



SHORTS

Dulwich Runners AC

Weekly Newsletter

March 13th 2019

These are your SHORTS,

Please send your reports, running news & anecdotes to:

barry@bg1.co.uk or barry@1bg1.com

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 13 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 16 Riddlesdown parkrun - club cross country champs

Tue 12 Crystal Palace track

Like us on Facebook @dulwichrunners

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 to go on the mailing list

LUCKY VEST

March winner - Michelle Lennon

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

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)

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.

In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 3 Marathon schedule and upcoming races etc
- 4 Race reports and times - World Record for Clare !!!
- 5 BigHalf club champs full report and scores etc
- 12 Parkrun times
- 13 Club kit - New winter additions !
- 14 Social events etc
- 15 Wednesday map + Strava links

And much more !

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our website: www.dulwichrunners.org.uk

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

A brief look ahead

Mar 16 Riddlesdown parkrun - club cross country champs

NEW RUNNERS ROTA

A big thankyou to **Paul Keating** and **Lucy Clapp** 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

Matt Ladds

13/03

Emma Ibbell

21/03

Charlie Lound

28/03

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
Mar	16	Riddlesdown parkrun	DR XC champs	
	24	SEAA 12/6 Stage Relays		Milton Keynes t.b.c
Apr	4	Assembly League - Beckenham Place Park - 7pm start		Beckenham
	10	Highgate Harriers Open		Parliament Hill
	14	Thames Towpath 10	long	
	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		
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	
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		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
Dec	7	Surrey League cross country (women)		t.b.c
2020				
Jan	4	County cross country champs		t.b.c
	11	Surrey League cross country		t.b.c
	25	South of England cross country champs		t.b.c
Feb	8	Surrey League cross country		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 Men road: ebepriill@yahoo.co.uk Ladies: 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

Cross Country club champs Riddlesdown parkrun

16th March

The last event of the xc club champs. You must wear a club vest and If you are new to parkrun, you must register on the parkrun website in advance and turn up with your barcode. The course is a mix of grass, flinty a gravelly path. Parking in the front of Warlingham School, Tithepit Shaw Lane CR6 9YB, or on the roads if this is full. Nearest stations Kenley and Upper Warlingham. Toilets in the school next to the new block. The event will greatly appreciate some volunteers so if anybody doesn't want to run and can volunteer please let Ange know. dulwichladiescaptain@gmail.com

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.

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 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



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 1st come, 1st served.

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

Thames Towpath

10 April 14

This race fills up and sells out quickly each year, with already over 300 entered, of which 18 from Dulwich. If you intend doing this event then sign up ASAP

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 (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 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*

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.

NB important not to overdo it in the 4-5 days after the half-marathon.

Wed Mar 13	45 mins easy
Thu Mar 14	45 mins steady with faster 15 second bursts every 2 mins
Fri Mar 15	40 mins easy or rest
Sat Mar 16	Parkrun (Riddlesdown?)
Sun Mar 17	Slow long run - 23M plus - pace should be at least 1min outside goal pace
Mon Mar 18	40 mins easy or rest
Tue Mar 19	1600m reps
Wed Mar 20	60 mins easy
Thur Mar 21	warm up and down plus two paced 10km run - 1km at slightly slower than mar. pace, 1km slightly faster ie for sub-3 runner would be alternating kilos of 4:25 and 4:15
Fri Mar 22	40 mins easy or rest

Sat Mar 23	parkrun
Sun Mar 24	Slowish to steady long run - 20 miles but quicker second 10 ie for sub-3 runner should be 10 at 7:45, 10 at 7:15

Suggested future long run weekends	
Sun Mar 24	12 stage relay or 20 miler slow
Sun Mar 31	16M steady - with 13M at just outside mar. pace if doing London, slower if doing Brighton
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
All road, fell, xc, tri and track results etc, are welcome.

British Masters Indoor Champs Lee Valley

March 9/10

After running in the Surrey League last week and injuring her hip, Clare was unable to train properly all week and was still not right on Saturday and had to miss the 1500m on day one but Tony was ok in his M55 race and having his best track race of the year so far he was a clear second in 4:39.29 to world champion Guy Bracken and it just missed his club M55 record.

On the next day, Tony was back in action at 3000m and he finally confirmed his 1500m form over 15 laps as he was well inside 10 for the first time this winter and again he took a clear silver and this time did set a club M55 record indoors or out.

Ros, who obviously was missing not having had a holiday for a few weeks, spent the previous week skiing instead of running which at such a crucial stage of the season did not help her running and after missing her usual first day of 400m and 1500m returned in time for day 2 and looking slightly stiff she was unable to produce her usual kick at 800m and she lost out to rival Nancy Hitchmough by 0.18 of a second for second.

