



SHORTS

Dulwich Runners AC

Weekly Newsletter

May 1st 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 1 Club Night, Edward Alleyn Club
83-85 Burbage Road, London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.
- Thu 2 Assembly League Victoria Park - 7.30pm start
- Tue 7 **Back at Dulwich College Track £2 per session**
Start with a warm up taken by Elkie Mace at 7:10pm then at around 7.25 main session taken by Steve Smythe, 1st part of session will be on grass, 2nd part track. - page 2 for more details

Like us on Facebook @dulwichrunners

In your SHORTS this week!

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And much more!

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Click to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)
our website: www.dulwichrunners.org.uk

DULWICH RUNNERS AC 2019/20 MEMBERSHIP RENEWALS OVERDUE

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

NOTE: Back at Dulwich Track April 30th

Back at Dulwich College track on College Rd.

Cost is £2 per session

Warm up taken by Elkie Macer consisting of various drills and stretches etc will start around 7.10pm..

The main session taken by Steve Smythe will start on grass and then on to track .

These sessions more suitable for all levels of ability than the Crystal Palace sessions. - page 2 for more details

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

A brief look ahead

May 2 Assembly League Victoria Park - 7.30pm start

May 18 BMAF road relay s- Sutton Park, Birmingham

May 27 BUPA 10k -The Mall, london

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

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



Thanks go to **Barrie John Nicholls, Gower Tan and Tony Tuohy** for taking out new runners lastweek
Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.
If you're on the list please try and turn up that night and make sure anybody new has someone to run with.
If you can't make it, please try and either swap with someone or let us know asap. - Thanks. - Ros

Ian Sesnan	1/5
Teresa Northey	8/5
Ebe Prill	15/5
Ange Norris	22/5
Jo Shelton Perada	29/5

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](http://www.dulwichrunners.org.uk/wednesday-night-routes)

Back at Dulwich College track on College Road for Tuesday summer training.

Cost is £2 per session and we meet at the pavillion by the tennis courts which is where you pay

Warm up taken by Elkie Macer consisting of various drills and stretches etc will start around 7.10pm..

The main session taken by Steve Smythe will start on grass and then on to track .

These sessions are more suitable for all levels of ability than the Crystal Palace sessions.



MIDSUMMER RELAY 26 JUNE

Put the date in you diary now. - This event is the major fundraiser for the club so you all need to support it by either running or helping on the day. Please promote it and encourage entries from your friends, family and work colleagues. There is also a 1 mile fun run for children. Details and entry form are on the website. - Ros



We have a number of the entries for this important fundraising event in the club calendar, but very few so far from our own club, so please come forward if you are able to take part.

This is not an event targeted at elite runners but is open to runners of all abilities and recently joined members are encouraged to enter.

Don't worry if you are unable to put together teams of 3 as we can do that for you if necessary. The mile distance will provide good preparation for the Mark Hayes Mile in July (date tbc), the SOAR Mile on 2 August and other track meetings during the summer.



26.JUNE.2019

3 x approx. 1mile lap

Entry: Race starts at 7.30pm

£15 per team

(Limited entries on the day)

Entry forms and race details from
www.dulwichrunners.org.uk
or ros.tabor49@gmail.com

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

www.dulwichrunners.org.uk

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



@dulwichrunners



DULWICH RUNNERS 2019/20 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

2019	Race	Venue
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
	10 Sri Chinmoy 5k short	Battersea Park
	12 DinoDash Relay	Crystal Palace Park
	16 Eltham Park 5 short	Eltham
Jul	26 Dulwich Runners MIDSUMMER RELAY	Dulwich Park
	4 Assembly League	t.b.c
	14 Sevenoaks Seven long	Sevenoaks, Kent
	1 Aug 1 Assembly League - Victoria Park	Hackney
Aug	2 SOAR Mile short	Olympic Park t.b.c
	29 Assembly League - Beckenham Place Park	Beckenham
	21 SEAA road relays	t.b.c
Sep	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
	23 South of Thames 5 miles	Morden Park
Dec	14 or 21 tbc South of Thames 7.5 miles	Lloyd Park
2020		
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 Xc dates and venues to be confirmed

Note: All track fixtures on separate fixture list below

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: ebepirill@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

2019	Track races and meetings	Venue
May	6 HHH open meeting	Tooting
	22 BMC meeting	Eltham
Jun	2 Surrey Masters T&F Champs	Kingsmeadow
	3 Blackheath and Bromley Open meeting	Norman Park, Bromley
	17 Blackheath and Bromley Open meeting	Norman Park, Bromley
	19 BMC meeting	Eltham
Jul	21 Golden Stag Mile	Finsbury Park
	29 HHH open meeting	Tooting
	14 VAC T&F champs	Kingsmeadow
	17 BMC meeting	Eltham
Aug	22 Blackheath and Bromley Open meeting	Norman Park, Bromley
	24 VAC 5000m champs	Battersea
	2 SOAR Mile club champs (short)	Olympic Park t.b.c
Sep	12 Blackheath and Bromley Open meeting	Norman Park, Bromley
	14 BMC meeting	Eltham
	24 HHH open meeting	Tooting
	11 Highgate end of season open meeting	Parliament Hill
	18 VAC 10,000m champs	Battersea

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
Jul/Aug tbc	SOAR Mile	short
3 Nov	Regent's Park 10k	short

England honours

Those of a certain age (35 plus to 70) might be interested there is an opportunity to run for England on the road.

