



# SHORTS

Dulwich Runners AC

Weekly Newsletter

April 3rd 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 3 Club Night, Edward Alleyn Club  
83-85 Burbage Road. London, SE24 9HD  
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Thu 4 Assembly League -Beckenham

Tue 9 Crystal Palace track

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## In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 3 Marathon schedule and upcoming races etc
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And much more !

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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

## LUCKY VEST

Tonight in the clubhouse

Wear your Dulwich Runners vest or t-shirt for the club run on the first Wednesday of any month and you will go into a free draw and could win the £5 cash spot prize !  
Vests £18 each from Ros [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

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

*A brief look ahead*

- Apr 4 Assembly League Beckenham
- Apr 10 Thames towpath 10 - Club champs
- Apr 28 London Marathon - Club champs

## NEW RUNNERS ROTA

A big thankyou to **Barry Graham** for running with new people last week.

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

**Stephanie Lndon**  
Mike Mann

**3/4**  
10/4

## 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	4	Assembly League - Beckenham Place Park - 7pm start	Beckenham
	10	Highgate Harriers Open	Parliament Hill
	14	Thames Towpath 10                      long	Chiswick, London
	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	6	Assembly League	t.b.c
	3	Blackheath and Bromley Open fixture	Norman Park, Bromley
	10	Sri Chinmoy 5k                              short	Battersea Park
	16	Eltham Park 5                                short	Eltham
	17	Blackheath and Bromley Open fixture	Norman Park, Bromley
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
	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)

## Thames Towpath 10

This is a reminder that in order to qualify for club championship points for the Thames Towpath 10, you must renew your membership beforehand. You should also make sure that you wear your club vest unless you have a charity place. Anyone who has entered and planning to hand over their number to another runner must consult the race organiser as well as their captains in advance.

## 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.

## 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

## 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

## Training

Already quite a few of Dulwich's best are sadly currently injured.

You can do lots of miles, run consistent training with great long runs and speed sessions and tempos but you won't get the benefit if you are unfortunate and get injured.

It is best to train slightly less and know when to back off than do a little bit too

much and pay the price but sometimes injuries are unavoidable.

Personally I have found doing a higher proportion of training off-road and not bothering about pace on some of the runs seems to help.

Though I put suggested paces on the training schedules, I think sometimes it is best to not to always strive for it, if you are tired or want to do a session off-road or over hills.

ie running say 8:00 mile pace on a tougher

more off-road route may be better for your legs and fitness than a 7:30 on flat roads. And while it is great to run with people with similar speeds, I do think sometimes putting competitive people together for runs means the runs can get too fast. Just because you can run fast does not necessarily mean you should be running fast, if you are going to pay for going a bit too fast in the following days and faster speeds in training increases the chance of injury. - *Steve Smythe*

## 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.

## 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.

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.

Wed Apr 3	80 mins steady (60 mins if doing Brighton)
Thur Apr 4	warm up and approx 10km tempo pf 10 mins slightly slower than mar. pace, 10 mins slightly faster, 10 mins at mar. pace, 10 mins slightly slower or Assembly League
Fri Apr 5	40 mins easy or rest
Sat Apr 6	parkrun or steady 5
Sun Apr 7	12M relaxed if doing Brighton or 23M steady (1 min outside goal pace) if doing London
Mon Apr 8	easy 30 mins or rest
Tue Apr 9	track (easier if doing Brighton)
Wed Apr 10	60 mins for London marathoners - 30 for Brighton
Thur Apr 11	45 mins with 10 mins steady, middle 30 mins just inside mar. pace, last 5 mins faster - 20 mins for Brighton with strides

Fri Apr 12	easy 30 mins or rest - 20 mins for Brighton
Sat Apr 13	parkrun or rest
Sun Apr 14	Thames Towpath 10 or Brighton Marathon or 16 miles with 3 miles at marathon pac

Suggested future long run weekends	
Sun Apr 7	12M if doing Brighton, 23M relaxed if doing London
Sun Apr 14	Brighton Mar. or Thames Towpath 10
Sun Apr 21	12M easy if doing London
Sun Apr 28	London Marathon

# 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.

## World Masters Championships Torun, Poland

Last week we covered the first few days here are the last four.

