



SHORTS

Dulwich Runners AC
Weekly Newsletter
March 17th 2021
www.dulwichrunners.org.uk

These are your SHORTS
Please send your reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com
DEADLINE 17:30 TUESDAY

NOTE: Club runs and organised training suspended but restarting soon, please see the details on the following page

Connect with us:



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In your SHORTS this week !

- 1 General information
- 2 Fixtures & training
- 3 25 training session ideas !
- 5 Club championships 2020/21
- 6 Results etc
- 8 Retro shorts ! - blasts from the past
- 9 Club kit
- 11 Wednesday night map we would have used !...

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



Club runs & training still suspended but... Good News - T minus 13 !



It's been announced that lockdown rules will be relaxed **from 29 March** so the club will be looking to resume Wednesday evening runs in **groups of 6** from then on.

However, Crystal Palace track is still likely to be closed then so we are exploring other

options for Tuesday evening sessions from spring onwards.

We will notify you and keep you informed of the run arrangements nearer the time and also any changes etc

Ros Tabor - On behalf of the D.R. Committee

EA renewals April 1 2021 - March 31 2022

I am aware that EA are sending/have sent renewals but you can ignore these as the club will renew on your behalf.

As you were previously advised for those who renewed or joined during this membership year the club was extending the Dulwich Runners part of membership at no extra cost for an extra year until March 31 2022 but that EA registration if required would still need renewing come April 1 2021.

I will be emailing all current members with EA registration renewal notices in the last half of this month.

The renewal fee remains at £15 for the year, April 1 2021 - March 31 2022.

If you have any queries regarding membership please feel free to contact me.

Barry Graham

DULWICH RUNNERS 2021 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.

Green Belt Relay - cancelled

Cross Country - cancelled - hopefully will go ahead from autumn 2021/22

If you require information about events in Shorts, how to enter etc, contact your respective captains:
Men road: ebeprill@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

Wednesday Evening Runs 7pm... Starting Wednesday March 31st

Groups of six, each with a leader staggered starts, and catering for different paces...

Arrive by 6:50pm to register and organise which group you will run with....leave the clubhouse car park at 7pm

NOTE: the clubhouse is still closed and there are no toilets or changing facilities.

Please make sure to maintain social distancing at the start of the run in Burbage Road.

You can just turn up but arrive a bit earlier to enable us to sort out groups and place you in a suitable pace group. If this is your first run with the club please contact Mike

Mann or Ebe Prill in advance. (email details below)
The groups are currently organised as follows.

sub 7 min mile pace led by Tom South
thomas_south@hotmail.com

approx 7.30 min mile pace led by Gower Tan
gower.tan@gmail.com

8-9 min mile pace (and slower) - groups led by Ebe Prill ebeprill@yahoo.co.uk
Mike Mann mcmann90@yahoo.co.uk

Standard run is 8-9 miles, slowest group will also have choice of 5 miles, depends on numbers on the night. If you're a new runner, we'll place you with others to run with at your preferred pace and distance.

If for any reason you are unable to sign in you should contact Ebe and Mike after your run.
If you have any Covid-19 symptoms in the days after your run, you should contact Ebe and Mike immediately.
ebeprill@yahoo.co.uk - mcmann90@yahoo.co.uk

Tuesday Speed Training - Starts March 30th

Dulwich College fields and track now booked for Tuesday spring and summer evenings. Due to large numbers and continued social distancing we've booked two slots for now, with the first at 6pm and the second at 7pm

A list of runners allocated to time slots and groups based on expected pace can be found below. This includes those planning to train at Dulwich College (DC) before the reopening of Crystal Palace track. Could you please take a look at the list and let Mike Mann know if:

- you would like to train at DC but are missing from the list
- you are included on the list but don't plan to train at DC
- you would like to shift your time slot

The list will be updated next week, reflecting any feedback. Mike Mann: mcmann90@yahoo.co.uk

Groups of up to 12 allowed under current EA guidance in a Covid secure environment

6pm Groups

1 Ed Chuck

Jack Ramm
Shane O'Neill
Andy Bond
Buzz Shephard
Andy Inglis
Wayne Lashley
Tim Bowen
Ben Howe
James Brown
Ben Smith