<https://www.englandathletics.org/athletics-and-running/england-competitions/england-teams-and-selection/england-age-group-masters/>

It is certainly not like proper selection that Lucy achieved for running for England under 20s where they fly her out but it is an international opportunity of sorts This winter and spring the fastest five English runners in each age group across the Chester, Bournemouth, Manchester and Brighton Marathons were eligible and my Brighton M60 win means I have been selected to run for England I the Yorkshire Marathon in October.

Having done two not very good painful marathons in last two weeks, I'm not sure I want to do another this year as one a year is usually enough and there are quite a lot of costs involved but I will probably do it.

While the marathon teams are closed this year, there will be further opportunities later in the year to qualify for 2020 and there will be 10km and half-marathon teams to go for and I suspect we potentially could have quite a few who might make selection.

Steve Smythe

British Masters Relays, Sutton Park, May 18

Over the last few years, Dulwich's women have probably been one of the most successful clubs in the country in this event with a range of medals in the various age groups.

The men did pick up medals in the M55 once but generally the men have been well down on the women's levels but we regularly get good teams out but always seem to be missing a few potential members.

This year, there was plenty of notice in Shorts of what the date was and then Captain Ebe has done an excellent job of reminding runners and e-mailing all potential runners.

Despite this, many have not bothered replying to Ebe and additionally far too many of our best Vets are not available.

In my view for anyone over 35, this is the most important club event of the year - a national race that we can do really well in and if everyone supported it we would do very well instead of just quite well.

There are lots of races in the year but most people do the majority of the races for themselves. This is one where I think it is good if people acknowledge being a club member is of some assistance and turn out and help the club achieve its potential. The club pays for the travel. If you can run for the club here, please do so.

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/>

Leadership in Running Fitness

On the 12th May Clapham Chasers are hosting a private Leadership in Running Fitness course, running from 8am to 5pm at the Ernest Bevin School in Tooting. We have 5 spare places if anyone would like to take them?

They are £132 per person which is the standard England Athletics course fee plus £15 for the hire of the classroom and sport hall. Dulwich Runners pays for England Athletics training courses. If you are interested can you let me know as soon as possible.

Thanks . Ros - ros.tabor49@gmail.com

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

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.



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.

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.

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.

Virgin Money London Marathon 2019

While the air temperature was fine, it was a little windy in places but it could not stop some brilliant times from the elite up front and from those in the club all through the field.

Possibly the best set of results ever - and if all our women score we may even be the top club - and quite a few of out potential top marathoners were missing and we still had three sub-3, one just over and four others under 3:20 and two just over

Up front, Tim Bowen ran the fastest Dulwich time for almost 30 years with a superb 2:28:53 to again make the top 100 Nb his superb 5km splits of 17:33, 17:47, 17:44, 17:40, 17:34, 17:39, 17:47, 17:33 - halves of 74:35 and 74:18. And he had missed training in the build up.

Recent recruit Lee Fedden was not in the results as Dulwich but was in a club vest and followed up his excellent Big Half run with another top class effort though he struggled the last few miles.

A 76:49 first half was followed by a 82:10 second half for a 2:38:59.

Ed Chuck would have been expected to be close to Tim's time but again cramped up and after a 75:50 first half, he slowed to 84:06 on the second. But he still run a PB and his first sub-2:40.

Charlie Lound, the club's most consistent ever marathoner, is no stranger to sub 2:40, but now in the M50 category, his target was Steve Smythe's 11 year-old club marathon record 2:43:40 and having already taken the M40 and M45 with ease he added his latest by 48 seconds with a well paced run with 80:19 and 82:33 halves. Charlie had seemingly been below his best form for much of the earlier year but again got it right when it mattered.

When SS did his club record, only one British M50 was ahead, standards have risen as though Charlie was faster he was only 16th M50 this year which is an incredible standard.

Since 2007, Charlie has run 2:43, 2:44, 2:41, 2:40, 2:45, 2:42, 2:39, 2:37, 2:37, 2:42, 2:53, 2:42

Alastair Locke has had to cope with fatherhood in recent weeks - thanks to Helen's very bad timing but he ran a similar paced run to Charlie with halves of 81:11 and 82:59 - strong but with a slight slowing over the second half.

Tom South has had his best ever training and targetting a sub 2:50 PB, he run a 84:30 first half but came back with a superb 83:47. James Burrows was with Tom to halfway in 84:31 but slowed a little just past 20 miles to run a 86:37 second half for still a good strong marathon.

Marta Miaskiewicz ran the third fastest ever Dulwich women's marathon time with a brilliantly paced 2:53:33 made up of halves of 87:23 and 86:10, finishing very strongly to run 23 minutes faster than last year.

Ali Campbell, who was in club colours, but not in the results as Dulwich - hopefully will score as it's crucial for our team scoring. She had an excellent even run and had halves of 87:26 and 87:56.