### March 27: 10km

This was a boring but fast and out and back course - a little climb after the turnaround point but otherwise flat.

Not ideal was that there were two start zones - the first one for 35 to 50 year-olds and the second one behind for 55 plus - irrespective of speed which meant a slow start for faster older runners trying to get past younger slower ones.

Tony could count as a faster older runner and we the fastest overall Brit in the race and he was an excellent fourth, 45 seconds behind the medals.

Steve Smythe thought he was pacing himself perfectly to break 40 for the first time at 60 and was hoping the chip would help but they did not use the chip start only at finish and the seconds I lost at the start did not come back and I did not allow for a slight over distance.

Andy had a steady run and was just the other side of 50.

There were no team medals in this event.

45 Tony Tuohy	35:34 (4 M55)
107 Steve Smythe	40:01 (8 M60)
254 Andy Murray	50:29 (13 M65)
340 finished	

### March 27: 800m heats

Wayne was drawn in the final heat and at least knew what he had to do to make the final - either come first 2 or run faster than 2:00.40 which as his four year-old PB was 2:02.06 and had not been able to train at full pelt was not hugely likely.

Wayne hung on to the leading group as they passed 200m in 29.99 and 400m in 61.74 with Wayne hot on their heels though now the time was going to be impossible and it was going to be all on position and it was down to 4 as the other six faded away.

Through 600m in 93.16, the leading pair picked up and Wayne though running strong was unable to chase down those ahead and he finished fourth in a season's best of 2:04.16.

Clare was not well after the cross-country and was dizzy and was not sure she would be able to run the 800m and had trouble with her breathing in the artificial indoor conditions on the track where it seemed unnecessarily hot.

However, she felt slightly better as day went on and was drawn in the first heat. Her two main rivals - who had won medals in the previous day's 400m final - were drawn in heat two so Clare had the easier semi.

One of the British competitors blasted a fast start - 35.80 at 200m and 73.39 at 400m (37.59) but then slowed when Clare told her they were well clear and 600m was a

slow 1:54.10 (40.71) and Clare stretched out in the last 200m in 36.79 and she won by six seconds in 2:30.89.

The other heat runners ambled around to win in 2:44.12.

M35: ht 3: 4 Wayne Lashley 2:04.16

W55 ht 1: 1 Clare Elms 2:30.89

### March 28: 800m finals

First off was Ros and she knew there was no chance of first against the much younger world champion Alison Bourgeois and it was suggested she run an even 45 second laps.

Bourgeois, a French-based Brit, started very fast and many of her opponents followed as Ros stuck to her plan back in fifth.

At 400m, Ros was still in fifth but some were coming back to her and another near 45 second lap she was on the edge of the medals. Ros ran a strong last lap and then with a likely bronze, with a final kick she caught the Swedish runner Ulla Karneback on the line as second covered second to fifth.

Clare was very nervous for this race and was not helped by getting lots of advice of how to run against the world and European champion Virginia Mitchell, who won the 400m in Torun a few days earlier.

She was hoping someone would lead quickly as in the heat but at the break down the back straight no one did and Clare decided she would have to lead.

While leading was a suggested possibility, going too fast at the start wasn't and she was through 200m in a little too fast 35.08 with Mitchell just behind.

The pace did not ease much on the second lap (35.27) and as she passed 400m in 70.35 and only Mitchell and American Sue McDonald were within range.

On the third lap, the pace barely slowed to 35.45 and the 600m time of 1:45.80 was up on her world record pace from a few weeks earlier and the sustained pace gave her a growing gap.

However, probably due to the illness, Clare was not able to hold her pace on the last lap and began to slow and Mitchell had been ten metres back closed and caught her down the final straight to win by a few metres.

Unfortunately for Clare, her brave run and excellent pace making allowed Mitchell to beat her own world record by a fraction.

W65: 2 Ros Tabor 3:00.32

W55: 2 Clare Elms 2:23.19

### March 30 Half Marathon

The race was the same as the first and last 5km of the 10km but went twice as far with a testing hill on the way out and a nicer run back along a secluded cycle path as apposed to the main road of the 10km.