2 Yvette Dore/ Andrea Pickup

Ed Simmons
James Auger
Ross Rook
Clare Whittaker
Chris Nunn
Joseph Sentance
Paul Greenhalgh
Ed Smyth
Nick Fiducia

3 Tom Poynton/ Anna Thomas

Mark Foster
Hugh Balfour
Andrea Ceccolini
Belinda Bell
Lucy Clapp
Lucy Pickering
Emma Ibell

4 Graham Laylee

Barrie Nichols
Lindsey Annable
Sadie Sholem
Harriet Roddy
Donovan Pyle
Ian Sesnan

7pm Groups

1 Tom South/ Kev Chadwick

Joe Wood
Shane Donlon
Kay Sheedy
Steve Davies
Phily Bowden
Tom Shakhli
Clare Elms
James Brown
Robert Eames
Chris Lawrence

2 Gower Tan/ Ebe Prill

Grzegorz Galezia
Joe Farrington Douglas
Ian Lilley
Lloyd Collier
Justin Siderfin
Austin Laylee
Ellie Balfe
Hugh French
Polly Warrack
Olivier Montfort

3 Katie Styles/ Mike Mann

Cameron Timmis
Catherine Buglass
Christiana Campbell
Naomi Crowther
Eleanor Simmons
Miles Gawthorp
Steph Lindon
James Rimmer

4 Andy Murray

Barry Graham
Joe Brady
Joanna Shelton
Dougie Keighley
Emma Kelly
Dave Benyon
Jenny Bomers

Happy hour training - 25 session ideas

From an article by Steve Smythe in Athletics Weekly - Jan 14, 2021

With UK outdoor activity currently restricted, AW results guru and coach Steve Smythe suggests some running sessions that can be done quickly and efficiently

Current UK government advice on exercising in England is to stay local, restrict outside training to once a day and to only train alone or socially distanced with one other person if they are not in your household or support bubble. (Click here to view the latest government guidance).

Here are some running sessions which can be carried out quickly and efficiently.

In theory, without clarification, one session could last three hours and anyone training for a possible marathon won't want to fully ease back on the training, but for everyone's safety when the virus is so prevalent it would be beneficial to

keep time out training to a minimum. Many runners used to high volumes of training are surprised just how fit you can get on a hour's training a day or at least maintain fitness if starting at a high level.

If you are used to longer sessions, then shortening the length might allow you to increase the intensity, but it is still important to ensure you have rest or at least easier days.

Make sure you do not have two intense sessions on successive days and limit them to three a week.

On speed sessions, we have listed standard distances but with tracks not available, it may be difficult to get precise measurements and you could instead do efforts by time. So instead of doing kilometre reps, for example, you could do a four-minute

rep. That might mean a 15:00 5km runner will cover over 1200m while a 30:00 5km runner might cover 600m.

With parks being so much more crowded than pre-covid, make sure you give others plenty of space and it might be worth trying to find a smaller lesser-known park or an area of common. I live near Greenwich Park but find it far too busy to train there and the nearby Blackheath Common with its wide expanses is much easier to train on and avoid people.

Below are 25 sessions that can be completed in around a hour and we give a rough level of intensity for each one but that is dependent on how hard you choose to push it. For instance, you might choose to increase recoveries or run a mile rep session at half-marathon pace instead of 10km pace which would significantly reduce the intensity level.

If you do choose some of the more intense sessions, do note that you can do half hour to 45-minute recovery runs the following day and don't need to necessarily run for a hour every day!

Speed/speed endurance

1. 400m for speed (300m for less fast athletes). Intensity: 6

15 mins warm up, 5 mins of strides, 8 x 400m or 90 secs at mile (significantly quicker than 5km!) race speed with 90 secs recoveries or a rep every 3 mins, with 15 mins warm-down.

For variation: run first 200m or 45sec at 5km pace, but accelerate second 400m approx 5sec quicker.

2. 400m for speed endurance (300m for less fast athletes). Intensity: 7

15min warm up, 5min stride, 12 x 400m or 75-90sec at 5km race speed with 30-45sec recoveries or a rep every 2min, 15min warm-down.

