----- EVENT HORIZON -----

### A brief look ahead

- Apr 28 London Marathon - Club champs
- May 2 Assembly League Victoria Park - 7.30pm start

## NEW RUNNERS ROTA

Thanks go to **Mike Mann and Andy Murray** for taking out new runners lastweek

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota. 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 asap. - Thanks. - Ros

**Andy Murray**

Barrie John Nicholls

**17/4**

**24/4**

## 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.

## Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. Copies will be at the clubhouse, but feel free to print your own and 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.

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

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

# DULWICH RUNNERS 2019 FIXTURES

Further information about races will usually be here in SHORTS and or announced on a Wednesday club night.  
*Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.*

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

2019		Race		Venue
Apr	28	London Marathon (or alt.)	long	London
	29	Blackheath and Bromley Open fixture		Norman Park, Bromley
May	2	Assembly League - Victoria Park - 7.30pm start		Hackney
	18	BMAF road relays- Sutton Park		Birmingham
	27	BUPA 10k		The Mall, London
Jun	3	Blackheath and Bromley Open fixture		Norman Park, Bromley
	6	Assembly League		t.b.c
	10	Sri Chinmoy 5k	short	Battersea Park
	12	DinoDash Relay		Crystal Palace Park
	16	Eltham Park 5	short	Eltham
	17	Blackheath and Bromley Open fixture		Norman Park, Bromley
	26	Dulwich Runners MIDSUMMER RELAY		Dulwich Park
Jul	4	Assembly League		t.b.c
	14	date tbc Sevenoaks Seven	long	Sevenoaks, Kent
	22	Blackheath and Bromley Open fixture		Norman Park, Bromley
	26	date tbc SOAR Mile	short	t.b.c
Aug	1	Assembly League - Victoria Park		Hackney
	12	Blackheath and Bromley Open fixture		Norman Park, Bromley
	29	Assembly League - Beckenham Place Park		Beckenham
Sep	21	SEAA road relays		t.b.c
	28	England Masters cross country Inter-Area Challenge		t.b.c
Oct	12	Surrey League cross country (men)		t.b.c
	26	BMAF XC Relays		Long Eaton
Nov	3	Regents Park 10k	short	Regents Park, London
	9	Surrey League cross country (men)		t.b.c
	16	British & Irish Masters cross country,		Southport
<b>2020</b>				
Jan	4	County cross country champs		t.b.c
	11	Surrey League cross country (men)		t.b.c
	25	South of England cross country champs		t.b.c
Feb	8	Surrey League cross country (men)		t.b.c
	22	England cross country champs,		Nottingham
Mar	21	England area 12 and 6 stage relays		t.b.c
Apr	4	National 12 and 6 stage relays		Sutton Park

**Surrey League dates and venues to be confirmed**

If you require information about any races in Shorts, how to enter etc 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)

## 2019 Club Championships

Here are the club championship races for 2019  
 Four long and five short with two dates to be confirmed.  
 To complete and qualify for the champs you must run at least 5 events, including at least one from each distance category.

16 Feb	Dulwich parkrun	short
10 March	Big Half	long
14 April	Thames Towpath 10	long
28 April	London Marathon (or alt.)	long
10 June	Sri Chinmoy 5k	short
16 June	Eltham Park 5	short
14 July tbc	Sevenoaks Seven	long
26 July tbc	SOAR Mile	short
3 Nov	Regent's Park 10k	short

## REVISED CLUB CHAMPS RULES

A few changes have been made to the club championships rules which can be found here in full [https://static1.squarespace.com/static/5a427faa8c56a85fe95229f9/t/5ca73e7f419202c6a737d0f1/1554464383624/DR\\_CLUB\\_CHAMPIONSHIP\\_RULES\\_2019\\_v0.2.pdf](https://static1.squarespace.com/static/5a427faa8c56a85fe95229f9/t/5ca73e7f419202c6a737d0f1/1554464383624/DR_CLUB_CHAMPIONSHIP_RULES_2019_v0.2.pdf). The changes and include the following:

- separate men's and women's captains awards for some events depending on turnout and performances (para 1.3)
- changes to club vest rules to include events other than the marathon where charity places are available (para 1.6)
- new rule on running with dogs (para 1.7)
- new rule on number swapping (para 1.8)
- separate men's and women's captains awards for cross country championships (para 2.3)

Please make sure that you are familiar with these changes.

## Assembly League

A series of races from 3 to 3.5 miles on road or paths within parks and take place on or close to the first Thursday evening of the summer months against 12 other clubs.

These are extremely popular and all members are welcome and encouraged to participate whatever your standard or ability. They are free to enter, no pre-entry or registration needed, all you need to do is have a club vest, turn up and run.

All details in main fixture list and any further information will be here in Shorts as and when it becomes available.

# MIDSUMMER RELAY 26 JUNE

Put the date in you diary now.

This event is the major fundraiser for the club so you all need to support it by either running or helping on the day.

Please promote it and encourage entries from your friends, family and work colleagues.

There is also a 1 mile fun run for children.

Details and entry form are on the website.