After the 10km fourth, Tony decided he would have more chance of a medal in the half-marathon than in the 1500m so he withdrew from the shorter event.

He started far too quickly for his lack of distance training through 5km but adjusted his pace at 10km.

Tony wasn't sure but it later emerged at this point he was second. However later in the race, Tony was feeling a burning in

his foot and had to slow a bit.

A few runners picked him off in the later stages and he eventually finished 38 seconds down on a medal.

Steve Smythe made an attempt to try and run at club record M60 pace (Mike Mann 84:52) and was on schedule at 5km but as it was almost his 10km pace, he slowed a little on the second half.

Andy Murray had an other steady run and it worked well from a team point of view as the British M65 team medalled to give Andy his second team medal of the week, Tony was again unlucky as his team finished fourth. It would have been third had Steve (without a full M60 team) been able to score but as there were already three M55s he wasn't able to run for them and had to run for the M40 team where there was a gap but that team only came eighth.

80 Tony Tuohy 79:52 (5 M55)

174 Steve Smythe 87:12 (14 M60)

410 Andy Murray 1:51:01 (21 M65)

### March 30 1500m

Ros was off first in the W65 final. Again Bourgeois was a sure gold medallist and everyone ran for second at a very slow pace.

Ros made her move at a very fast pace on the penultimate lap to burst into second. The Uruguayan Ana Giufra, who had been close behind Ros in the 800m but faster in the 400m thought Ros's burst meant it must be the last lap (added to the confusion of Bourgeois getting the bell just behind them, that she shot past Ros and finished a lap early while Ros carried on and went on to win another silver. two seconds up on the Uruguayan who sprinted, stopped and sprinted again. Clare, now homesick, resisted the temptation to go home and though still not 100pc decided to give it a go.

She waited for the first lap when someone started fast and went ahead when they slowed drastically.

After a slow first lap, Clare's second was a bit too fast and she passed 400m in 78.08 with only the Spaniard who had been second to her in the 3000m and cross-country. The speed continued and her 800m of 2:34 and 100m time of 3:13 were inside her world record pace.

However, with the race being a straight final of 15 runners and many runners being much slower, Clare was having to run wider and wider and gave up on her record attempt and by 1200m in 3:54. she eased back but her 4:54 still gave her a near 10 second win and would have been a world record a few months ago and only Clare has run faster indoors.

W65: 2 Ros Tabor 6:33.66.

W55 1 Clare Elms 4:54.69

so the final count:

Clare 3 individual golds, 1 team gold, 1 silver

Ros 1 individual gold, 2 individual silvers, 1 team silver

Andy two team bronzes

Steve one team silver

Tony one team bronze

**Steve Smythe**

# Llanbedr Blaenavon Fell Race

## 15.8 miles 4500 ft

Saturday 30 March

The last time I did this race was 2013, and having now got over it, I thought it was time for another go. This year there were several changes. First, there was no snow on the ground, though the sun was shining beautifully. Secondly the registration had moved to the start at Llanbedr, which meant turning up at the Blaenavon rugby club and hope to cadge a lift – two kind blokes from Ryde on the Isle of Wight let me jump into the taxi they had ordered. Thirdly we now had Fabian 4 timers which gave a much better idea of the split times.

There were a few familiar faces hanging around at the start and with less than a hundred starters and the gorgeous warm spring sunshine, there was a very relaxed atmosphere.

The first section of the race up Crug Mawr is the reverse of the end of the Black Mountains race which I have done many times. After a steep climb through the woods, there is an easy runnable path to the summit, which is immediately followed by the day's steepest descent. While I had been comfortable enough on the ascent, I quickly realised that I was seriously out of practice on the descending.

However we were soon back down to the valley and starting the long circuitous climb up the Sugar Loaf. All easy grassy slopes, but the summit was like Piccadilly Circus, as the South Wales Three Peaks challenge was on at the same time. But having found the summit marshal, I was quickly away from all the walkers, and running hard down the long descent into Abergavenny. As we approached the outskirts I heard a



voice behind me say, "You're from Dulwich, you must know Clare Elms." It turned out to be a local girl called Helen Brown, who normally wins all the races in Wales, but was having a seriously off day, and had raced (unsuccessfully) against Clare in a home international.