3. 800m for speed (600m for less fast athletes). Intensity: 7

15min warm up, 5min strides, 5 x 800m or 3 mins at quicker than 5km race speed with 2min recoveries or a rep every 5min, 15min warm-down.

4. 800m for speed endurance (600m for less fast athletes). Intensity: 8

10min warm up, 5min strides, 8 x 800m or 3 mins at 5-10km race speed with 1min recoveries or a rep every 4min, 10min warm-down.

5. 1000m for speed (800m for less fast athletes). Intensity: 7

15min warm up, 5min strides, 5 x 1000m or 4 mins at quicker than 5km race speed with 2min recoveries or a rep every 6min, 10min warm-down.

6. 1000m for speed endurance (800m for less fast athletes). Intensity: 8

10min warm up, 5min strides, 8 x 1000m or 4 mins at 5-10km race speed with 1min recoveries or a rep every 5min, 10min warm-down.

7. Mile for speed endurance (1000m for less fast athletes). Intensity: 9

10min warm up, 5min strides, 5 x 1600m or 6min at 5-10km race speed with 1min recoveries or a rep every 7min, 10min warm-down.

8. 2000m for speed endurance (1600m for less fast athletes). Intensity: 9

5-10min warm up, 5min strides, 4 x 2000m or 8min at 10km race speed with 2min recoveries or a rep every 10min, 5-10min warm-down.

Basic speed session

9. short recovery. Intensity: 7

15min warm up, 5min strides, 20 x 200m or 40 secs at 5km race speed with 20sec recoveries or a rep every 1min (optional break of a few mins after 10 reps), 15min warm-down.

10. Russian steps. Intensity: 9

15min warm up then 4 sets of 7 mins of 15sec hard, 45sec easy, 30sec hard, 30sec easy, 45sec hard, 15sec easy, 60sec hard, 60sec easy, 45sec hard, 15sec easy, 30sec hard, 30sec easy, 15sec hard, 45sec easy, with 2min recoveries, 15min warm down.

11. Leg speed. Intensity: 5

20min warm up, 5min strides, 10 x 30 secs effort with 2min easy jog/walk recovery (start at 10km pace and try and go a few metres more on each effort).

Multi paced running

12. Steady with bursts. Intensity: 6

Run one-hour at a steady pace (approx a min. a mile slower than 1/2M race pace) but every 10 mins put a one-min burst at 5km pace but go back to original pace asap at end of one min.

13. Double acceleration. Intensity: 8

5min easy, 5min at steady, 5min at marathon pace, 5min at 1/2M pace, 5min at 10km pace, 5min at 5km pace and repeat all sections.

14. Two-paced section run. Intensity: 7

Alternating km or 4min of approx a min a mile slower than 1/2M race pace and just inside 1/2M pace.

15. Pyramid run. Intensity: 8

10min steady, 1min easy, 5min at 1/2M pace, 1min easy, 4min at 10M pace, 1min easy, 3min at 10km pace, 1min easy, 2min at 5km pace, 1min easy, 1min at mile pace, 1min easy, 1min at mile pace, 1min easy, 2min at 5km pace, 1min easy, 3min at 10km pace, 1min easy, 4min at 10M pace, 1min easy, 5min at 1/2M pace, 1min easy, 10min steady.

16. Three-paced section run. Intensity: 7

10min warm up, alternate one min. sections at 5km, 1/2M and steady (one minute a mile slower than 1/2M race pace) for 40min, 10min warm down.

17. Fast start run. Intensity: 9

15min warm-up then a km or 4min at quicker than 5km pace, a km or 4min quicker than 10km pace, a km or 4min quicker than 1/2M pace, then ease back sufficiently to recover but pick up last 5 mins to maximum effort.

18. Out and back run. Intensity: 7

Choose a point 30min or so away, run there at a relaxed, steady pace and turn after 33-34min and then try and get back before the hour with a much quicker second half (take into account wind direction and terrain).

Hill sessions

19. Short hills. Intensity: 5

20min warm up, 10 x minimum 30sec dynamic efforts with 90 secs slow jog/walk recovery, 15min warm down.

20. Long hills. Intensity: 8

15min warm up, 10 x 90sec steady efforts with 2min slow jog/walk recovery, 10min warm down. Note: if the hill is not that length, then carry on past the top of the hill to make up time.