Steve Rolfe was far from at his fittest but he ran strongly and sensibly with halves of 88:13 and 89:50 to go inside three.

Hayley Seddon ran her first sub-3 with 89:13 and 89:55splits holding the pace all the way to the end.

Tom Wilson looked like he would celebrate his birthday with a sub-3 but just drifted in the closing miles to slightly slower as he

ran 89:14 and 91:26.

Oliver Cooper was on sub-3 target even longer after a 88:45 first half but faded badly after 40km (he was 30 seconds up on Hayley at that point) and ran 93:02 on the second half.

Alex Loftus was down in the results as Blackheath and has now joined us. he just missed out on three with a 89:35 first half and 93:25 second.

Chloe Green was just outside sub-3 pace at halfway but held her form well enough to run halves of 90:12 and 94:40 and set a ten-minute PB.

Tom Shakhlis was a similar pace and ran 91:00 and 98:40.

Ebe Prill had a very good run after his injury problems in build up and just missed out on a sub 3:10 not helped by tripping near the finish and ran 92:22 and 98:22.

In his 38th London, Steve Smythe did not appear in the official results after 25km - it was as if his chip imploded as soon as he slowed outside three hour pace (as per Speed film) which he attempted with 90:30 at halfway but the Brighton Marathon caught up with him in last few miles and he ran an unofficial 1:41:30 second half after being on for his club M60 record until 24 miles.

Paul Devine had been with Tom and James up to halfway in 84:30 and on for sub 2:50 as his training deserved but he had been ill overnight and it caught up with him and he ran a painful 1:48:16 second half.

Ange Norris, who held the women's club record back in the 90s, finished with Paul but ran a more even race though at halfway was on for a PB with 93:25 and came back with 99:33. She finished a fine second in

the W55 category.

Gower Tan ran a superb even run with halves of 97:33 and 97:18 to squeeze inside 3:15 as he chased home the pacer.

Yvette Dore just missed the 3:15 barrier as she lost a little pace in the last 2km but it was still one of the club runs of the day as she took 15 minutes off her PB and confirmed her form at other shorter distances. Her halves were 96:26 and 98:38.

Alice Williams, a year after giving birth, also set a PB and held her form well with halves of 97:15 and 99:42.

Grant Kennedy also set a PB but not the sub-3 his training deserved as stomach

craps slowed him after a 88:59 first half to a 1:48:05 second.

Tess Bright also set a Pb but a slightly more even 3:19:28 with halves of 97:11 and 1:42:17

Michelle Lennon was a bit too quick on the first half with 95:20 and came back with 1:45:56 but it was still a PB just over 3:20. Ros Johnson was far from at her fittest but held it together well with a well paced 99:40 and 1:41:59

Eleanor Simmons also paced it very well with halves of 1:47:10 and 1:49:42.

Teresa Northey continued her good form with a very well paced run to easily break

four.

Her splits were 1:55:11 and 1:55:53.

Christina Dimitrov has not been able to train at her best recently and found it hard but just got inside four with halves of 1:44:10 and 2:13:11.

Anne Hackett put together halves of 2:09:38 and 2:21:25.

Michelle Key's splits were 2:10:30 and 2:29:24.

Victoria Gashe ran 2:09:38 and 2:42:14.

Gemma Sampson 2nd claim, making her club debut ran 2:27:48 and 2:50:05

Steve Smythe

A couple of years in the making...

My first attempt at the London Marathon, a ballot entry in 2000, ended before it even started at the finish line of the Reading half marathon as my knee made a creaking sound when I crouched down to pick up my bag. I didn't run again for another couple of years.

After a few failed attempts to get in again through the public ballot, I decided rather than going for the potentially easier option of getting a charity place, I would try entering a different marathon and get good for age qualification. Sounds so easy, he says, so, in March 2010 I ran the Marato Barcelona in 3:41. At the time the good for age qualification for London was 3:10 so that didn't work. Not one to give up on the first attempt, In October 2010 I ran the Amsterdam Marathon, this time in 3:39 and then again in October 2011 at the Maratona De Lisboa, I finished in 3:37:17.

In April 2012, trying a marathon a little closer to home, I finished the Brighton marathon in 3:22:07, and then the following year, with the help of my little brother pacing me, I did Brighton again in 3:07:29, well within the 3:10 good for age qualification criteria, or so I thought. You can only imagine my reaction 8 days later when the good people at the London marathon, reduced the qualifying time down from 3:10 to 3:05...

My next attempt in October 2014, where I finished 3:36:25, only proved that your legs don't recover quickly from a competing at a

long distance triathlon a couple of months before, so it wasn't until October 2015, back in Amsterdam for my third attempt at the course, and despite me trying to sabotage my run with a 3am drinking session, that I crossed the line in 3:01:35. Four months later, February 2016, at Maraton de Sevilla, I finished 3:00:09.

Over the last 9 years, I would characterise my 'better' results as those where I have avoided injury and I have won the mental battle that is the little voice suggesting you stop somewhere past mile 23. Whilst not ideal, I got to this start line with a reasonably good stretch of training in my legs, but did so managing a hamstring niggle.