Once through Abergavenny, I reached the checkpoint at Llanboist in just over two hours (same time as 6 years ago), but it is here that the race really starts. We were at the foot of the Bloreng. The Bloreng is basically a dull moor covered with old spoil heaps and radio masts, except for its east face where it plunges 1400 ft in less than ¾ mile to the Usk valley. It was this climb that now stood between me and the finish. The first third is just steep slog up through a wood following an ancient stepped path. Once out of the wood, through a couple of fields and onto the open fellside, it just goes on getting steeper. The technical name for this sort of slope is concave, but as I started to loose

the will to live near the top, "vertical" seemed nearer the mark. However, everyone else was struggling just as much and I even gained a couple of places on the climb.

Relief doesn't really do justice to how you feel at the top, and once onto the plateau it was an easy jog to the last checkpoint at the summit. From there it was about two and a half miles to the finish, and my legs had recovered sufficiently to go at a

reasonable pace. Feeling much stronger than 6 years ago, I reckon I ran it about 7 minutes quicker.

The last few hundred yards are through Blaenavon, which is basically a large council estate on the side of a mountain and is a maze of narrow streets and alleys. Here I got lucky as I was caught up by a local woman who led me the best route to the finish.

All in all, a wonderful day, and while I had hoped to go under 3 hours, I was well pleased with my performance, and even the rugby club's spartan changing room and freezing cold showers couldn't spoil it.

Winning time 2.23.02  
47 Hugh Balfour 3.05.11 (2M60) (2013 3.12.36)  
89 finishers

## Serpentine LFOTM 5k

29th March 2019

This long standing event is becoming ever more popular with Dulwich Runners, as 16 of us plus a soon to join member lined up in balmy conditions for late March. Performances on the day were broadly excellent with several notable PB's, although a few of us were perhaps not at our best and let's just say were a bit 'jaded'

Ed Chuck led the way with another great run, despite rocking up on a warm day with what can only be described as a woolly jumper and black sparkly gloves. Fortunately they were discarded for the run and he raced into an early lead, which he alas couldn't hold, but still finished in a fine 4th place and only four seconds outside his official 5k road club record. Andy Bond also had a great run as he returns to his best form and just missed breaking 16 minutes and was easily 1st M45. Tim Bowen had been out the night before - enough said.

The most exciting and PB fuelled pack of the day was Alastair, Jack and prospective new member Ian Fenn who finished within a three second window of each other with all three recording big PB's. Al as ever tracked behind his foes like a creepy stalker, and saved his customary big finish to pip his fast improving opponents. However both Ian and Jack had phenomenal runs with PB's of 50 and 56 seconds respectively- some going. Steve D is still on the way back from his 456th marathon, but proved his powers of recovery are strong with yet another sub 17 run.

Rob Hollands is one of the biggest success stories this year, and in shiny new Vaporflys powered round in some style achieving a 14 second PB. He even had the courtesy to offer me encouragement as he stormed past just before the 4k mark. I had been out the night before- enough said. Following next was the 'man in black' The Lound who is coming into form very nicely for the marathon with his fastest 5k of the year. Anyone would think he knew what he was doing....

Another brilliant PB followed with Paul Collyer being rewarded for all his hard tempo sessions with our group, by breaking the 18 minute mark for the first time and giving the best celebration of the day- an ear splitting roar whilst lying exhausted near the

finishing line. Ebe had a solid run, having been away on his holidays- although was nowhere to be seen afterwards, very likely to have headed straight to an intellectual art exhibition I wouldn't understand. Ian Lilley had been out the night before and had to stop a couple of times- enough said

The PB rush then continued with Laura marking her debut run here with a 7 second 5k PB- an excellent performance. Steve Williams and Graham followed with very solid runs, and Sharon completed the contingent with a very good run in her first official 5k for a couple of years.