21. Hill Circuit. Intensity: 8

15min easy. Continuous circuit (with a steeper uphill section and ideally longer easier descent) - ideally a 3min circuit to run harder up (minimum minute climb but keep a reasonable pace on the descent but monitor time on each circuit to check you are not slowing too much), maintain for 30min. 15min easy.

Steady running

22. Very hard. Intensity: 9

One hour at 1/2M pace.

23. Hard. Intensity: 8

One hour at marathon pace.

24. Steady. Intensity: 7

One hour at a minute a mile slower than 1/2M race pace.

25. Recovery. Intensity: 5

One hour at 90sec a mile slower than 1/2M race pace.

Hill sessions

For hill sessions - beware of doing too much too soon or you will find any running hard for a few days after.

Until your body has fully adapted, keep it controlled and be sure to a good warm up

For the Sydenham Hill suggest focussing initially on just half the hill.

ie 4 efforts of approx 30 seconds up to the gate on left then 6 efforts of approx 60-75 seconds from the gate to near the top

After a few weeks it might be possible to introduce 4-6 full efforts but still include some shorter ones.

One suggested session if hill long enough could be

5 x 15 secs hills

4 x 30 secs

3 x 45 secs

2 x 60 secs

(1 x 2 mins)

all with slow jog recovery.

If you have a gentler hill - avoid running too fast downhill on a steep descent - you could run a circuit making sure the effort is harder on the ups. It could be 5 laps of around 400m (or 10 of 200m) - with one mostly up and one mostly down sections - keep an eye on the time of each lap to ensure you are not slowing too much on your overall pace and to do that don't run the first few lap too fast.

2021 CLUB CHAMPS AND 5K/10K LEAGUE

Normally at this time of year, a programme of club championship races for the following year is issued. However current circumstances remain a long way from normal with few events scheduled for the first few months of 2021 and uncertainty over the few races currently in the calendar. As a result the programme of club champs events for 2021 will need to be back-end loaded, with all the planned events compressed into the May to November timeframe. Many of the events chosen are regular repeat events occurring either monthly or weekly, giving runners the opportunity to choose when to compete, and taking the pressure off numbers competing. Clearly this will reduce the element of head to head competition and weather and ground conditions will differ between races, but we feel this is the right way to go until things return to normal.

Events should be regarded as provisional to be reviewed end of March.

We actually did complete 2 events of the defunct 2020 programme, Beckenham parkrun in February and the Big Half in March. Although we are intending to include a 1/2M and parkrun in the programme for 2021, the results of these races in 2020 will count towards a combined 2020/21 club championships.

We intend to kick off with one of the Second Sunday of the month 5 mile trail runs on Wimbledon in the spring, either in May or later, followed by one of the Sri Chinmoy 5k races in Battersea. Given the uncertainties over the numbers that may be allowed to compete in races during the spring and summer, we intend to give runners the option of competing in any of the monthly 5 mile races and the summer series of 5k races at Battersea Park.

We have included the Richmond Summer Riverside 10k in mid July. If there turns out to be a problem because of numbers limits for example, the Regents Park winter series, organised by Mornington Chasers is a possible alternative, with runners free to choose which race to enter. However no details of this monthly series of races

DR 2021 Club Champs League

We have 2 leagues set up on Opentrack which will last from now until the end of June. (Assuming we will be able to run normal races again by then - tbc) We are trying this out as part of the Club Championship 2021 while we are unable to run actual races.

You can upload any type of run -
Your own run - done by yourself or with one other person

A virtual race - any result from a virtual race
An actual race - any result from a 'normal' race. If you prefer to use the result from the race, rather than your garmin, you will need to inform us for that time to be included in the league.

You can enter as many times as you like to try and

are available yet.

With the London Marathon scheduled for early October, we have chosen the Paddock Wood 1/2M in early September. There are uncertainties over when parkrun will restart, so we have suggested a late date using Dulwich parkrun, the brief window in the cross country calendar in late October/ early November. Runners can use any parkrun event at Dulwich once it restarts.