She returned later to run the 3000m which was a combined women's race and won her age group unopposed a fraction slower than her previous 3000m this winter.

Also in the race was Clare.

Far from optimistic, and superstitious, she noted the race was due to start at 4.13 and her number 544 added up to 13 and 13 were seeded to go in the race!

Clare had previously set records at 800m, 1500m and mile and had fallen short in her previous attempt over 15 laps as she



was running solo and felt she lost ground running a lot of the race in lane two having to lap slower runners.

On the plus side, she was up against W40 Zoe Doyle, who had won the previous day's 1500m but against that there were quite a few slower runners including M85 Richard Pitcairn Knowles, who though he set the UK M85 record was almost half the speed of Clare and she lapped him seven times. Zoe set a good pace for the first two laps bang on target but then slowed quite a bit after three laps and Clare was worrying she might have to pass as 1000m was just off target in 3:27.

A few shouts from supporters though and luckily Zoe picked up and went through halfway bang on target in 5:09 and 2000m in 6:52 and the announcer kept the crowd informed Clare was in with a chance of the record.

Clare felt it was too close though and in the last 800m accelerated and pushed on ahead and pulled away to win the overall

women's race by just over five seconds and a strong finish and 3:22 last kilometre meant she had also taken five seconds off the world record.

It was her seventh world record in six weeks and luckily her injury did not bother her and she is hopeful she can get back to training in the next few weeks and do some sharpening sessions for Poland at the end of the month and of course the warnings about 13 were correct as Clare ran 10:13.40!

Steve Smythe

M55 1500: 2 nd	Tony Tuohy	4:39.29
M55 3000: 2 nd	Tony Tuohy	9:49.09
		(Club M55 rec)
W65 800: 3 rd	Ros Tabor	3:03.38
W65 3000: 1 st	Ros Tabor	13:36.01
W55 3000: 1 st	Clare Elms	10:13.40
		(world W55 record)

Vitality Big Half Tower Bridge to Greenwich

March 10

This could lay claim to be one of the best club champs of all time. Huge numbers of club competitors. Vast numbers of PBs and a possible great team.

The depth was excellent (men under 80 and women under 85 might be a record) The race incorporated the British Championships, and if it is down to runners in club vests and all runners are eligible then I can't see how we haven't won it thanks to great runs from Ali, Elkie, Marta and Hayley and of course our fastest woman half runner of recent years was racing elsewhere.

There was also excellent depth around the 1:35 mark for the women.

The men's depth was also remarkable considering quite a few of our recent fastest half marathon runners were absent such as Tim, Buzz, Shane, Greg, Steve D - and also Jack R, who has been in great XC form.

The number of PBs is exceptional in that conditions were challenging - 50 mph winds in places meant even running in a straight line was not easy though at least the wind direction was generally favourable but few of the elite ran fast times and everyone should go faster. Quite a few of the events were cancelled connected with the event such as music because of the winds.

It was hard to get into any rhythm so the fact that so many ran such even splits is quite remarkable as the following times show.

The worst thing about so many running is that a report takes many times longer than doing the race and more so when you lose half the report at 4am and redo!

Steve Smythe

52 Edward Chuck 70.37 (33:04, 33:40, 3:53) (PB - prev 73:13) 827 pts 1 Dulw man (Fastest Dulwich Runner for 25 years plus - well featured on tv as battled with leading women and big PB.)

98 Lee Fedden 73.02 (34:44, 34:48, 3:30) (PB - prev 86:52! but 2:39 mar) 809 pts 2 man (First run as a Dulwich Runner with huge PB according to po10 - strong through out but very fast finish.)

114 (2M45) Andy Bond 73.39 (34:50, 35:13, 3:36) (PB, prev 74:35, 848 pts 1st overall age-grading - Club M45 record Another superb run taking a minute off his PB and setting club record.)

172 Alastair Locke 75.34 (35:44, 36:06, 3:44) 779 pts, 3rd Dulw man (Second fastest ever half and within minute of PB as

continues relentless progress after Achilles problems.)

221 Daniel Mann 77.09 (36:46, 36:31, 3:52) (PB, prev 78:39) 778 pts Dulw M40 prize (Much better paced than normal and excellent second 10km to run fine PB.)

250 Edward Harper 77.46 (37:27, 36:36, 3:43) (PB, prev 87:46) 751 pts, Captain's award (Despite the strange ultras, took a whole 10 minutes off his PB with another brilliant paced run.)

272 Thomas South 78.05 (37:28, 36:41, 3:56) (PB, prev 81:56) 787 pts man age-graded (Close to Edward until the end and again well-paced and reward for all the hard training as he broke 80 for first time with strong run.)

307 Paul Devine 78.59 (37:25, 37:34, 4:00) (PB, prev 79:56) 765 pts (A minute off his 5 year-old PB with another excellent run holding pace well.)