Ros



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



# 26.JUNE.2019

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)

Scan with  
camera on  
phone/device...  
visit our site



 @dulwichrunners



## Vitality 10k - Mon. 27th May

The club has 6 places for both men and women. If you would like to be considered for one of them, let your captains know asap. Entries are now open so we want to allocate the club places, leaving time for others to enter before the race fills up. See Ange, Ola, Ebe or Mike at the track on Tuesday or at the club on Wednesday, or email.

## Masters Events - major events coming up

If we were to focus on one Masters event, most would probably choose the BMAF relays at Sutton Park May 18, with such a large percentage of good vets, we could do very well.

The club pays the fee and travel. We have previously medalled in the W35s, W45s, W55s and the M55s and should also have our best ever teams (on paper) in the M35, M45 and M65 but we need a far better show and turn out than we get in most events. Please put the date in your diary.

A full list of Masters events and a write up with pics of some DR Masters can be found here:

<https://www.dulwichrunners.org.uk/masters/>

## Surrey League Discount Codes

The following discounts are available as part of the Surrey XC league sponsorship package from Start Fitness (these are available to all club members not just Surrey League runners)

30% off [www.moremile.co.uk](http://www.moremile.co.uk) (you will also accrue 10% of the spend on this code to claim products or More Mile gift vouchers) SurreyXC

10% off [www.startfitness.co.uk](http://www.startfitness.co.uk) SurreyXCSF10

## Marathon Schedule

Here is my suggestion for a marathon schedule though those not targetting a 26-miler can follow a similar schedule but just do a lot less on the Sunday run.

Any one after extra miles can put in extra morning runs or before and after speedwork.

The key to a good marathon is a good long run and consistency but not getting injured.

Suggested future long run weekends	
Wed 17	Easy 60 mins
Thu 18	10km of 1km at 30 sec a mile slower than mar pace and 1km at m5 secs a mile faster than mar pace
Fri 19	30 mins or rest
Sat 20	parkrun (ideally off-road) at no more than 90%
Sun 21	12-14M relaxed at 30 secs to a min a mile slower than mar pace
Mon 22	30 mins or rest

### Steve Smythe adds -

now is a good time to work out what your pacing strategy will be in London, where to take on gels, what to do about the marathon diet in the week leading up to the race.

I am happy to give advice to any marathoner - free! - if anyone wants any help.

I know I am no longer very quick compared to our club's best current runners - though still reasonable for my age - but I do have over 43 consecutive years of preparing for a marathon and I do therefore know a fair bit about preparation and can hopefully pass on that info before I retire.

## CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like 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)



### Weekend 18th & 19th May

A relay around London that starts in Hampton Court on Saturday morning and finishes about 6 p.m. at Kingston on Sunday.

220 miles - 11 runners to a team and each runner must run once each day. (Varying distances and degrees of difficulty.) Takes in some beautiful countryside, mainly off road, footpaths and towpaths. <http://www.greenbeltrelay.org.uk/index.htm>

We have one team entered and looking for more runners. If we have too many people we will try and get a second team. Contact Ange - any Wednesday at the club or email [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com) 1<sup>st</sup> come, 1<sup>st</sup> served.

NB. Vets - It clashes with the BMAF relays in Birmingham on the Saturday.

Everyone is different but to me it means not doing too much on the road or running too fast on training runs on a regular basis and saving the real fast runs for the speedwork.

Suggested future long run weekends	
Sun Apr 21	12M easy if doing London
Sun Apr 28	London Marathon

Tue 23	Track - efforts at mar pace and some controlled 200s
Wed 24	30 mins relaxed
Thu 25	25mins relaxed with strides
Fri 26	20 mins easy or rest
Sat 27	15mins relaxed with strides
Sat 28	London Marathon

In the past (admittedly, a very long time ago) I have run a 2:29 - which a few of the current members might hopefully better this year - and my average for 37 London Marathons is 2:53 - though recent ones have been a bit slower and ruining the average.

My average for non London Marathons is 2:46 (faster as I have rarely done marathons other than London in recent years - Brighton was easily my slowest ever marathon outside London) which gives me a 2:49 average for my 72 completed marathons which is rubbish compared to the Japanese marathoner Kawauchi, who averages well under 2:20, but reasonable compared to most.

# 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.

## Dulwich Runner Club Champrs – Round Three – The Towpath 10



Sunday 14<sup>th</sup> April brought the third round of the Dulwich Runners club champs to Chiswick, for the multi terrain Towpath 10. A bright chilly morning saw the arrival of 46 Dulwich Runners to take the 10 mile challenge on a course that took in grass, tarmac, the Thames Towpath, a steep set of stairs and a run through some of the nicest parts of London.