The provisional programme of races for 2021 is as follows, but the two events completed in the early part of 2020 will also count:

9 May (or any later race) Second Sunday of Month 5 mile, Wimbledon Common

late Jun/Jul Sri Chinmoy 5k, Battersea Pk (any race in this summer series)

17 July Richmond Summer Riverside 10k (or any race from Regents Pk winter series tbc)

late July/early August SOAR Mile

5 September Paddock Wood Half Marathon

4 October London Marathon (or alternative)

Suggested dates 30 October or 6 November Dulwich parkrun, but any dates after parkrun reopens

'5k and 10k League'

Any races over these distances completed in the first 6 months of 2021, whether traditional races, time trials with starts in waves or virtual races will count towards these. Shorts will publish a monthly league table for the two distances. This league will be separate from the main club champs. We intend to use Opentrack for time trials and official times for regular races. Further details to follow.

improve your time.

NB Each time you enter you will over-write all of your previous entries.

To enter go to - opentrack.run/competitions and search for Dulwich Runners.

You will find - Dulwich Runners 5k League 2021
Dulwich Runners 10k League 2021

It has details of how to enter and upload your runs.

5k and 10k League

Jan 1 - 5k

1	Eberhard Prill	M55	1	20:54
2	Gary Sullivan	M60	1	21:19

Jan 1 - 10k

1	Eberhard Prill	M55	1	44:20
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Jan 7 - 5k

1	Eberhard Prill	M55	1	20:55
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'Safe Running'

The shocking abduction and murder of Sarah Everard from our local area has led to an outpouring of grief and a growing anger about violence against women. Social media has been full of personal accounts about women's experience of harassment and violence in public spaces.

Of relevance to us at this Running Club is how many different people have spoken about this fear preventing them from going for a run in certain areas or after dark. What is also clear is that this problem is one to be solved by all of us, but especially by men and especially by trying to realise how we can be agents for change.

Dulwich Runners obviously can't address or answer all of the issues on this topic but it can try and answer the question, "How can we try and make running feel safer and more accessible for everyone in our community"? I don't

suggest I have the answers. But possible solutions might be

- 1) Setting up a system whereby if someone wants to run but doesn't want to run alone, the Club has a system to try and facilitate this.
- 2) Ensuring that all incidents of harassment/threats when running are properly logged so that Police have a better idea of the problem that exists.
- 3) Publishing maps of 'night-time routes', which are perceived as safer areas to run at night.

It may be that people reading this are confident and experienced runners. However we may also want to look at what solutions we can offer aspiring runners who may want to join the club.

For now, I want to simply start a debate.

Please feel free to send in any suggestions/thoughts in confidence or for publication and please contact us at: dulwichrunners4change@gmail.com

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

You are still welcome to send in any running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

Hills of South London

Jonathan Whittaker

Part 1 - South Dulwich

Some readers may be familiar with Simon Warren's 100 Cycling Climbs series, where he provides the budding polka dot jersey wearer with the metrics of some of the most notorious and iconic climbs, from Barhatch Lane to Bealach na Ba. Inspired by these books, and some of the travel writings of Ross Rook and Tom South on these pages during the past year, I thought I'd give a bit of geographical and historical information on some of the familiar climbs to Dulwich Runners, including some of the things to ponder whilst the lactic acid hits, and the current Strava times to aim at.

There was of course really only one place to start and that is the north-western ascent of Sydenham Hill.

Low Cross Wood Lane (aka "Hell Hill")



A path up the north-west face of Sydenham Hill has been a feature of the area for numerous centuries. Formerly known as Church Walk, it went by its current name of Low Cross Wood Lane as far back in 1787, when College Road was constructed. As it does now, it provided a path to St Stephen's Church through part of the largest remaining extant of the old Great North Wood, which once stretched from Deptford to Croydon.



The hill has been a long-standing fixture for our September hill training, and as a result many members will be familiar with the intricacies of each metre of tarmac. Suffice to say it looks relatively forgiving when you enter the white picket gate opposite Sydenham Hill station. Beyond the entry to Dulwich Woods, the gradient exceeds 10% with the steepest section of 12% on the approach to the summit. The Woodman pub has awaited walkers and runners since 1860 when a licence was requested "upon the grounds that the neighbourhood had much improved!"