2019 Champs categories BIG HALF MARATHON 10 March	
Overall Winner (Age Grading)	Andy Bond
1 st Man (Any Age Cat.)	Ed Chuck
1 st Woman (Any Age Cat.)	Ali Campbell
2 nd Man (Any Age Cat.)	Lee Fedden
2 nd Woman (Any Age Cat.)	Elkie Mace
3 rd Man (Any Age Cat.)	Alastair Locke
3 rd Woman (Any Age Cat.)	Marta Miasiewicz
1 st M40 (Excl. Above)	Daniel Mann
1 st W40 (Excl. Above)	Yvett Dore
1 st M50 (Excl. Above)	Charles Lound
1 st W50 (Excl. Above)	Michelle Lennon
1 st M60 (Excl. Above)	Steve Smythe
1 st W60 (Excl. Above)	Claire Steward
Age Graded Man (Excl. Above)	Tom South
Age Graded Woman (Excl. Above)	Lucy Pickering
13 Captains' Award	Ed Harper

339 James Burrows 79.29 (37:28, 38:05, 3:56) (PB, prev 82:19) 747 pts (Continued his greatest ever form with another 3 minute PB, chasing Ed/Tom.)

399 (7 M50) Charles Lound 80.32 (38:16, 38:17, 3:59) 816 pts, Dulw M50 prize (Though not at full fitness, paced it superbly to be a class apart in Dulwich M50s.)

401 Robert Hollands 80.35 (38:20, 38:24, 3:51) (PB, prev 86:35) 730 pts (Close to Charlie, Ffive and a half-minute PB with strong run and good finish as continued his greatest ever form.)

23w/446 Ali Campbell 81.32 (39:00, 38:28, 40:04) (PB, prev 84:43) 800 pts, Dulwich 1st woman (Superb club champs debut as took three minutes off her two week old PB and led Dulwich to team success.)

485 Des Crinion 82.17 (38:29, 39:42, 4:06) PB, prev 84:23) 712 pts (Almost ever present this winter continued good form though did slow a little in second 10km but still big PB)

499 Joe Twomey 82.34 (39:05, 39:29, 4:00) (PB, prev n/k) 707 pts (Another one of our newish members making good progress and pacing well)

529 Paul Collyer 83.00 (39:26, 39:29, 4:05) (PB, prev 83:42) 778 pts (Excellent pacing and moving through well for tempo Thursday regular)

545 Grant Kennedy 83.11 (39:19, 39:41, 4:11) (PB, prev 87:57), 708 pts
(Another improved speed significantly over winter and was strong in setting near five-minute PB.)

34W/554 Elkie Mace 83.21 (40:36, 38:41, 4:04) (PB, prev 93:45), 793 pts, 2nd Dulw woman
(Ten minute PB though first serious half and ran very fast second 10km, as carried on excellent winter.)

36W/570 Marta Miaskiewicz 83.37 (39:48, 39:37, 4:12) (PB, prev 87:37), 785 pts, 3rd Dulw woman (Close to Elkie on second half, another with big PB and third Dulwich inside 84, and with good pacing.)

581 Grzegorz Galezia 83.53 (40:25, 39:23, 4:05) (PB, prev 85:25), 770 pts
(Picking up excellently on second 10km, set another PB as continues good winter.)

40W/605 Hayley Seddon 84.15 (40:16, 39:48, 4:11) (PB, prev 88:33), 775 pts
Superbly paced and took a lot off PB and gave us four of the top 40 women.)

633 Tom Shakhli 84.39 (40:26, 40:13, 4:00) (PB, prev 94:57), 695 pts (Made excellent club champs debut and kept going well)

717 Eugene Cross 85.42 (40:29, 41:04, 4:09) (PB, prev 89:49) 693 pts
(Strong and another PB for one of the more recent club additions.)

741 Edward Simmons 85.58 (40:46, 40:52, 4:20) (PB, prev 88:08) 690 pts#
(Probably best ever club race with even effort.)

751/1M60 Steve Smythe 86.03 (40:35, 41:03, 4:25) 829 pts
1st Dulw M60 First in weak age group in race but poor run and only a quarter-hour outside PB.)

60W/781 Chloe Green 86.28 (41:27, 40:37, 4:14) (PB, prev 89:25) 757 pts
(Big PB with good second 10km but did not waer club vest again and may not score.)

852 Joe Farrington-Douglas 87.10 (41:01, 41:52, 4:17) (PB, prev 90:33) 685 pts (Three-minute PB but probably more to come.)