There were many fine individual performances on the day, including more than few pbs, and Dulwich Runners dominated the individual and team prizes. Below is the running order of everyone's runs

Andy Bond – 1<sup>st</sup> overall, 1<sup>st</sup> in the M40 – 49 category in a stunning time of 55:27 (new pb, previous best time was 59:55 set in 2017). Yet another stunning run by Andy who just keeps getting better and better with age and with the consistent training he has been putting in. **Wins the 1<sup>st</sup> Man Club prize.**

Jack Ramm- 2<sup>nd</sup> overall. In his debut at the distance Jack has continued his excellent winter form here to come in with a 56:48,

just pipping the third place runner on the line. As with Andy showing the benefits of consistent training. **Claims the second man overall prize in club champs.**

Charlie Lound – 7<sup>th</sup> overall and first MV50, Charlie is coming into form as per usual in time for the London Marathon and finished in a fine 58:06, in first race at this distance in

4 years. Cruised passed me (Tom) at 3 miles and will go into London in great shape. **Claims 3<sup>rd</sup> overall man in club champs.**

Tom South – 14<sup>th</sup> overall in a time of 59:13, setting a new pb, (previous best of 61:40). Found the last couple of miles tough but happy with his first sub60 [Ebe adds that Tom, though prevented from praising himself by writing this report is one of the best examples of hitting excellent form through consistent and hard training. As in the Big Half he broke another barrier and looks all set for a London showdown. With whoever dares to come past him. He then will stop running relaxed and unveil his steady pace **Claims the M40 club champs award.**

James Burrows – 19<sup>th</sup> overall in a time of 60:34. Ran a well paced run, and slightly down on his PB from a faster course, and his marathon training is paying off as well and on for a good time in the London marathon. **Claims the Men's age graded award in the club championships**

Joe Twomey – 28<sup>th</sup> overall in a cracking time of 62:02. Another person making their debut over the distance. He has really got into the club championships this year, making his third appearance. He headed a bunch of Dulwich Runners in and has the potential to go faster.

Steve Rolfe - 30<sup>th</sup> Overall in a time of 62:21, setting his mark for his first 10 miler I believe. A man on the comeback trail, who has been doing a lot of cross fit training of late, and put in a good solid run.

Des Crinion – 31<sup>st</sup> overall in a time 62:26. Another person making his debut at the distance and put in another strong run we have come to expect from him, especially four days after setting a new 5,000m pb on the track on Wednesday night. As with Joe has really got involved with the spirit of the club championships.

Marta Miaskiewicz:- 1<sup>st</sup> Lady overall in a stunning time of 62:38, setting a new pb (previous time 71:20). In a class of her own in this race, being five minutes clear of the next lady in. With all the training she is doing, she is getting stronger and stronger and all set for a cracking run in London. **Claims the first women in club championship**

Eugene Cross:- 41<sup>st</sup> overall in a time of 63:25. Another runner making his debut at the 10 mile distance, and yet another person who is improving all the time since they have been with the club, and showing the benefit of all the training he has been doing.

Joe Farrington-Douglas – 43<sup>rd</sup> overall in a time of 63:50. Another debut at the 10 mile distance and another cracking run from Joe, who is improving all the time as well and showing the benefits of regular training.

Spencer Sutcliffe – 61<sup>st</sup> overall in 66:23, in what I believe is also a debut at the 10 mile distance. Spencer is a regular on a Wednesday night and this is his first club championship appearance as well. Converting his 5km speed well into the longer distance. [Unfortunately not running in a club vest, so falls under minimum points rule for club champs. But will hopefully purchase one from Ros on one of these Wednesdays for the next race.]  
Ebe Prill – 68<sup>th</sup> overall in a time of 66:57.



#### Overall race winners Andy & Marta

His fastest time since 2015 for one of the club captains. Hasn't had the best winter of training due to some niggles, looking good for a strong performance in the London Marathon [I wish but live in hope; Ebe]. I can only imagine his fury at the sight of the steps [the steps actually left me comparatively mellow; my fury was directed at the rough trail stuff this time; luckily there was just enough nice flat road to make up for it]. **Claims the club M50 award** [courtesy of Charlie's 3<sup>rd</sup> man finish, in a different league to me that performance - Ebe]

Matt Ladds – 74<sup>th</sup> overall in a new PB of 67:51 of nearly 6 minutes (previous best 73:59). Our social secretary is getting better and better and is setting new PBs all over the place.

Yvette Dore – 76<sup>th</sup> overall in 68:06, setting a new PB beating her old time by over 6 minutes (74:12). Yet another storming performance this year by Yvette, who has set some cracking times all winter and yet another person who is going into the London Marathon in great form. **Claims 2<sup>nd</sup> womans cub championship award.**

Ross Rook - 77<sup>th</sup> overall in a time of 68:15. Slightly down on his best for Ross, but has had an injury hit winter. A cross country stalwart for the cub, he is returning to form slowly. Hopefully an injury free year will see Ross return to his best.

Gower Tan – 78<sup>th</sup> overall in 68:07. An impressive debut over the distance for Gower, especially five weeks after running at Tokyo and just having returned from another long-haul flight. Two weeks before the London Marathon he too is getting stronger and stronger as a runner.

Greg Falconer – 83<sup>rd</sup> Overall in a time of 68:41. An impressive debut run in the club championship by Greg, I am sure there is plenty more to come.

Belinda Cottrill – 88<sup>th</sup> overall in 69:01, yet another person setting a PB by over three minutes (72:37 set at Canterbury in January), What makes this even more impressive, she has done limited training over the past month due to an injury, and completed the Women's winning team to boot. **Claims Womens 3<sup>rd</sup> place overall in club championships.**

Alex Bazin – 97<sup>th</sup> overall in a time of 69:54. Another person who made his debut at the 10 mile distance in this race and has been steadily improving since he joined the club. Michelle Lennon – 98<sup>th</sup> overall despite having the same finish time as Alex of

69:54, and setting yet another stunning pb of over 4 minutes (previous best 73:28). She has been destroying her pbs all winter and is bound to go on to have a strong London Marathon as well. **Wins the club womens M50 award.**

Kim Hainsworth – 101<sup>st</sup> overall in 70:18. A solid run by Kim, who was targeting 70 minutes for this race. She has been steadily getting faster since the start of year and she is bound to return to her best form in the near future.