At one stage cycling was allowed uphill, but as this is likely to be slower than running there is not much point!

Whilst recovering from a hill rep you may wish to read the interpretative panel at the bottom of the climb which has an old map and some photos of landmarks in the area.

If Ross Rook gets his way, the climb may feature in "Dash for the Cash", rivalling TV's best game shows for sheer drama.

Strava Segment: "Hell Hill" <https://www.strava.com/segments/959979>

Altitude Gain: 36 metres	Distance: 330 metres
Average Gradient: 10.6%	Summit: 107 metres
Best DR Male: Wayne Lashley 1:17	Best DR Female: Christina Dimitrov 1:30

Rock Hill



If Hell Hill is too easy then fortunately there is an even more horrific climb waiting for you a few hundred metres up College Road. The path was originally called Reservoir Road after the Lambeth Water Works at the top of the hill, but was renamed Rock Hill after the house called Rockhills, home of Sir Joseph Paxton near the Crystal Palace.

The Rock name is fitting as there is no false pretences here - you are straight into a 14% climb after the Dulwich house style white picket gate. When I walked down here last summer there was a runner doing reps on the adjacent grass that reminds me of a mini ski slope. The gradient is pretty

unforgiving for the whole climb with the only respite the road section at the top providing access to the homes and covered water reservoir. Not one to recommend if you have a lack of ankle dorsiflexion.



Strava segment: "Rock Hill" <https://www.strava.com/segments/8678160>

Altitude Gain: 23 metres	Distance: 200 metres
Average Gradient: 11%	Summit: 110 metres
Best DR Male: Tim Bowen 51s	Best DR Female: Roz Johnson 1:32

College Road & Fountain Drive

In 1787 John Morgan, lord of the manor of Penge and a lessee of Dulwich property in the Grange Lane area, proposed making a new road from Penge to Dulwich High Road, via Dulwich Common, at his own cost, with free use by the College and its tenants. In that year he was granted a lease of "so much of the College Wood adjoining Penge Common and Low Cross Lane as should be necessary to make a road, not more than 30 ft wide, from the top of the wood down to the fields in his occupation".

In return he was permitted to build, and take tolls from, the Toll Gate, to pay for the upkeep of what remains a private road, and the last surviving toll booth on London.

For our purposes, the climb starts at the Toll Booth, with the first of a series of three ramps. This first ramp past Ducks has the steepest section at 9%, but soon flattens out past Sydenham Hill station, before a second ramp with max gradient of 8.5% before another false flat section past Great Brownings and Rock Hill. It is here that College Road forks to the right and the official climb becomes Fountain Drive for the final slog up to the summit. This is 250 metres at over 8%, and always feels like the hardest section. The road is named after a fountain which stood on Crystal Palace Parade.



Strava segment: "Toll to the Top" <https://www.strava.com/segments/8757969>

Altitude Gain: 57 metres	Distance: 1250 metres
Average Gradient: 4.6%	Summit: 111 metres
Best DR Male: Jack Ramm 5:10	Best DR Female: Alexie Shaw 6:02

Thanks to the Dulwich Society's Gazetteer of Road Names, and Crown Copyright for the steep hill sign template.

For those of you who know Tom Wilson and Roz Johnson, Roz had a baby girl, Harriet Hider Wilson, on 14th March 2021. - Mother and Baby fine, not sure about Tom !

CLARE SETS WORLD RECORD. Lots of national masters medals for Dulwich.

BMAF CHAMPIONSHIPS, Lee Valley, MARCH 8-9

t was the most successful ever Masters championships for Dulwich Runners as there were seven first places and six second places.

Clare again stole the headlines as she took six seconds off her W50 1500m world record and came very close to the 800m record but the other six all picked up medals with great performances too.

W50

Clare was drawn to run in the W50 to W60 race, but was on paper 40 seconds faster than anyone else so was given the option of running in the W35 race, but not being eligible for a medal.

She chose the younger race and there was a fast pace throughout set by runners well over ten years younger. The first 800m was actually quicker than the previous British 800m record at the start of the year but Clare still had 700 metres to go. Feeling her breathing was the best it had been since September, Clare finished strongly but couldn't quite get past her two younger rivals. Her time was 4:40.07, which took six seconds off her W50 World indoor record, but was also superior to the W50 world outdoor record. Her performance got 98.78% on age grading.