892 Rob Cope 87.40 (42:10, 41:17, 4:13) 712 pts
(First half for whiel as returned from injuries and paced it very well.)

929 Olivier Montfort 87.58 (43:03, 40:43, 4:12) (PB, prev 92:15) 710 pts
(Big PB and first sub-90 but capable of more as too slow in first 10km)

983 Justin Siderfin 88.29 (42:19, 41:56, 4:14) (PB, prev 92:08) 712 pts
(Ran usual controlled run with good second 10km and set first 90 run)

1036 Robert Yates 88.53 (40:40, 43:20, 4:53) 660 pts
(Not quite matching last year's form as struggled in second 10km)

1044 Stephen Pinkster 88.57 (41:59, 42:19, 4:39) (PB) 671 pts
(Technically a half PB as no other marks but has run 2:49 marathon)

1169 Jonathan Hough 90.06 (42:46, 43:01, 4:19) (PB, prev 90:54) 671 pts
PB with even run and good finish but below his short distance form.)

1204 Eberhard Prill 90.35 (42:28, 43:29, 4:38) 759 pts
(Struggling with niggles and just missed 90-minute target.)

1291 Greg Falconer 91.21 (43:16, 43:32, 4:33) 641 pts
(Ran in another runner's number so may not score.)

1407/6W45 Yvette Dore 92.28 (44:32, 43:23, 4:33) (PB, prev 95:42) 766 pts, 1st Dulw W40 (Exceptional run to take 3 mins off PB as ran much stronger second 10km to beat many normally ahead.)

1408/2W50 Michelle Lennon 92.28 (43:36, 44:14, 4:38) (PB, prev 94:44) 812 pts First Dulw W50
(Better paced than normal and finished strong second in her age group in whole race.)

1432 Alice Williams 92.42 (43:34, 44:27, 4:41) 708 pts
(Close to her best after post natal return but capable of more on training form.)

1538 Ross Rook 93.34 (43:12, 45:22, 5:00) (PB) 634 pts
Apparently first half but some way short of fitness 3-4 years ago and struggled second 10km.)

1541 Kim Hainsworth 93.35 (43:44, 45:22, 4:29) 709 pts
(Very similar to last half of 7 years ago and not quite up to short distance form but good finish.)

1549 Tess Bright 93.38 (44:13, 44:40, 4:45) (PB, prev 98:44) 698 pts
Officially a road PB though has gone quicker in other race and solid paced effort.)

1681 Tom Poynton 94:40 (2nd claim)

1708 Gary Clarke 94.51 (43:08, 46:40, 5:03) 658 pts
(Unable to verify past results and found second 10km hard)

1801 Matthew Ladds 95.43 (44:54, 45:46, 5:03) (PB, prev 97:44) 610 pts
(Another PB but not as impressive as his recent parkrun.)

1812 Mark Foster 95.47 (43:33, 46:43, 5:31) (692 pts)
(set out at PB pace but was unable to hold and well below best.)

1829 Anna Thomas 95.52 (45:22, 45:45, 4:45) (PB, prev 96:49)

(First half for 5 years and set PB but even more to come on recent form.)

218W/1842 Rebecca Schulleri 95.57 (44:45, 46:24, 4:48) (PB, prev 98:47) 680 pts (Three minute PB but again capable of faster on 10km form.)

1843 Katie Styles 95.58 (44:32, 46:30, 4:56) 692 pts (Made strong start at PB pace but was not quite able to hold it.)

1896 Alex Bazin 96.23 (46:02, 45:45, 4:36) (PB) 616 pts (good debut with stronger second 10km)

2035/9 W50 Lucy Pickering 97.24 (46:14, 46:24, 4:46) 790 pts – winner women age-graded (Produced another run in her 1:36-1:39 range as in previous 5 halves with steady pace.)

2063/6 M60 Gary Sullivan 97.37 (46:09, 46:40, 4:48) 2nd claim (Now first claim Kent though down as Dulwich in results and unable to be scored.)

2262 Christopher Cooper 98.52 (45:58, 47:47, 5:07) 591 pts (unable to find past form on Po10 but had solid enough run on club champs debut.)

2315 Martin Double 99.10 (47:13, 47:09, 4:48) 614 pts (Paced it well and held form but missed his PB by seconds.)

2390 Eleanor Simmons 99.38 (48:04, 46:50, 4:44) (PB) 682 pts (Though has done some marathon, this was first half according to Po10 and much faster second half.)

2571 Lucy Clapp 100.49 (47:14, 48:31, 5:04) 772 pts (Was not quite able to hold PB pace but strong run again.)

2737 Laura Vincent 101.50 (47:45, 48:53, 5:12) (PB, prev 1:44:29) 649 pts (Not anywhere near 100pc but still set a PB.)

2802 Alex Haylett 102.12 (48:47, 48:24, 5:01) (PB) 584 pts Good second 10km in what appears to be a PB.

2992 Gideon Franklin 103.06 (50:00, 48:23, 4:43) 667 pts (Not anywhere near full fitness after lots of travelling and work in Japan, but had a great second half and finish.)