Martin Double - 102<sup>nd</sup> overall in 70:18, improving his pb by a massive 7 minutes. This is an excellent run by Martin beating his previous best of 77:14 set in 2014. I didn't realise at the time what a stunning run Martin had, well done Sir. I am sure there is even more to come this year after that run on Sunday.

Jamie Nicol – 105<sup>th</sup> overall in a time of 70:40. Jamie has recently joined the club and made his debut over the 10 mile distance in this race and his second appearance the club champs. A good solid run here, with more to come.

Ola Balme – 133<sup>rd</sup> overall in 72:18. Yet



another consistent run by women's club captain and long time club member Ola. **Wins the Women's age graded award.**

Tess Bright – 134<sup>th</sup> overall in a time of 72:24. Another good solid run, from our resident in Hampstead. Probably found this course to flat for her liking after doing most of her training around Parliament Hill Fields. Making her debut over the distance as well and used it also to sharpen her marathon pace for London. Judging by this she's all set for a big pb there.

Cameron Timmis – 136<sup>th</sup> Overall in 72:41. In what probably is his best race for the club yet setting a new PB (previous best 7 years ago 73.23) and earning the long time club member and regular club champs supporter the **Men's Captains' award.**

Emma Ibell – 138<sup>th</sup> overall in 72:49. Unfortunately, Emma not at her best due to an injury hit winter, but is sure to come back strongly again. **Wins the womens M40 award in club championship.**

Lucy Clapp – 154<sup>th</sup> overall in 74:41. Another good solid run by club stalwart Lucy. She also makes her 10 mile debut in comparatively even better form than her Big Half race.

Alex Haylett – 179<sup>th</sup> overall in 76:20. Alex put in a good solid run here, running 6 minutes faster than his last 10 miler back in October and returning towards his best again.

Graham Laylee – 189<sup>th</sup> overall in 77:09. A good solid run by Graham, who is remarkably consistent in his racing times. **Wins the club championship M60 award.**

Paul Hodge – 78:40, A good run by Paul here in his debut at the 10mile distance. Unfortunately another club member falling foul of the club vest rule.

Laura Vincent – 210<sup>th</sup> overall in 78:58, setting a new PB (previous best 81:11) An excellent run by Laura despite a fall at around the 5 mile mark, giving herself some nasty cuts on her knees. Has been steadily improving over the winter as well,

Ros Tabor – 239<sup>th</sup> overall in 81:05. As always an impressive run by Ros, and a massive step up in distance for her as she has been training most of the winter for the Masters indoors held recently in Poland. **Overall club champs (age graded) winner.**

Joanne Shelton - -249<sup>th</sup> overall in 81:54. A good solid run by Joanne, posting her fastest time for 10 miles in over 5 years and showing good form going in the London Marathon.

Hugh French – 254<sup>th</sup> overall in 82:48. A solid run by Hugh, improving since the Big Half in March.

Teresa Northey – 269<sup>th</sup> overall in 83:09. Another DR making her debut at the 10 mile distance in her best club race yet, earns her the **Women's Captains' award.**

Andy Murray – 83:13, a good run by Andy on his road to recovery after his recent surgery.

Barrie John Nicholls – 275<sup>th</sup> overall in 83:43. His best 10 miler for three years (racing Paul) and another club champs event ticked off by the man who goes for the grand slam of competing in all the club championship events every year.

Paul Keating – 282 overall in 84:18. As always a consistent

run by Paul, and his second fastest 10 miler ever.

Mike Crilly - 292 overall in 84:34. Did the same race in almost same time in 2016 so very consistent running. The third club member unfortunately without club vest. Claire Barnard – 296<sup>th</sup> overall in 84:42, setting a new 10 mile PB (previously 88.14). Consistently improving all the time, her hard work in training is paying off.

Bob Bell – 358<sup>th</sup> overall in 89.06. A very impressive run by Bob, considering he only arrived back in the country on Friday after a 3 week holiday in New Zealand visiting his new grandchild.

Claire Steward – 368<sup>th</sup> overall in 89:41. Another consistent performance by long term club member Claire. She was 6 seconds faster this year than when she last ran the Towpath 10 in 2017.

Clare Osborne – 423<sup>rd</sup> in 94:37. A good come-back by Clare, the first time she has run in a 10 mile race in seven years.

Jenny Shutt – 472 overall in 98:22. Jenny has recently joined the club and after making her debut for the club in the Surrey League Cross country at Lloyd Park in March, she made her club champs debut here with a good steady run in supposedly her first race over this distance. 587 runners took part in the race.

Individual prizes won by Andy Bond, 1<sup>st</sup> man; Jack Ramm 2<sup>nd</sup> man; Marta Miaskiewicz 1<sup>st</sup> woman; Charlie Lound 1<sup>st</sup> M50  
Team prizes: 1<sup>st</sup> Men's team Andy, Jack, Charlie; 1<sup>st</sup> Women's team: Marta, Yvette, Bellinda  
Congratulations all!