I was in the yellow pen with Tom South, James Burrows, Paul Devine, Oli Cooper and Ebe Phrill, and somehow, temporarily, found myself ahead of everyone on the start line. After some shuffling, we were off, and I passed the start line 28 seconds into the race. Somewhere round Woolwich, after the start lines merged I found myself running with Hayley Seddon, with whom I ran most of the first half with or just behind.

Despite the GPS accuracy issues around Canary Wharf I knew I was tracking under the 3 hour mark, until mile 23 where my pace dropped to 7:15 for 2 miles. Despite a kick to the end I crossed the line in 3:00:40,

which I am absolutely delighted with. Yes, it's 31 seconds off my PB and yes, it's still tantalisingly close to the 3 hour mark, but it was the best controlled and consistent marathon I have ever run.

I was slightly the worse for wear at the end, and it was only when Steve Rolfe suggested Gin and Tonic, instead of beer as re-hydration that I perked up. The night ended eating free burgers at Meat Liquor in East Dulwich, all in all a very enjoyable Birthday.

Tom Wilson 3:00.40



Now, I clearly remember the London Marathon website stating that the good for age application process would start at the end of July, so at the end of July 2016, I logged on only to see a message saying that the application process closed the day before. I was not best pleased! Fortunately the Seville result would still count for London 2018, so four trail marathons and a 3:17:30 at Manchester in April 2017 later, I secured my place in the 2018 London Marathon, only to then succumb to injury in the build-up and defer the run until this year.

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raining for my fifth marathon had gone well with no big injuries and a new half marathon PB, so all the signs were looking good.

Still, I found myself feeling increasingly nervous in the build-up to the race, having all the normal worries about my target being too ambitious, the weather on the day and niggling injuries. I saw several other Dulwich Runners on the way to the start and in the yellow pen, with everyone in good spirits and keen to get running. Paul D, Tom S and I were all aiming for sub-2.50 so we agreed to run together from the start, so we assembled in the starting Pen together ready for the start.

The opening few miles were really nice and smooth - we were right on pace and it felt easy. As we rounded the Woolwich roundabout we got a little bit of headwind but nothing much. All along the course, the support was amazing, with the crowds often 3 or 4 people deep, all shouting and cheering for us.

At 6 miles I did my first gel, or rather sprayed it over my face and vest -Thankfully there were no photographers who caught that moment! Seeing some supporters near Greenwich and Surrey Quays was a great boost for the spirit, as the pace started to feel a bit more like work by then. The approach to Tower bridge was great, knowing we were nearly halfway and seeing lots of Dulwich supporters on the course - I tried my best to enjoy the moment. Going into the Isle of Dogs, Tom starting pushing on a bit faster - not by much but I stuck to my pace. Paul also started to drop off the pace a bit so I found myself running alone. Going through Canary Wharf I was definitely starting to find the pace harder work, but I tried to push on and just stick with it. I saw Tom at the out and back section around mile 19, not too far ahead but looking strong.

The last push towards central London I found increasingly hard



and the pace started to slip. I tried to just focus on running the best pace I could manage and ticking off the last miles. It was great to see so many Dulwich supporters along the embankment - they all helped me keep going when I was really struggling. I finally finished in 2:51.08 - not the sub 2.50 I hoped for and 50 seconds slower than my PB, but I still felt very happy with my run -I gave it everything I had on the day.

Thanks so much to Steve Smythe for the training plan and track training, the Sunday running group for all the miles together and all the Dulwich support out on the day.

James Burrows 2:51.08

D

eferred from last year and still beset by problems with my high hamstring tendons that make the legs tie up in later part of races regardless of initial pace, this was going to be a controlled slowdown strategy with a loss of five to ten minutes in second half factored in for a 3:10 to 3:15 target. Good conditions and lots of voltaren pain relief gel made it feel easier than expected in the first half.

As an aside I noticed in my 'yellow' start area (fast good for age men) that most were wearing Nike vaporflys and I think the shoe-tech contributed to a very fast initial surge around me (and hopefully also to many pbs,



but probably not many negative splits). Even without the Nike miracle shoes (they made my niggles worse I found on long runs, so back to tried and tested Adidas) and running fairly relaxed at the back of my start it felt impossible not to get drawn along by the flow. That brought me up behind a familiar figure in Dulwich colours around mile 9 and for the next 13 miles or so Ange and I were either running at each others shoulder or tracking each other when first I and then my fellow captain opened up a lead. Ange was clearly in the zone and not in her chatting mode from Wednesday night clubruns. Beset by similar niggles to mine she had nevertheless started quick and proved a tremendous fighter, pacing it at this stage faster than her PB from 2017.

We both reached halfway with time in hand and well under 3:10 target pace. I even deluded myself briefly that a sub3:05 could be possible.

That idea evaporated quickly in the dreaded docklands. After the sharp turn up East Ferry Road my pace dropped and Ange surged

ahead. Luckily for me never further than 80 metres or so. This kept me motivated and once the bad miles were behind me I could stretch my legs a bit on the downhill at Billingsgate market. Got a rhythm going again that worked and mile 20 found me in decidedly optimistic mood. Noticed that runners ahead were coming back to me and a 3:10 looked back on track. Took another two miles to close the gap and pass Ange, who stuck to her pace from there, finishing only about two minutes behind me in a superb 2nd position in her age group (the best Dulwich result of the day in that regard), compared to my 80th for the same age bracket in the men. Brave racing Ange and a great result on limited training!