### Paul Devine

4	Edward Chuck	15:40
5	Andy Bond	16:01
9	Tim Bowen	16:24
11	Alastair Locke	16:29
12	Ian Fenn	16:31
13	Jack Ramm	16:32
17	Stephen Davies	16:46
37	Robert Hollands	17:18
39	Paul Devine	17:26
46	Charles Lound	17:41
51	Paul Collyer	17:53
104	Eberhard Prill	19:40
120	Ian Lilley	20:06
135	Laura Vincent	20:36
167	Steve Williams	21:32
188	Graham Laylee	22:34
250	Sharon Erdman	27:07

## St Medard en Jalles 10km

24th March 2019

In near perfect conditions I ran a near perfectly even pace. Time 44.30: the best for 2 years. I put it down to two runs a week, and two big cycle rides a week and lots of labouring in the garden.

I was 61st in V50 out of 244 and 671st out of 2012 who finished. First man 29.06 first woman 32.34.

Finish on the track for a 400m sprint at the end was a nice touch.

**Duncan Wilson**



March 30

## Brockwell , Herne Hill

441 Ran			
Pos	Gen		
18	18	Jonny Hough	19:19
33	33	Mark Foster	19:59
61	7	Lucy Pickering	20:59
102	15	Lucy Clapp	22:40
268	195	Alex Haylett	27:34

## Bromley

826 Ran			
Pos	Gen		
19	1	Kim Hainsworth	19:23

## Burgess

531 Ran			
Pos	Gen		
35	32	Matthew Ladds	19:25
399	122	Karina Burrowes	28:25
528	328	Chris Vernon	51:18

## Crystal Palace

392 Ran			
Pos	Gen		
30	1	Belinda Cottrill	20:41
40	3	Yvette Dore	21:24
86	79	Paul Hodge	23:29
131	18	Joanne Shelton Pereda	25:04
161	25	Helen Lister	26:01
165	140	Paul Keating	26:09
213	48	Claire Steward	28:18

## Dulwich

472 Ran			
Pos	Gen		
10	10	Timothy Bowen	16:57
20	20	Grant Kennedy	18:04
28	28	Edward Harper	18:40
43	39	Michael Fullilove	19:30
44	40	Greg Falconer	19:32
46	42	Justin Siderfin	19:34
69	64	Giles Robertson	20:29
96	86	John English	21:32
146	127	Graham Laylee	23:10
168	23	Charlotte Sanderson	23:45
191	164	Ajay Khandelwal	24:14
268	216	Tom Shakhli	26:01
289	56	Sharon Erdman	26:39
296	62	Hannah Harvest	27:01
336	82	Claire Barnard	28:41
339	83	Natalie Davys	28:47
374	273	Olivier Montfort	29:44
408	291	Mick Mead	31:34

## Dunedin

194 Ran			
Pos	Gen		
59	46	Bob Bell	27:05

## Eastville

540 Ran			
Pos	Gen		
17	16	Joe Farrington-Douglas	19:13
146	19	Teresa Northey	24:25

## Fulham Palace

589 Ran			
Pos	Gen		
166	143	Barrie John Nicholls	23:54
574	223	Lindsey Annable	40:23

## Highbury Fields

392 Ran			
Pos	Gen		
11	11	Paul Collyer	18:40

## Hilly Fields

328 Ran			
Pos	Gen		
283	179	Ian Lilley	33:14

## Mole Valley

321 Ran			
Pos	Gen		
168	43	Clare Osborne	28:49

## Nonsuch

825 Ran			
Pos	Gen		
57	6	Ange Norris	20:37

## Orpington

216 Ran			
Pos	Gen		
47	45	Colin Frith	25:26

## Peckham Rye

323 Ran			
Pos	Gen		
1	1	Andy Bond	16:29
27	27	Ebe Prill	20:47
28	1	Michelle Lennon	20:49
60	58	Gideon Franklin	22:14
194	44	Caroline Maynes	27:44

## Seaford Beach

276 Ran			
Pos	Gen		
113	85	Michael Dodds	27:45
251	114	Clare Elizabeth Wyngard	44:04

## Sutton Park

411 Ran			
Pos	Gen		
3	3	Joe Twomey	18:11
75	8	Jenny Ross	24:52

## Tooting Common

703 Ran			
Pos	Gen		
223	189	Ian Sesnan	24:39

## York

606 Ran			
Pos	Gen		
168	19	Tess Bright	23:35

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 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.*

Watch this space !....