# Dulwich Runners' times in Thames Towpath Ten

## 14 April 2019

	time	points in age category m/f								age grade points	club champs awards
		m s	m40	m50	m60	f s	f40	f50	f60+		
Andy Bond	55.27		50							852	1st man
Jack Ramm	56.48	50								775	2nd man
Charles Lound	58.06			50						855	3rd man
Tom South	59.13		49							785	1st m40
James Burrows	60.34	49								740	man age graded
Joe Twomey	62.02	48								710	
Steve Rolfe	62.21	47								707	
Des Crinion	62.26	46								707	
Marta Miaskiewicz	62.38					50				793	1st woman
Eugene Cross	63.35	45								705	
Joe Farrington-Douglas	63.50	44								711	
Spencer Sutcliff	66.12		37							509	<i>minimum - no vest</i>
Ebe Prill	66.57			49						776	1st m50
Matt Ladds	67.51	43								649	
Yvette Dore	68.09						50			787	2nd woman
Ross Rook	68.15	42								657	
Gower Tan	68.16		48							715	
Greg Falconer	68.41	41								643	
Belinda Cottrill	69.01					49				722	3rd woman
Alex Bazin	69.54	40								642	
Michelle Lennon	69.54							50		823	1st w50
Kim Hainsworth	70.18					48				715	
Martin Double	70.18		47							655	
Jamie Nicol	70.34	39								624	
Ola Balme	72.18							49		795	woman age graded
Tess Bright	72.28					47				683	
Cameron Timmis	72.41		46							666	Captains' award (m)
Emma Ibell	72.49						49			744	1st w40
Lucy Clapp	74.41							48		789	
Alex Haylett	76.20	38								591	
Graham Laylee	77.09				50					712	1st m60
Paul Hodge	78.40			37						509	<i>minimum - no vest</i>
Laura Vincent	78.58					46				634	
Ros Tabor	81.05								50	895	Overall age graded
Joanne Shelton Pereda	81.54						48			643	
Hugh French	82.24		45							564	
Teresa Northey	83.08						47			639	Captains' award (w)
Andy Murray	83.13				49					686	
Barrie John Nicholls	83.43				48					675	
Paul Keating	84.18			48						594	
Mike Crilly	84.34			37						509	<i>minimum - no vest</i>
Claire Barnard	84.42					45				584	
Bob Bell	89.06				47					634	
Claire Steward	89.41								49	785	1st w60
Clare Osborne	94.37						46			573	
Jenny Shutt	98.22					44				509	
	46	13	7	5	4	7	5	3	2		

# Brighton Marathon

April 15

Though a few who had club entries, pulled out and Ed Simmons had to drop out during the race, a reasonably sized contingent from the club ran this Marathon.

Conditions were cool and sunny but there was a very strong wind that got stronger during the day and was very tough for the last four miles though it had been behind for a long section up to the final turn.

The course may not be as fast as London - it has a few sharp hills and out and back sections to make up the distance but largely avoids the worst hills of Brighton and does have some long straight sections. and there were more GB sub 2:20s here than at London last year so good times are possible and it's far less crowded.

The crowds were excellent and it seemed very well organised with accurate mile markers, efficient drinks stations and a

superb race expo on the seafront.

Obviously there were good sea views and clean air.

Rob Hollands easily broke three for the first time, with a well paced run . Apart from slowing in the wind in the last few miles, he held a good pace and was coming through all the time and worked his way up to a top-60 place.

Rob was four minutes down on Daniel Mann and Steve Kendall well past halfway but both had gone a little too quick and paid for it from 30km onwards and both did just about enough to break three.

Unfortunately Grzegorz Galezia did not as he missed out yet again but he did set a PB. He paced it excellently (89:11 at halfway) and was still on target until the last few miles though the strong wind at the finish cost him his goal.

Steve Smythe was also on target for a sub-3 at halfway. If he had it would have given him a world record span of 42 and a half-years of sub-3 but he was uncomfortable and eased back to try and ensure he broke 3:10, which he did which took seven

minutes off his club M60 record.

He rallied a little in the closing miles when overtaken by someone he thought might be in his age group and outkicked him but later found that runner was first M55 and he won the M60s by a large margin. Not far back, Mike Fullilove continued his good recent run of form with a PB and well-paced 3:14.

Gideon Franklin, who had a reduced training programme, ran a much faster pace than he was planning and ran well until the last few miles but had to slow in the closing stages and ran 3:46 which was close to his initial target.