My pace kept fairly steady from here, slower than in the first half but not too much. Pain in hamstrings felt manageable, feet were surprisingly fine, an occasional twinge in the calves warned of cramps that never came and time seemed to run faster while distance shortened. Sure signs of a marathon going to plan. Before the Tower another Dulwich vest came in sight. Grant who had been flying past me on his way to a sub3 was struggling with stomach cramps by now, focused on somehow getting to the finish. His sub3 will surely come and later in the pub he luckily looked quite recovered. Along the Embankment I managed to high-five my wife Ines, thereby foiling her plan to take a photo. As it turned out enough others and in particular Grzegorz took brilliant race pictures so I was covered (and for once not looking like someone just emerging from a three hour appointment with his dentist). Thanks to all for this and the stellar support along the way!

Before Big Ben two more Dulwich men had slowed sufficiently to let me past, both in their own zones of pain no doubt (how I remember those suffer miles from previous marathons gone wrong here myself). First our coach Steve who had taken his second shot at a sub3 in two weeks, running Brighton in tougher conditions faster than I would here, but paying for it somewhat now. I hope his run will eventually show up in the results as he clearly finished around 3:12.

Paul who was in around 2:50 shape mentioned in our race huddle before the

start that he had a dreadful night and wasn't feeling well. He still looked his usual strong (but slightly paler) self and set off with Tom and James to smash the 2:50 barrier (all three went halfway in 84:30). But now the wheels had come off (worse than in the Badger, just to remind him) and one of the rare opportunities presented itself to get a point back in our long running head-to-head count (devastatingly in his favour by now). He bravely carried on to a 3:12:46

The final turn to the finish line turned out to be the final twist in my race story. Straight and clear path to the line, still 40 seconds under 3:10, felt reasonably well on my feet to dash for it and wham! Tripped from behind my right leg was gone and I hit the tarmac. Rolled over but had landed quite hard on my hand and shoulder. Was helped up by a very apologetic runner who had barged into me to avoid someone else. Got going again, half dazed and adrenaline pumping. Legs seemed to be ok but hand was hurting. 3:09 was gone by now but rescued a 3:10:44, feeling happy and somewhat annoyed at the same time. Not so much about the time, only my fourth fastest race here in any case, but more about the damage to the right hand. The bruises to knee and shoulder will heal quite quickly, but I could already feel the ring finger and back of hand swelling up. Turned out to be a broken knuckle after X-ray today, so can't punch anyone for two month or so. But got a Luke Skywalker hand for compensation (as Paul calls it).

So all in all a better than expected marathon that (almost) went to plan.



Ebe Prill 3:10:44, (half in 92:22, funny was overtaken by more runners in the faster first half and overtook more myself in the slower second).

2019 Club Championships - Marathon

			Notified performances in time order										
	cat.	marathon	time h.m.s	age graded points	age group points PROVISIONAL								
					ms	m40	m50	m60	fs	f40	f50	f60	
Tim Bowen	ms	London 28 Apr	2.28.53	830	50								
Lee Fedden	ms	London 28 Apr	2.38.59	783	49								
Ed Chuck	ms	London 28 Apr	2.39.56	769	48								
Charles Lound	m50	London 28 Apr	2.42.52	850				50					
Alastair Locke	ms	London 28 Apr	2.44.10	755	47								
Stephen Davies	m40	Tokyo 3 Mar	2.47.39	811		50							
Tom South	m40	London 28 Apr	2.48.17	769		49							
James Burrows	ms	London 28 Apr	2.51.08	730	46								
Rob Hollands	ms	Brighton 14 Apr	2.52.17	719	45								
Marta Miaskiewicz	fs	London 28 Apr	2.53.33	784					50				
Ali Campbell	fs	London 28 Apr	2.55.22	776					49				
Edward Harper	ms	Gt Manc 7 Apr	2.56.31	697	44								
Steve Rolfe	ms	London 28 Apr	2.58.03	691	43								
Hayley Seddon	fs	London 28 Apr	2.59.13	756					48				
Daniel Mann	ms/m40	Brighton 14 Apr	2.59.26	705	42								
Grzegorz Galezia	m40	Brighton 14 Apr	3.00.21	754		48							
Tom Wilson	m40	London 28 Apr	3.00.40	722		47							
Oliver Cooper	ms	London 28 Apr	3.01.47	677	41								
Chloe Green	fs	London 28 Apr	3.04.54	482					37 no vest				
Steve Smythe	m60	Brighton 14 Apr	3.09.25	801					50				
Tom Shakhli	ms	London 28 Apr	3.09.40	654	40								
Ebe Prill	m50	London 28 Apr	3.10.44	766			49						
Paul Devine	m40	London 28 Apr	3.12.46	660		46							
Ange Norris	f50	London 28 Apr	3.12.58	874							50		
Mike Fullilove	m50	Brighton 14 Apr	3.14.20	745			48						
William Bancroft	ms	Gt Manc 7 Apr	3.14.20	633	39								
Gower Tan	m40	London 28 Apr	3.14.51	698		45							
Yvette Dore	f40	London 28 Apr	3.15.04	753						50			
Alice Williams	fs	London 28 Apr	3.16.47	691					47				
Grant Kennedy	ms	London 28 Apr	3.17.04	631	38								
Tess Bright	fs	London 28 Apr	3.19.28	680					46				
Michelle Lennon	f50	London 28 Apr	3.21.16	785							49		
Roz Johnson	fs	London 28 Apr	3.21.39	685					45				
Emily Gelder	f40	Gt Manc 7 Apr	3.23.29	708						49			
Lucy Pickering	f50	Paris 14 Apr	3.29.48	762							48		
Eleanor Simmons	f40	London 28 Apr	3.36.52	648						48			
Gideon Franklin	m50	Brighton 14 Apr	3.46.21	639			47						
Teresa Northey	f40	London 28 Apr	3.51.04	629						47			
Christina Dimitrov	fs	London 28 Apr	3.57.21	573					44				
Annie Hackett	fs	London 28 Apr	4.31.03	500					43				
Michelle Key	fs	London 28 Apr	4.39.54	486					42				
Vicky Gashe	f40	London 28 Apr	4.51.52	482						46			
Gemma Sampson	fs	London 28 Apr	5.17.53	2 nd clm									
					42	13	6	4	1	10	5	3	-