## 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)



Instagram

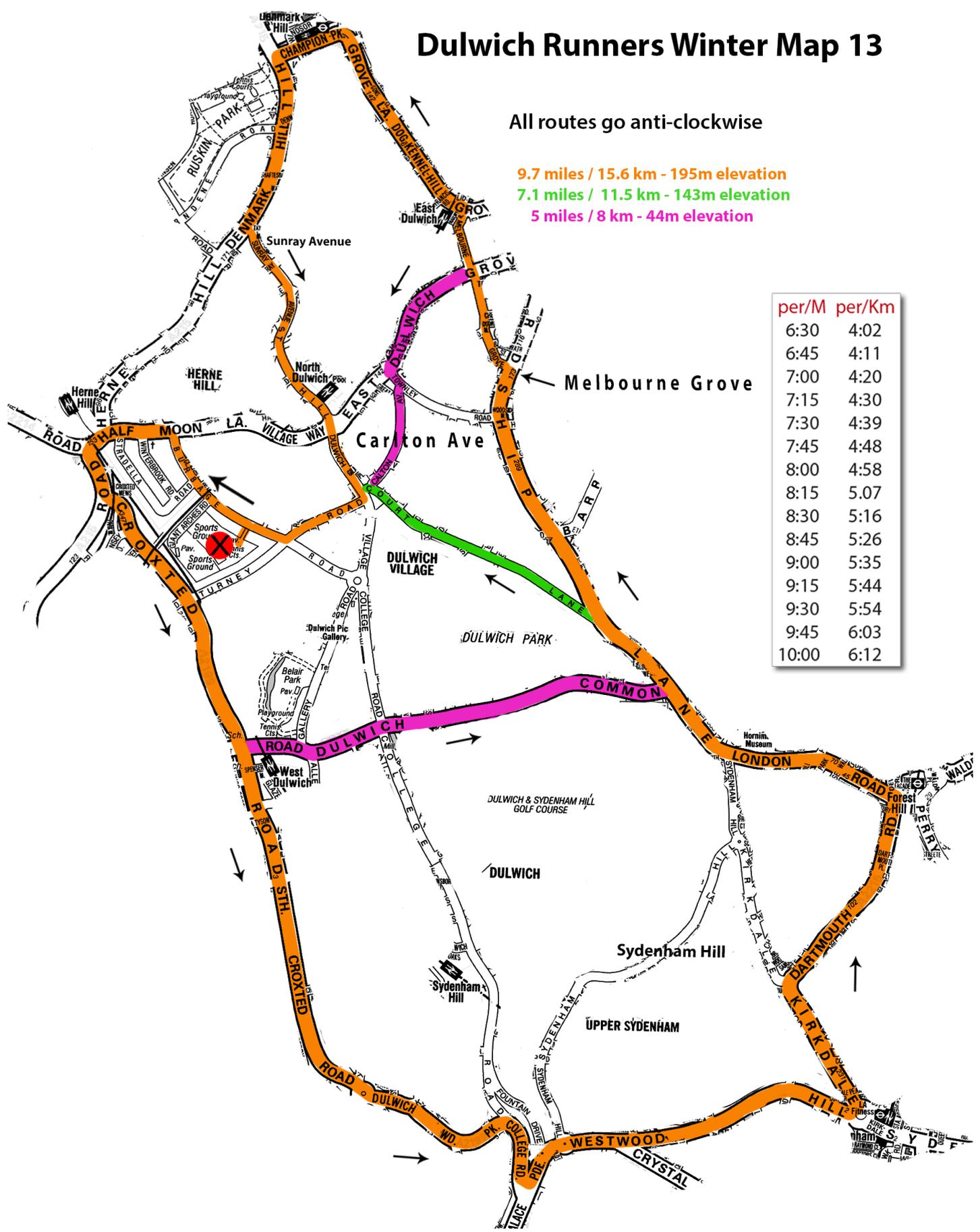
Dulwich Runners are on Instagram....So if you would like to photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, or Jonathan Whittaker who will take care of it!

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

# Dulwich Runners Winter Map 13

All routes go anti-clockwise

9.7 miles / 15.6 km - 195m elevation  
 7.1 miles / 11.5 km - 143m elevation  
 5 miles / 8 km - 44m elevation



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