## Steve Smythe

56 Rob Hollands 2:52:23 (Chip 2:52:17)

77 Steve Kendall 2:54:57 (2:54:52)

137 Daniel Mann 2:59:31 (2:59:26)

160 Grzegorz Galezia 3:00:26 (3:00:21)

292 Steve Smythe 3:09:31 (3:09:25) (1st M60) (Club M60 record)

407 Mike Fullilove 3:14:33 (3:14:20)

1905 Gideon Franklin 3:47:27 (3:46:21)

## How the race unfolded

### 1M

Daniel Mann	6:13
Steve Kendall	6:13
Rob Hollands	6:23
Grzegorz Galezia	6:42
Steve Smythe	6:50
Mike Fullilove	7:19
Gideon Franklin	8:28

### 15km

Daniel Mann	59:08 (19:55)
Steve Kendall	59:08 (19:54)
Rob Hollands	61:14 (20:36)
Grzegorz Galezia	63:54 (21:18)
Steve Smythe	63:55 (21:22)
Mike Fullilove	68:22 (23:07)
Gideon Franklin	76:19 (25:17)

### 30km

Daniel Mann	1:57:29 (20:04)
Steve Kendall	1:58:15 (20:14)
Rob Hollands	2:01:59 (20:29)
Grzegorz Galezia	2:07:10 (21:36)
Steve Smythe	2:09:56 (23:07)
Mike Fullilove	2:15:34 (22:44)
Gideon Franklin	2:31:38 (26:08)

### 5km

Daniel Mann	19:30 (13:17)
Steve Kendall	19:30 (13:17)
Rob Hollands	20:08 (13:44)
Steve Smythe	21:19 (14:29)
Grzegorz Galezia	21:20 (14:37)
Mike Fullilove	22:30 (15:11)
Gideon Franklin	25:42 (17:14)

### Half

Daniel Mann	82:28 (23:20)
Steve Kendall	82:34 (23:26)
Rob Hollands	85:37 (24:23)
Grzegorz Galezia	89:11 (25:17)
Steve Smythe	89:39 (25:36)
Mike Fullilove	95:26 (27:04)
Gideon Franklin	1:46:06 (29:47)

### 35km

Daniel Mann	2:19:49 (22:19)
Steve Kendall	2:19:52 (21:37)
Rob Hollands	2:22:19 (20:19)
Grzegorz Galezia	2:28:38 (21:28)
Steve Smythe	2:33:47 (23:51)
Mike Fullilove	2:38:31 (22:57)
Gideon Franklin	3:00:04 (28:26)

### 10km

Daniel Mann	39:13 (19:43)
Steve Kendall	39:14 (19:44)
Rob Hollands	40:37 (20:29)
Steve Smythe	42:33 (21:14)
Grzegorz Galezia	42:36 (21:16)
Mike Fullilove	45:15 (22:45)
Gideon Franklin	51:02 (25:19)

### 25km

Daniel Mann	1:37:25 (14:57)
Steve Kendall	1:38:01 (15:27)
Rob Hollands	1:41:29 (15:51)
Grzegorz Galezia	1:45:34 (16:23)
Steve Smythe	1:46:49 (17:10)
Mike Fullilove	1:52:50 (17:24)
Gideon Franklin	2:05:30 (19:24)

### 40km

Rob Hollands	2:43:26 (21:07)
Steve Kendall nt	2:44? (24?)
Daniel Mann	2:47:50 (28:01)
Grzegorz Galezia	2:50:37 (21:58)
Steve Smythe	2:58:43 (24:56)
Mike Fullilove	3:03:36 (25:05)
Gideon Franklin	3:33:33 (33:29)

### Finish

Rob Hollands	2:52:17 (8:51)
Steve Kendall	2:54:52 (11?)
Daniel Mann	2:59:26 (11:36)
Grzegorz Galezia	3:00:21 (9:44)
Steve Smythe	3:09:24 (10:41)
Mike Fullilove	3:14:20 (10:43)
Gideon Franklin	3:46:21 (12:48)



# Brighton Marathon

14 April 2019



Ed Simmons, Rob Hollands, Daniel Mann, Grzegorz Galezia

I ran Brighton last year. It wasn't an easy course. If I had a choice I wouldn't run it again. But having mucked up my London GfA registration, having gone all the way to Malta last month only to find out 12 hours before the race that the marathon was cancelled due to gale-force wind and storm, and being constrained by a couple of important family birthdays, I was left with no option but to run Brighton again. I knew the course, the open spaces, the upsills, and dismal warehouse / power plant section with the false-flat home run so I was not worried about that. After all, better the devil you know...



Having worked relatively hard through the winter and improved my PBs on all shorter distances, I felt quite strong. The only thing was the plantar fasciitis that started to bother me around a month before the race. But after all the training, obviously I couldn't imagine giving up and waiting for lengthy recovery, especially because tapering was soon to begin and I could cut down my pace and the mileage.

The weather on the day was great for running - less than 10 degrees, a bit of sun and a bit of clouds. The only worrying thing was the wind - which was not that strong at the beginning but still, it was there all the time, and could make a difference

on the unsheltered sections of the course. I asked Rob to collect my pack so that I could travel to B. in the morning on the day. I joined 4 other DR runners at the elite start in Withdean Park, where the atmosphere was nice and relaxed. With just a few hundred club runners it felt quite cosy, like at a cross country race. Nothing like the mass start for nearly 17,000 people. Plus, as an extra advantage, a nice straight downhill first mile.

This time I didn't make the mistake of running the first miles 10-15 seconds too fast, like last year.

After the first few kilometres I joined the 3:00 pacers group and stuck to them, although their pace was not that even and sometimes they were running too fast, but I didn't mind that. Steve was also in the pack, until about half way when he decided to ease down.

Everything was going according to plan. I remembered to fuel up regularly, drink a few sips at every water station and absorb the positive energy from the cheering crowds, including quite a few Dulwich supporters.