Clare was back the next day for the 800m (combined W45/W50) and she decided just to stay behind Bernadine Pritchett who had pushed her all the way to a British W40 record in her first indoor season six years ago. The early pace wasn't that fast and Clare kicked past with 200 metres to go. Clare's finishing pace was such that she ended up only 0.60 from her world record. Just over an hour later, Clare decided she needed a 3000m race as she has entered that for the upcoming world championships in Budapest.

In the W35 to W60 race, No one else wanted to lead and the early pace was slow. Clare picked it up and was solo after 100 metres. She soon hit a good pace and her first kilometre was quicker than the senior women ran in the world indoor championships in Sopot at 3000m. She maintained the pace encouragingly and just failed to lap the entire field of 11 and she won her age group gold by a minute.

ns 1500: 1 Clare Elms 4:40.07 (world W50 record)

800: 1 Clare Elms (Dulw) 2:21.69

3000: 1 Clare Elms 10:15.07

M35

Ed Hill ran a strong race and survived a quickish start to take the silver medal in his second fastest time. Family duties prevented an attempt at 800m the following day.

1500: 2 Ed Hill 4:29.83

M50

Not at his sharpest, Tony ran his fastest 1500m of the year but second for most of a very competitive race, he wasn't able to finish as fast as some of his rivals and had to settle for fifth.

In the 3000m, while the 1500m winner was away and clear, Tony settled in the group behind and there was a fast first kilometre and then a slower second but he pushed on strongly himself over the last 800 metres and was able to gain a clear second place with his best race for a while.

1500: 5 Tony Tuohy 4:31.69

3000: 2 Tony Tuohy 9:31.39

M65

Mike Mann was up against Pete Molloy, who set British age group bests in all three events and had to settle for a trio of silvers. In the 1500m, Mike ran a very strong race and recorded his fastest time for two years with a well-paced run.

In the 800m on the next day, he again ran his quickest 800m since 2012 though in this one he started fast hanging on to his age group rival and slowed on the second half.

In the 3000m, a few hours later, he couldn't quite match his time when fresher a few weeks earlier but was only a second slower and again it was better than anything achieved in 2013 to complete a great weekend's racing.

800: 2 Mike Mann (Dulw) 2:33.53

1500: 2 Mike Mann 5:05.81

3000: 2 Mike Mann 11:04.58

W40

In the 1500m on paper Cara and Nicola were up against faster runners. Early

on they trailed their two main rivals by some distance and seemed far too far back to challenge for the title. But Cara, leading Nicola had got the pace right and they picked off one runner in the last 400 metres and then the leader on the final lap. Cara finished the strongest to take gold and ran her best 1500m for some time. Nicola chased Cara into second and though not at her fittest, she bettered her lifetime best from last summer and ran 16 seconds quicker than she had in her two previous indoor 1500m this year.

With Cara deciding to focus on celebration, she missed the next day's 800m, but Nicola up against younger runners felt she hadn't recovered from the day before and struggled after a quick start. With her only rival pulling up injured, Nicola was first W40 but didn't qualify for a gold medal as she was just outside the standard.

1500: 1 Cara Oliver 5:05.63; 2 Nicola Richmond 5:07.46 (PB)

800: 1 Nicola Richmond 2:39.22

W60

Ros wasn't drawn against her W65 rival Angie Copson, who she had raced so closely a few weeks ago in any of her three races but was up against younger runners in the 1500m and like many of her clubmates, she ran her quickest 1500m since 2012.

Her 5:48.08 was adjudged as her third best ever race on age-grading of the 570 races she has on Power of Ten with a very high 96.68%.

Her 800m was fractionally slower than she had been two weeks ago but she finished strongly and it was on a par with all of her 800m of the last eight years.

She found the 3000m hard after a short gap and was slower over the second half but the time was only six seconds slower than what she ran when winning the European Masters Championships last winter.