THE ABOVE ARE SUBJECT TO MEMEBRSHIP BEING PAID UP TO DATE

NB Certified marathons throughout the year can count, so the above points are subject to change

Just a very small selection of some of our runners in action on Sunday...in no particular order or preference, just showing how much they were all enjoying themselves, spurred on by the fantastic support .

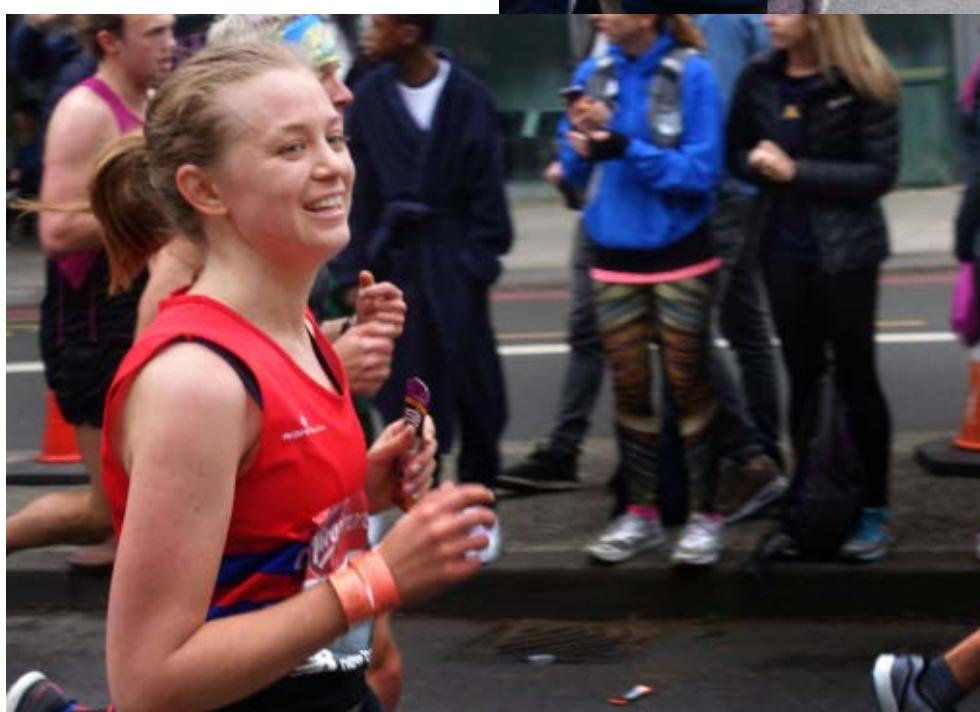
There are lot more great photographs on our Facebook page <https://www.facebook.com/groups/2409157697/>