As always, the race began after 34 kilometres - on the last straight stretch along the seafront. The wind was now much stronger. It slowed down my pace by at least 10 seconds. There was no shelter and hiding behind the back of some skinny runner didn't help at all. I was trying to hold on to the pace but I couldn't run any faster than 4:20:4:30 min/km, eating up the time

reserve I've accumulated over the first 30 plus km. I was better off than last year but I was dangerously precious seconds. And the finish line, just like last year, was over 300 m further by my watch.

On the home run I put all my effort into acceleration, managing to speed up to 4:09 a min. on the last split. When I finally reached the finish line - I couldn't believe my eyes. The clock said 3:00:26 - to the second the same as last year! Ultimately my time was 5 second better, so I made a grain of progress. But the disappointment of not breaking the magic barrier was rather painful. Having analyzed my performance I



Steve Smythe & Grzegorz

conclude that I paced myself quite right this time. Obviously the plantar fasciitis slowed me down and made me compensate for the hurting heel by shifting weight which led to cramps, but they were not that bad. The main excuse for failing to attain my target was the eastern headwind. If it were not for that, I would have made it.

So another PB with a slight bitter taste and a feeling of unfulfillment. But I guess I shouldn't complain. It was a good race. It all depends how you look at things. Tom suggested a great maths trick which I loved - my actual time was **2:59:81** - and let's leave it at that, without getting into mathematical details. ☺

overall position 160/16651  
age category 15/1602

**Grzegorz Galezia**

## Brighton marathon



This was my first time running the Brighton marathon. I participated thanks to a club place and would recommend it to others. The event is in its 10<sup>th</sup> year and takes place along with cycling, kids races and a 10K over a weekend.

You start in Preston Park – unless you are an elite runner, in which case it is further up the hill and you do not do the initial lap of the park. There are

some initial stretches around the town centre, taking you past the Royal Pavilion, which is the symbol on the medal and T shirt. Then you head out east along the coast, turning after the grand buildings of Roedean school, were girls cheerfully hand out water by the gates.

Back then into town past the famous pier and out for the second half which is to the west, the turning point this time being the less glamorous industrial area with a power station. I enjoyed the long straight stretches, plenty of room, cheering crowds,

the interest of mild hills and wind. I ended up running out of steam as I got to Mile 20 and slowed down when I would have liked to have been speeding up.

My time ended up as 3:46, which was a fair reflection probably of my current level of fitness and training. Importantly I raised over £3,000 for Motor Neurone Disease Association in memory of my older brother and mother-in-law.

I spotted Eleanor (twice) and Tereza cheering. I also heard my name elsewhere, as well as several “Come on Dulwich Runners” cries of encouragement. I had in mind Ange’s 3 Cs: Concentrate (first 10 miles), Control (next 10), Commit. Steve as always gave invaluable advice for preparation.

I went the night before and realized that we should have booked for dinner, as all the restaurants were full either with runners or hen parties. Ed organized a Whatsapp group, courtesy of which it was fun to meet Rob, Grzegorz and friends in a pub near the finish. The race village in Brighton is on the sea front – no fuss getting your number, although afterwards on the Sunday it did take a while to get away because you can only cross the road by one temporary bridge, which was congested.

Gideon Franklin 3h 46



## City of London / Highgate Harriers Early Season Open Meeting Parliament Hill

Having tried the 1500m at Parliament Hill in September, I signed up for another run in the Spring meeting, this time they were only doing 300, 800 or 5,000m so I thought I’d try out the middle distance race.

With encouragement and pacing tips from Jonathan W, I was pleased (almost) to achieve the target he set me, and thanks to Highgate Harriers’ seeding system I avoided humiliation in my heat, second place (but still the last grown-up).

Unfortunately I had made the mistake of also signing up for the 5,000m about half an hour later, which proved too much for me, getting lapped by Des who sensibly entered the one race and was rewarded with an excellent PB.

**Joe Farrington-Douglas**

## Vets AC 5 miles Battersea Park

Tuesday 16th April

Mike Mann was on marshalling duties tonight at the final corner and sportingly cheered me through as I nabbed another of his M55 club records. The target of 29:05 that Mike set back in 2005 was well within range on current form but I surprised myself by going over a minute quicker for my best 5 miles for 5 years. As usual these sparsely populated events meant I had to solo time-trial the effort but excellent weather conditions on the flat roads in the park were just what I needed for an even-paced effort and a slightly quicker last mile. I’m sure my form will remain unpredictable, but them thar old legs ain’t finished yet.

4 Tony Tuohy 28:02 M55 club record

# DULWICH RUNNERS CLUB KIT



## 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 and hoodies.  
You just click on 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](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1/4 Zip Top

## DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 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)



Socks only £5



Bufs/snoods - only £6



WATERPROOF JACKETS  
LIMITED STOCK - only £10 each  
Sizes: small, large and Xlarge

## SHORTS!

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



The Beast from the East !  
It's on the way!.. be prepared...  
get yourself a bobble hat £15  
[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



HOODIES CLEARANCE  
ONLY £10 each

## SOCIAL SPOT

P  
O  
T

*Upcoming events.*

### Post London Marathon pub for refueling, Sun 28th -

for runners and spectators alike, will be the Sanctuary Pub, next to St James tube station, see details below:-

<https://whatpub.com/pubs/WLD/15932/sanctuary-house-hotel-london>

### Post Marathon Season Pizza Night Wednesday 15<sup>th</sup> May

To celebrate the end of a busy spring marathon season and share tales of PBs & chafing we will be hosting a pizza night after the club run on 15<sup>th</sup> May.