800: 1 Ros Tabor 2:53.34

1500: 1 Ros Tabor 5:48.08

3000: 1 Ros Tabor 12:20.23

Steve Smythe

DULWICH RUNNERS CLUB KIT

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



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



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



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

Socks only £5



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



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



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

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



NEW KIT - BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces & hoodies. Just click the link to the Dulwich Runners shop and purchase directly. <https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html> any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map 11

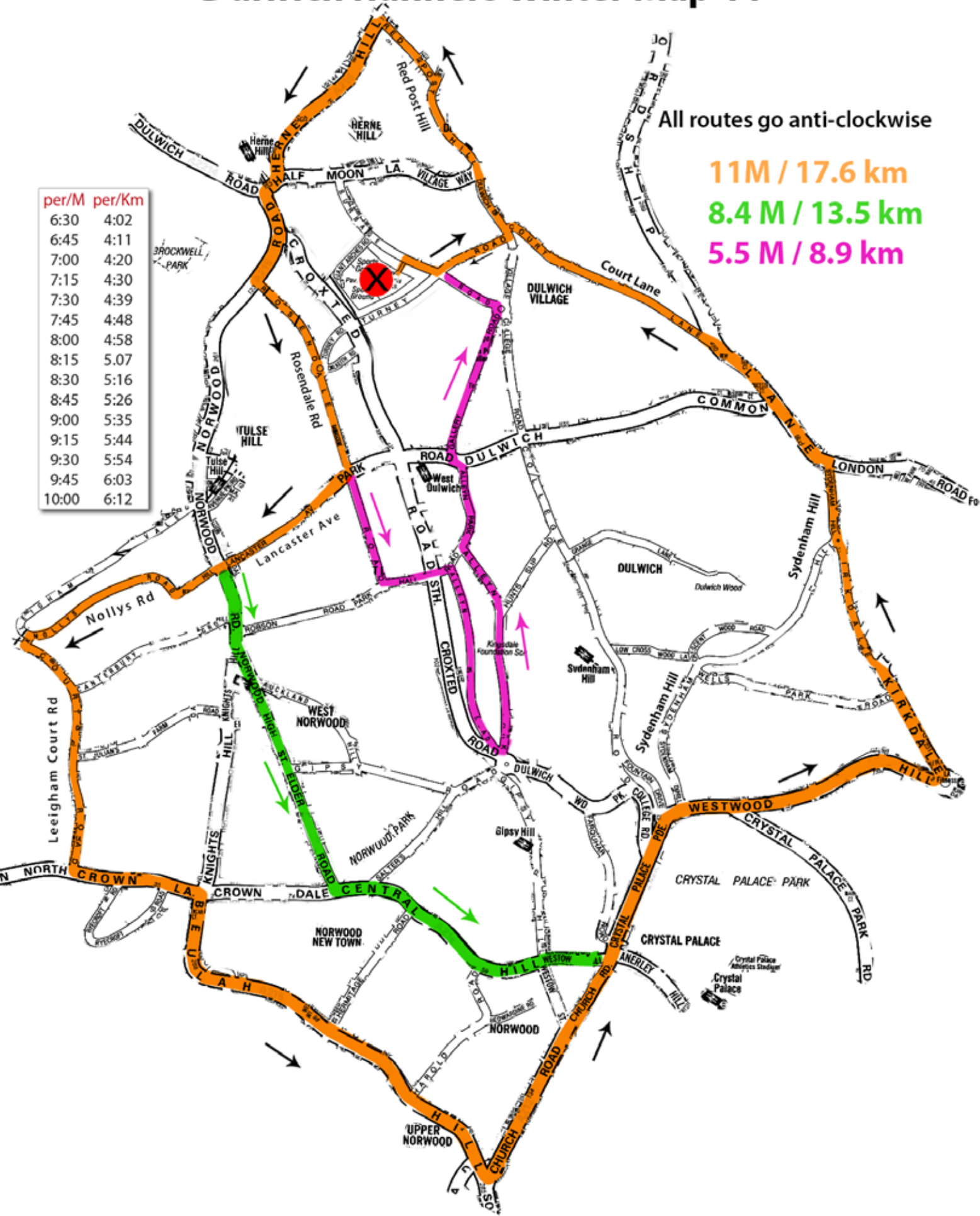
All routes go anti-clockwise

11M / 17.6 km

8.4 M / 13.5 km

5.5 M / 8.9 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



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

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