3259 Graham Laylee 104.23 (49:27, 49:37, 5:19) 690 pts (Not at full fitness but club champs regular paced it well.)

3386 Stephanie Lundon 105.03 (50:06, 49:53, 5:04) (PB, prev 1:58:37) 689 pts (Smashed PB as produced a great piece of pacing.)

4098 Jennifer Ross 108.41 (51:35, 51:43, 5:23) (PB) 600 pts (Debut and therefore PB according to Po10 and produced

superb pacing,)

4441 Hannah Harvest 110.13 (52:53, 51:52, 5:28) 593 pts (Excellent pacing as run quicker second 10km and overtook 1159 runners.)

4478/9M65 Bob Bell 110.23 (51:33, 53:15, 5:35) 679 pts (Not at his fittest but still made top ten in age group.)

4641/10M65 Andrew Murray 111.08 (51:37, 53:50, 5:41) 674 pts (First half since pacemaker fitted and not quite pacing it as well as in the past.)

4945 Teresa Northey 112.26 (51:36, 54:55, 5:55) 624 pts (Found second half harder in first half for eight years)

4965 Joanne Shelton Pereda 112.31 (52:14, 54:40, 5:37) 618 pts (Great club supporter had a steady run again.)

5016 Karina Burrows 112.45 (54:05, 53:24, 5:16) 578 pts (Close to PB after very strong second half where overtook 800 runners.)

5290 Hugh French 114.00 (54:32, 53:58, 5:30) 539 pts (First half for a few years and also paced it well with stronger second half)

6542 Midge Cameron 119.21 (56:48, 56:48, 5:45) (PB) 652 pts (Wins even pace award with a pair of 56:48s in what was seemingly debut half.)

6554 Barrie Nicholls 119.22 (57:13, 56:36, 5:33) 628 pts (One of the club champs greatest ever supporter used experience to break two with strong finish.)

6620 Claire Barnard 119.41 (56:52, 56:58, 5:51) 546 pts (Excellent even effort to get inside two hours.)

6787/6 W65 Claire Steward 120.26 (57:12, 57:15, 5:59) 773 pts, 1st Dulwich W60 (Well short of past fitness but ran steadily around the two-hour pace mark.)

6803 Paul Keating 120.29 (57:54, 56:58, 5:37) 550 pts (Club champs regular was as usual close to 2 hours with unusually strong second half.)

7304 Colleen Williams 122.52 (57:59, 58:54, 5:59) (PB) 512 pts (PB according to PO10 as was debut and paced strongly.)

7995 Sharon Erdman 126.22 (58:54, 61:32, 6:06) 567 pts (Not too far outside her normal half times with strong effort inside sub-10s.)

11503 Elizabeth Begley 150.51 (PB) (66:44, 75:28, 8:39) 582 pts (Though found second 10km tough, took four minutes off eight year-old PB.)