Jim Burrows , Tom South
Paul Devine

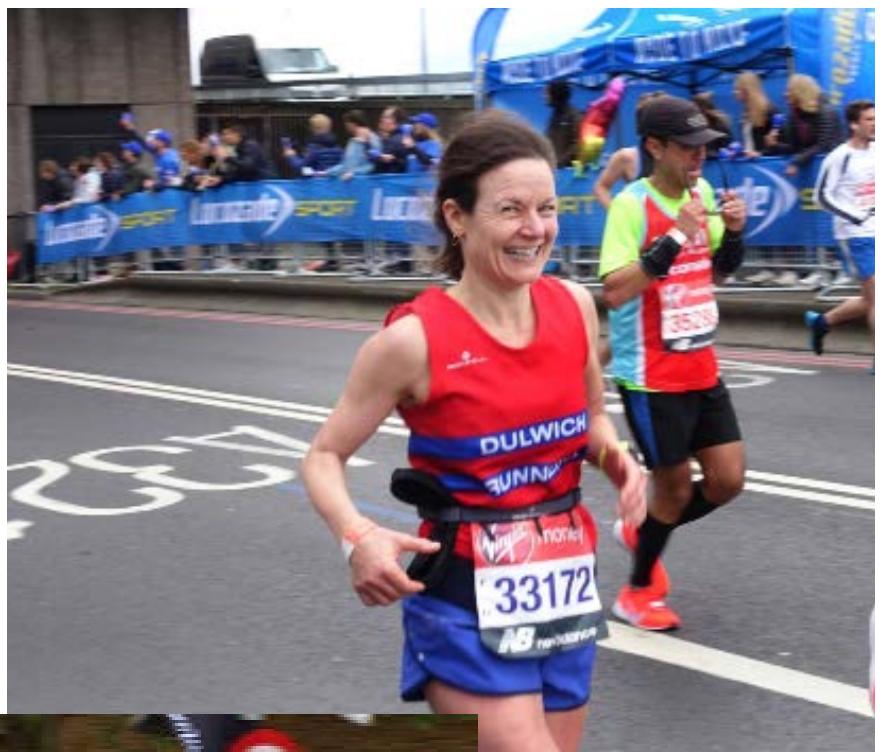


Hayley Seddon



Tess Bright

Yvette Dore



Tim Bowen

Steve Rolfe



Serpentine Last Friday 5k

26th April

The latet edition of the Last Friday race saw the usual good turnout of Dulwich Runners.

Andy Bond led the contingent home with a strong performance slightly down on the March race, Jack lowered his PB set last month by another 2secs while Steve Davies matched his March time. Regulars Ian, Paul and Rob all ran strongly as did Ross and Laura. Graham, Ros and Andy, running in the B race all ran to form. Ros, Andy B and Steve were respectively 1st, 2nd and 4th in the overall age graded result.

- *Graham Laylee*

6	Andy Bond	16:05	V45	88.40%
11	Jack Ramm	16:30	SM PB	78.90%
16	Stephen Davies	16:46	V45	87.30%
40	Ian Lilley	17:53	V45	80.60%
50	Paul Collyer	18:10	V45	80.60%
52	Des Crinion	18:15	SM	72.30%
73	Ross Rook	19:10	V35	70.50%
80	Rob Cope	19:19	V45	74.10%
126	Laura Vincent	20:41	FV35	72.10%
173	Graham Laylee	22:52	V60	71.00%
180	Ros Tabor	23:30	FV65	88.60%
206	Andy Murray	24:58:	V65	67.30%

Zandvlei parkrun

F know that parkrun is very important to us. We love being part of the family, the community and we love the warm welcome for the tourists.



So I started tracking our progress last year on a spreadsheet as we worked towards our 100th on our wedding day in September. This worked perfectly as many of our family joined in - 3 of whom have now started running regularly as a direct consequence. We then turned our attention to completing the alphabet in earnest. Luckily most letters are available within the M25 but we did have trips to Yeovil for the Y and Petersfield for the Q.

A couple of early starts for J (Harpden) and I (Ipswich) notwithstanding it was all relatively straightforward. As yet there is no X anywhere in the world. Let's hope one of the South African towns in the Eastern Cape does so before the Chinese discover parkrun. So for now, to complete the challenge there are Zs in only 3 countries at present and we didn't fancy Poland or Russia so Cape Town it was. Zandvlei is just outside Cape Town down on the Cape peninsular.

I have a friend in Cape Town and we keep in touch on Strava so

I let Tim know we were coming and he agreed to join us; bringing his 3 brothers, 77yo Dad, Stepmother, & youngest brother also brought his wife & mother in law, all of whom ran and came for coffee and breakfast after. In ZA, there is a national health insurance programme where you earn points by doing parkrun - the more often you do it the

cheaper the premiums. So the tail of the field is rather longer than in the uk. But waiting for everyone coming in during lovely sunshine was most pleasant. Having stalked recent results we also both fancied placing quite highly. When considering the slow times perhaps we should have paid more attention to the meaning of Zandvlei- sandy estuary - as it was blowing a gale and the sandy soil was really hard work.

I got involved in a tussle for P2 with Tim's brother Matt - I caught him with 500 to go and he then kicked hard and we both collapsed across the line giggling at our crazy effort. Suzannah had a well paced and consistent effort also finishing 3rd. Or so we thought. However, according to the results, just in front of the first lady home (and I was watching carefully counting them in) finished an FV70 with a 97% time and 15 minute PB. Maybe she was earning insurance points by giving someone else her barcode... or those who follow us on Strava or ever listen to my rambling on will

So what's next - we'll be working on our "Half Cowell" (50 different parkruns), and the M25 challenge.

Lloyd Collier	19:17
Suzannah Kinsella	25:18



NohtaraM NodnoL ehT

29th April 2019

There were some great performances from DR runners on Sunday but nobody finished the course earlier than Belinda. Mind you she started the marathon at 2.00 am and ran in reverse along with a purported 500 other runners. Seems also that the "thin blue line" is difficult to see in the dark so there was a bit of getting lost.

After a diversion of between 2 and 4 miles (depending on whose watch or phone you believed) they made it to the start and then hot legged it back to cheer on those doing the course the right way armed with Prosecco to keep up the spirits.