All welcome (even if like myself you didn't run a marathon this spring!).

It will be £7pp payable on the night with the remainder subsidised by the Social Fund.

As previously we will be ordering from Rocca in Dulwich Village. See the menu below, please let us know your pizza choice if attending via email [dulwicksocialsecs@gmail.com](mailto:dulwicksocialsecs@gmail.com) or comment on the FB post.

Thanks - Matt

## 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)

Dulwich Runners are on Instagram....So if you would like to photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, or Jonathan Whittaker who will take care of it! If people mention [@dulwichrunners](https://www.instagram.com/dulwichrunners) on their posts then we can easily repost pictures on the main Dulwich Runners account of



Instagram

key achievements that you want to share, or cover club races that neither Jonathan or Yvette are at.

## 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 CHARITY 10K FUNDS

We have had 3 nominations for charities for the left over money from the Dulwich Charity 10k account.

St Matthews Project [www.thesmp.net](http://www.thesmp.net) – working with young people from the St Matthews estate, Brixton. Football + development activities.

Knights Youth Centre [www.knightsyouthcentre.org.uk](http://www.knightsyouthcentre.org.uk) – working with young people from the Clapham Park Estate.

Southwark Home Start [www.homestartsouthwark.org.uk](http://www.homestartsouthwark.org.uk) -working with parents with children under 5 in Southwark who are finding it hard to cope.

The money will be divided between these 3 charities. They will each get about £350.

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

## pizza

**margherita** mozzarella, tomato, basil 6.35

**provenzale** onion, anchovies, olives, mozzarella 7.15

**funghi** field & wild mushrooms, garlic, mozzarella 7.95

**calabrese** (n) aubergine & courgette,

mozzarella, olives, capers & pinekernels 8.95

**americana** pepperoni, tomato, mozzarella 8.75

**regina** gloucester old spot ham, mushrooms, mozzarella,  
olives 8.75

**prosciutto** dry cured ham, mozzarella, rocket, parmesan 9.15

**sarda** sardines, baby pinach, piquillo, peppers, olives, garlic,  
chillies, tomato, parmesan, (no mozzarella) 8.25

**piccante** piquillo peppers, hot "nduja",  
jalapenos 9.05

we make our pizza dough with organic stone-milled  
wheat from dorset



April 17th

## Bromley

566 Ran

Pos Gen

242 49 Ros Tabor 26:33

243 194 Andy Murray 26:34

## Brockwell , Herne Hill

380 Ran

Pos Gen

13 13 Matt Wood 19:24

215 170 Alex Haylett 26:47

217 47 Sharon Erdman 26:49

333 109 Hannah Harvest 32:00

## Burgess

504 Ran

Pos Gen

501 292 Chris Vernon 51:02

## Catford

214 Ran

Pos Gen

1 1 Andy Bond 17:33

## Cleethorpes

251 Ran

Pos Gen

60 56 Colin Frith 22:56

## Crystal Palace

289 Ran

Pos Gen

128 107 Bob Bell 26:39

## Dulwich

424 Ran

Pos Gen

2 2 Timothy Bowen 16:15

25 25 Olivier Montfort 18:31

45 40 Michael Fullilove 19:22

62 7 Yvette Dore 20:05

65 9 Michelle Lennon 20:08

81 68 Grant Kennedy 20:38

86 16 Emma Ibell 20:46

97 81 John English 21:06

150 22 Eleanor Simmons 22:54

152 23 Teresa Northey 22:57

234 48 Claire Steward 26:07

339 243 Mick Mead 29:49

412 144 Clare Wyngard 40:37

413 269 Michael Dodds 40:38

## Fulham Palace

515 Ran

Pos Gen

502 195 Lindsey Annable 38:57

## Gladstone

212 Ran

Pos Gen

37 4 Becca Schulleri 22:27

## Oxford

413 Ran

Pos Gen

4 4 Joe Twomey 17:50

139 25 Jenny Ross 24:38

## Peckham Rye

334 Ran

Pos Gen

12 12 Tom Wilson 19:37

18 1 Rosalind Johnson 19:49

## Riddlesdown

205 Ran

Pos Gen

25 1 Ange Norris 21:01

## Southsea

417 Ran

Pos Gen

24 2 Tereza Francova 20:19

## Southwark

364 Ran

Pos Gen

126 27 Karina Burrowes 25:05

127 100 Matthew Ladds 25:06

## Tooting Common

690 Ran

Pos Gen

229 198 Ian Sesnan 24:37

## Western Springs

121 Ran

Pos Gen

47 39 Nick Bell 26:59

**For your results to appear here ...**

you need to update your parkrun profile to show you are a current member of DR AC.

# Dulwich Runners Winter Map 2

All routes go anti-clockwise

10.8 M / 17.5km

7.9 M / 12.7 km

5.25 M / 8.4 km

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