Dulwich Runners' times in Big Half-Marathon 10 March 2019

	time	points in age category m/f								age grade points	club champs awards
		ms	m40	m50	m60	f s	f40	f50	f60+		
Edward Chuck	70.37	50								827	1st man
Lee Fedden	73.02	49								809	2nd man
Andy Bond	73.39		50							848	Overall age graded
Alastair Locke	75.34	48								779	3rd man
Daniel Mann	77.09		49							778	1st m40
Edward Harper	77.46	47								751	Captains' award
Thomas South	78.05		48							787	Man age graded
Paul Devine	78.59		47							765	
James Burrows	79.29	46								747	
Charles Lound	80.32			50						816	1st m50
Robert Hollands	80.35	45								730	
Ali Campbell	81.32					50				800	1st woman
Des Crinion	82.17	44								712	
Joe Twomey	82.34	43								707	
Paul Collyer	83.00		46							778	
Grant Kennedy	83.11	42								708	
Elkie Mace	83.21					49				793	2nd woman
Marta Miaskiewicz	83.37					48				785	3rd woman
Grzegorz Galezia	83.53		45							770	
Hayley Seddon	84.15					47				775	
Tom Shakhli	84.39	41								695	
Eugene Cross	85.42	40								693	
Edward Simmons	85.58	39								690	
Steve Smythe	86.03				50					829	1st m60
Chloe Green	86.28					*				no club vest	
Joe Farrington-Douglas	87.10	38								685	
Rob Cope	87.40		44							712	
Olivier Montfort	87.58		43							710	
Justin Siderfin	88.29		42							712	
Robert Yates	88.53	37								660	
Stephen Pinkster	88.57	36								671	
Jonathan Hough	90.06		41							671	
Eberhard Prill	90.35			49						759	
Greg Falconer	91.21	*								not in results	
Yvette Dore	92.28						50			766	1st w40
Michelle Lennon	92.28							50		812	1st w50
Alice Williams	92.42					46				708	
Ross Rook	93.34	35								634	
Kim Hainsworth	93.35					45				709	
Tess Bright	93.38					44				698	
Tom Poynton	94.40									2nd claim	
Gary Clarke	94.51		40							658	
Matthew Ladds	95.43	34								610	
Mark Foster	95.47			48						692	
Anna Thomas	95.52					43				692	
Rebecca Schulleri	95.57					42				680	
Katie Styles	95.58					41				692	
Alex Bazin	96.23	33								616	
Lucy Pickering	97.24							49		790	Woman age graded
Gary Sullivan	97.37									2nd claim	
Christopher Cooper	98.52	32								591	
Martin Double	99.10		39							614	
Eleanor Simmons	99.38						49			682	
Lucy Clapp	100.49							48		772	
Laura Vincent	101.50					40				649	
Alex Haylett	102.12	31								584	
Gideon Franklin	103.06			47						667	
Graham Laylee	104.23				49					690	
Stephanie London	105.03						48			689	
Jennifer Ross	108.41					39				600	
Hannah harvest	110.13					38				593	
Bob Bell	110.23				48					679	
Andrew Murray	111.08				47					674	
Teresa Northey	112.26						47			624	
Joanne Shelton Pereda	112.31						46			618	
Karina Burrowes	112.45					37				578	
Hugh French	114.00		38							539	
Midge Cameron	119.21							47		652	
Barrie Nicholls	119.22				46					628	
Claire Barnard	119.41					36				546	
Claire Steward	120.26								50	773	1st w60
Paul Keating	120.29			46						550	
Colleen Williams	122.52						45			512	
Sharon Erdman	126.22						44			567	
Elizabeth Begley	150.51								49	582	
		74	21	13	5	5	16	7	4	2	

* 2 results asterisked above were outside club rules and point scores for these are under consideration

Tokyo Marathon

Sunday 3rd March 2019

Introduction

The club was represented by Gower Tan and Steve Davies during this year's Tokyo Marathon, held on the first Sunday in March on what were rather unfavourable weather conditions – constant rain, becoming heavier as the race progressed and chilling headwind gusts on the latter part of the course.



Steve Davies

The Tokyo Marathon is one of the Abbot World Marathon Majors, a series comprising 6 big city marathons around the globe. The other 5 marathons in the series are concentrated in the US and Europe – Boston, Chicago, New York, Berlin and London. It is broadly a grand slam of major marathons and if runners complete the series they receive a nice big medal (referred to as the '6 Star Medal') in recognition of this achievement.

Prior to Tokyo, Gower had this marathon and Boston in order to complete the series. Steve had Tokyo, Chicago and Boston.

One of the biggest challenges in completing the series (as well as the effort of travelling to the venues, training and actually running them) is obtaining a place. This is especially the case for Tokyo. There is no 'Good for Age' entry (as in the other races); chances of obtaining an entry through the ballot are unlikely (1 in 20). This leaves obtaining a place through a tour operator (such as 2:09 Events or Marathon Tours) or through a charity. Both options are often oversubscribed, so you

have to get in early. A limited number of spaces are provided via the 'Run as One' programme for Non Japanese residents ('Semi-Elite' Runners) who have ran an accredited marathon in the past year. Men who have ran sub 2:45/ Women Sub 3:30 can apply for the limited number of spaces available, awarded to the quickest runners applying.

The Expo

The Expo (of which all runners are required to attend in order to obtain their bib number) was located several miles from the centre and was a bit of a mission to get to via public transport (for Steve it comprised bus, metro and mono-rail combination). Rather than the congress hall where the Expo was previously located, this year it had relocated to a temporary structure made up of huge marquees. Once there registration was super quick – all done for both of us in 30 minutes, however for Gower who arrived 10 minutes after opening there was a rather chaotic 30 minute queue in the rain to enter the registration tent. The Asics Expo Store was a different matter – complete bedlam with people seeking out the limited merchandise available as a lot of it had sold out and long queues for the check outs. Steve and Gower both met each other to catch up prior to the race (with Gower flying in from London that Thursday morning before the race). Steve had been in Japan for one and a half weeks on holiday touring the country with his family. Gower was planning to see some of Japan after the marathon and a day trip the following day to a traditional onsen (Japanese hot spring) – highly recommended.

The Course

Course Profile - The first 5Km of the course is slightly downhill and thereafter the course is mainly flat except for the odd bump for going over a couple of bridges. The course is a point-to-point start and finish however there are a number of switch back turns.