Belinda Cottrill 5 hours (approx)

Southern Athletics league, Cambridge

April 28

Clare and Lucy Elms made their debut for Kent AC in this league in very windy conditions with 50 mph gusts at time.

Clare was second in the 3000m and then won the 1500m, narrowly ahead of Lucy who won the B race as she warms up for her big England international in Italy this Wednesday.

Lucy also ran a 4x100m leg for the team that came third and both ran in the 4x400 team that came second. - *Steve Smythe*

3000: A: 2nd Clare Elms	10:46.9
1500: A: 1st Clare Elms	5:10.7
1500: B: 1st Lucy Elms	5:11.8



April 27th

Beckenham Place

204 Ran
Pos Gen
117 22 Clare Osborne 27:05

Bexley

368 Ran
Pos Gen
12 12 Michael Fullilove 21:15

Brockwell , Herne Hill

386 Ran
Pos Gen
22 22 Mark Foster 20:16
36 35 Jamie Nicol 20:53
56 53 James Auger 21:42
65 7 Nicola Richmond 21:58
89 9 Susan Cooper 22:50
140 116 Graham Laylee 24:28
148 122 Gower Tan 24:49
291 197 Alex Haylett 29:16

Bromley

657 Ran
Pos Gen
318 251 Peter Jackson 28:11

Burgess

545 Ran
Pos Gen
82 80 Hugh Balfour 20:56
545 217 Susan Vernon 54:49

Clapham Common

718 Ran
Pos Gen
115 108 Cameron Timmis 21:48

Catford

267 Ran
Pos Gen
1 1 Edward Harper 17:33

Crystal Palace

373 Ran
Pos Gen
31 30 Tom Wilson 20:58
33 2 Belinda Cottrill 21:10
128 115 Bob Bell 24:29
368 134 Clare Wyngard 41:03

For your results to appear here ...

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

Dulwich

Pos	Gen		
1	1	Andy Bond	16:33
3	3	Rob Hollands	17:35
51	7	Kim Hainsworth	20:10
75	66	John English	21:19
215	38	Hannah Harvest	25:51
216	39	Laura Vincent	25:52
227	43	Sharon Erdman	26:25
261	63	Natalie Davys	27:42
312	223	Mick Mead	30:09

Edinburgh

Pos	Gen		
210	37	Claire Barnard	24:30

Highbury Fields

Pos	Gen		
12	12	Paul Collyer	18:48

Hilly Fields

Pos	Gen		
275	174	Ian Lilley	38:43

Lullingstone

Pos	Gen		
9	1	Tereza Francova	22:33

Peckham Rye

Pos	Gen		
64	59	Gideon Franklin	22:41
82	8	Michelle Lennon	23:15
177	40	Claire Steward	26:57

Rondebosch Common

Pos	Gen		
43	40	Matthew Ladds	22:55
309	78	Karina Burrowes	31:31

Tooting Common

Pos	Gen		
234	203	Ian Sesnan	24:46

Victoria Dock

Pos	Gen		
22	22	Des Crinion	19:04
141	112	Barrie John Nicholls	24:34
327	134	Lindsey Annable	39:31

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
Buffs/snoods	£6 each

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



Buff/snoods - only £6



HOODIES CLEARANCE
ONLY £10 each



Socks only £5



REDUCED TO CLEAR

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.



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

SOCIAL SPOT

Upcoming events.

Post Marathon Season Pizza Night Wednesday 15th May

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

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

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

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

Thanks - Matt

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004
ola.balme@btinternet.com
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](#) 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.

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)

pizza

margherita mozzarella, tomato, basil 6.35

provenzale onion, anchovies, olives, mozzarella 7.15

funghi field & wild mushrooms, garlic,mozzarella 7.95

calabrese (n) aubergine & courgette,

mozzarella,olives,capers & pinekernels 8.95

americana pepperoni, tomato, mozzarella 8.75

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

prosciutto dry cured ham, mozzarella, rocket, parmesan 9.15

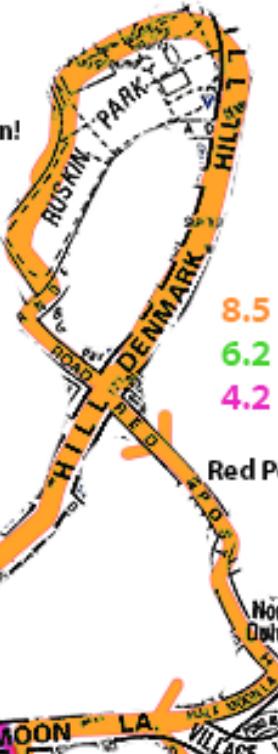
sarda sardines,baby pinach, piquillo, peppers, olives, garlic, chillies, tomato, parmesan, (no mozzarella) 8.25

piccante piquillo peppers, hot "nduja",
jalapenos 9.05

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

Dulwich Runners Summer Map 4 / A

Feel free to run round Ruskin Park either direction!



8.5 miles / 13.6km - 136m elevation
6.2 miles / 9.9km - 84m elevation
4.2 miles / 6.7km - 30m 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	

An extra lap of Dulwich Park is 1.6km / 1 mile