Gower Tan

This gives plenty of opportunity to see runners coming in the opposite direction at numerous points and also good for the spectators. The race starts in the district of Shinjuku on the west side of this vast city and heads east towards the Sky Tree Tower (across the Sumida river) and then back again to the centre with the finish near Tokyo Central station and the Imperial Palace Gardens.

Nutrition Stations: Plenty of Nutrition stations (every 3km approx.) offering cups of water and an energy drink. There were also aid stations offering an array of more interesting refreshments including bread, pickled plum, chocolate, sweet azuki-bean paste, jelly and salt candy. (Hmm, tempting but perhaps not during a marathon).

Support/crowds: Given the miserable weather, the support along the route was very impressive - not as boisterous as London, New York or Berlin though. There were bands and dancers braving the elements at various parts of the course demonstrating local culture. Also, there were many volunteers lining the course, offering nutrition, medical support, guidance as well as collecting discarded paper cups & gel wrappers (in squeaky clean Tokyo). Braving the elements for hours deserves a lot of gratitude from the runners taking part. Interestingly, they also have on duty police and medics actually running with the competitors, in some type of relay format.

Overall, it could be a PB course – but London, Berlin and Chicago are likely quicker (due to the impact of the 180 degree switch back turns).

How did it go?

Gower's aim for this race was to run a PB (quicker than 3:36) and achieve a qualifying time for the Boston Marathon (so called a 'BQ' time), which would be sub 3:25 (but ideally around sub 3:20). He made a late decision to attack this at Tokyo, rather than wait for London 8 weeks later, largely because of strong recent training form and being free of injury.

Steve on the other hand did not have a time goal in mind – run by feel and try and finish strong. As noted above he was on a two week holiday with his family touring this fascinating country, including a visit to must see Kyoto and surrounding area. (Whilst in Kyoto, Steve met up with fellow club member, Gideon, who was visiting on business for a 5 mile run taking in some of the sites). As such perhaps marathon preparation would not be ideal leading to this race. Steve also had a couple of minor niggles – left knee and foot pain. (He felt that a PB of sub 2:38 would likely be beyond him on this occasion). Anything below sub 3 and Steve would be happy :-)

In terms of the day itself – we both got to the start in good time, although we did not see each other as we were starting in different Corrals. With 38,000 runners, as expected, the start area was crowded, long lines for security checks, long lines to collect water/food provided by the organisers and even longer lines for the toilets. As the start zones were based in an area of underpasses some limited shelter from the rain was available (as noted above it was a chilly, rainy morning). The organisers would close entry to the Corrals 25 minutes before the start – if a runner missed that deadline then they would be put to the last Corral. So, there was some time waiting around in the rain. Rules are applied exceptionally strictly in Japan & a lot of runners were turned away from their allotted Corral to the last one.

Now, in terms of the marathon itself, Gower had an absolutely storming run. He set out hard to run a PB and earn that BQ time and took full advantage of the

initial 5km descent and kept on pace through to 30KM. Although there was a slight reduction in pace for the last 10KM, this was relatively minimal such that he surpassed his previous PB by 20 minutes and achieved his BQ time with 8 minutes to spare. Knocking 20 minutes off your marathon PB (especially in the those conditions is no mean feat). Also, during this marathon (yes, in a marathon!) he was able to achieve his fastest times for 10km and Half Marathon. So, Gower went all out and left nothing in the tank. During the race Gower overtook 3,815 runners (of which 243 were in the second half). On this form there will surely be more to come!

Steve, however, ran to feel; mainly monitoring heart rate he started solidly with keeping a consistent pace through to a 1 hour 21 minute half, thinking that another sub 2:45 was on the cards (as achieved in the other majors). On this occasion he was not able to keep pace and slowed somewhat in the second half to be a couple of minutes the wrong side of 2:45. A solid run nevertheless - he was able to overtake 50 runners (net) during the last 7km - proof that others slowed down in the conditions. He recalls overtaking former elite runner, Deena Kastor, (US record holder for the marathon and bronze medallist at the 2004 Olympics) in latter stages of the race who was also having a difficult day (but going by social media was super pleased to finish).

One thing for sure, we both agreed it was a great experience to run this marathon and another one of the majors ticked off. The finishers' medal is an absolute classic design – very simple, elegant, refined and well made – it feels as though it is made of solid gold. In terms of design and

appearance it is the nicest medal of all the Majors.

What's Next?

In terms of what's next, Gower, with the BQ time achieved will apply for and certainly get in to Boston for 2020 to complete the series and earn the coveted 6 Star finisher medal. Gower will also be running London in April, as a Marathon Ambassador for Cancer Research UK, for whom he has now raised in excess of

£40,000 over the last 10 years. Race to the Stones (Gower's first ultra) and Marathon du Medoc are also planned for 2019. In the short term, sorting out those PBs for 5K, 10KM, HM etc. should also be a key target and this will likely improve marathon form.

For Steve, as this has been the 4th marathon within a period of 11 months, some rest will be on the cards with focus then on the shorter 5km, 10km distances (and also possibly getting a good 5 mile time). In the Autumn he will aim to struggle along and complete the Chicago marathon (and therefore will start training in the summer).

Many Thanks!

Of course, there have been many at the club who have been super helpful. A number of members including Al, Gideon and Tim have provided tips on what to see and do whilst visiting this fascinating country, including where to run in the mega-metropolis that is Tokyo!

In addition, gratitude as always to our club coaches – Steve and Elkie – Thank you for all that you do.

Steve Davies & Gower Tan

Times	HM Split	Chip	Place
Gower Tan	93:01	3:17:21	3,485
Steve Davies	80:30	2:47:39	9,754

Runners - c.38,000





March 9th

Beckenham Place

205 Ran

Pos Gen

121 30 Clare Osborne 28:35

Bromley

647 Ran

Pos Gen

191 158 Colin Frith 25:14

334 249 Peter Jackson 28:27

Brockwell , Herne Hill

388 Ran

Pos Gen

14 14 Jonny Hough 19:35

388 137 Claire Barnard 47:38

Burgess

504 Ran

Pos Gen

167 146 Matthew Ladds 24:12

330 94 Karina Burrowes 28:10

504 205 Susan Vernon 51:14

Clapham Common

623 Ran

Pos Gen

244 211 Ian Sesnan 25:29

Crystal Palace

309 Ran

Pos Gen

5 5 Tom Wilson 19:23

10 1 Belinda Cottrill 19:44

74 66 Paul Hodge 23:20

82 73 Bob Bell 23:38

116 14 Helen Lister 25:04

146 23 Charlotte Sanderson 26:08

Dartford

211 Ran

Pos Gen

8 8 Michael Fullilove 20:33

Dulwich

474 Ran

Pos Gen

94 88 Paul Vivash 21:23

96 90 John English 21:27

394 104 Clare Wyngard 30:51

395 291 Michael Dodds 30:57

Hilly Fields

264 Ran

Pos Gen

156 125 James Burrows 28:06

Horsham

334 Ran

Pos Gen

43 38 Gary Budinger 23:14

Leicester Victoria

425 Ran

Pos Gen

102 13 Marjorie Epton 24:27

Osterley

288 Ran

Pos Gen

251 103 Lindsey Annable 34:45

Peckham Rye

331 Ran

Pos Gen

33 32 Andy Bond 21:07

163 39 Michelle Key 26:57

217 69 Caroline Maynes 28:50

Riddlesdown

132 Ran

Pos Gen

1 1 Dylan Wymer 17:40

26 5 Ange Norris 23:39

For your results to appear here ...

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

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



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



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



Bufs/snoods - only £6

Socks only £5



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



HOODIES CLEARANCE
ONLY £10 each

Dulwich Charity 10k balance – Charity required

For over 25 years the club organised the Dulwich Charity 10k race each October. Because of use of the pavement by cafes in Dulwich Village and sports ground traffic, the race developed unmanageable risks and with entry numbers declining, was held for the last time in 2013.

The profits each year were given to a selected local charity but there was a balance held to cover initial expenses and in some years we made profit additional to that promised to the charities. The unallocated balance was held in the Charity 10k's dedicated bank accounts and totals £1,055.

The accounts have been used subsequently to temporarily hold fundraising money for Dulwich Helpline and in memory of Jose Barretta but have now closed and the balance transferred to the club.

The £1055 balance represents profits that 10k runners contributed to, expecting that local charities would benefit, so we are looking for nominations of suitable ones.

Andy Murray ex Race Treasurer

Local charities that have benefited in the past include:

Dulwich Helpline (now Dulwich Helpline and Southwark Churches Care)

recruiting, training and supporting volunteers to befriend isolated and vulnerable older people living in the community

London Wildlife Trust

preserving and enhancing London's wildlife, including managing Sydenham Hill Wood and Marsden Road centre for wildlife gardening.

We have also donated money in memory of Gill Johnson to the friends of the hospice in Kent (local authority managed) she latterly stayed in.

Members can indicate support for any of these or other charities that they know of.

Please contact Ros Tabor ros.tabor49@gmail.com this month with any suggestions

SOCIAL SPOT

P Upcoming events.
O Watch this space !....
T

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
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ola.balme@btinternet.com

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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 10

All routes go clockwise

9.6 miles / 15.4 km - 178 m elevation
 7.3 miles / 11.8 km - 151 m elevation
 5.5 miles / 8.9 km - 94 m 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

