SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 31st July 2013

These are your SHORTS,
Please send your reports, running news & anecdotes to:
shorts@dulwichrunners.org.uk
DEADLINE 17:30 TUESDAY

- THE COMING WEEK –

Wed	**31**	**Club Night**, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7 for 7:15 start. Showers, Bar
Tue	**06**	**Track session with Steve Smythe** - £1 fee **Dulwich College Track** - 7 for 7:15pm start

In your SHORTS this week !

3 Fixtures, Club champs, Assembly League etc
4 Race reports & results
11 Wednesday night running map

And much more !

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DULWICH TRACK SESSIONS

Dulwich College Track

Tuesdays with Steve Smythe
Improve your speed & strength over all distances.
suitable for all abilities.
Arrive at 7 for warm-up then a prompt 7:15pm start
Remember it's only £1 but if you don't have the money on the day, you have to pay £2 next time!

DULWICH CHARITY 10K Sun. 6 Oct

We had our first meeting on 17th July to start organising this race. Only one charity has been put forward which is the Hollington Club for Young People in Camberwell, of which Chris Vernon is Chairman.

The Hollington is a youth club and boxing club which is celebrating 120 years since its foundation in 1893. Funds are needed to improve their run-down facilities. They have a number of projects planned including refurbishing the Sports Hall, improving the changing facilities, disabled toilets and ramps, music/IT suite and a kitchen for teaching cookery.
If anyone would like to nominate any additional local charities, please contact Chris and Sue Vernon at vernonrun@aol.com before the final decision is made at the next meeting on 31st July.

If you are interested in being on the committee, or can help in any way please can you contact

Chris or Sue Vernon: vernonrun@aol.com

Wednesday Night Runs Map

Click above for for this weeks Wednesday night map.
Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.
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- Thanks

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

A brief look ahead

full fixture list page 3

Aug	8	Assembly league, Victoria Park
Sep	1	Lingfield (Dry Hill) 10 Club Champs race
Sep	5	Beckenham Assembly league

NEW RUNNERS ROTA

Thanks to **Clare Quirico and Patrick Mcmorrow** for taking out new runners last week.
If you are on the list, please can you 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 as early in advance as possible . Thanks. – Ros

Ebe Prill	31/8
Ian Sesnan	7/8
Jo Shelton	14/8
Claire Steward	21/8

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to help cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - Ros

Wednesday Apres-Run Re-hydration !

Come up to the bar and have a drink and a natter with us , it's a great way to get to know fellow runners (hot and cold drinks available)

Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the Wednesday run.
Arrives close to 9 and the cost is £5, or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name and money by 7:10
Don't just sit there salivating…join in ! - ***Ros***

Dulwich Runners Christmas Party - Saturday, 14th Dec 2013 The Cambria,Herne Hill Road

Hi All,

Its never too early to think about Christmas, Santa and his Elves are always watching.....With that in mind please keep free Saturday 14th December free in your diaries.
This year we are holding our Christmas festivities in the upstairs function room of The Cambria on Herne Hill Road.

Please check out (and join if you've not already done so!) the Herne Hill Forum for information on this fab location: http://www.hernehillforum.org.uk/category/venue/cambria.

More details and ticket information will follow when the first autumn leaf falls..... - **Suz**

HOODIES

I am very sorry to tell you that the firm who supplied our hoodies has gone bust and can not meet the order.
I am negotiating with Ronhill (who make our vests), and I think will be able to make a similar hoody for a similar price, so those who have ordered will have one before the weather gets cold (again).
I have a list of those of you who have already paid. If you want a refund, let me know and I will pass your name to Graham who can issue a cheque. - Ros
Andy Murray/Ros Tabor
Andrew@28kerfield.freeserve.co.uk
Ros@28kerfield.freeserve.co.uk

DULWICH RUNNERS CLUB CHAMPS 2013

2 Races still to come in this year's club championships.

- 1 Sep Lingfield (Dry Hill) 10
- 5 Oct Trail race, Lloyd Park parkrun

The usual rules apply with the 8 races split into long and short categories. The marathon, half marathon, 10 miles and 10K will be classified as long and the remainder short.
4 races to qualify, including at least one from each of the 2 distance categories.
Mike Mann (on behalf of ADSC).

Striders of Croydon AC Switchback 5 Sunday 29 Sep 10.30am

5 mile, multi-terrain race around Lloyd Park and Addington Hills
It's a perfect warm up to the cross country season.
debra.c.bourne@gmail.com
http://www.stridersofcroydon.org.uk
entry forms available in clubhouse

LUCKY VEST - August 7

Don't forget , wear your Dulwich Runners vest 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 prize on the spot in the clubhouse that evening.

NEW KIT NEW KIT NEW KIT

new mens and womens vests and T- shirts,

Hoodies	£15 each
Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each

Available Wednesdays at the club – Ros

Herne Hill Harriers have invited us to enter a team in their pub quiz, which will take place on Sunday 11th August at 7pm in the Exhibit, Balham. Tickets are £10 each and include food. Teams can be made up of up to 6 people. The contact is Patty - patrizia_gnoato@yahoo.com
Tel:07971 048276

DULWICH RUNNERS 2013/14 FIXTURES

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesdayclub night.
Assembly League & Southern League XC races are free and open to all club members and no advance entry is needed

Date		Race			Venue
Aug	8	Victoria Park Assembly League			Victoria Park, Hackney
	12	Open track meeting			Norman Park
	17	Open track meeting			Norman Park
	24	Open track meeting			Tooting Track
Sep	1	Lingfield (Dry Hill) 10	(club champs)	L	Lingfield (Dry Hill)
	5	Beckenham Assembly League			Beckenham Sports Club, Foxgrove Rd
Oct	5	Trail race, Lloyd Park parkrun	(club champs)	S	Lloyd Park
	19	Surrey League Cross Country		Men	Richmond Park
	19	Surrey League Cross Country		Women	Lightwater
Nov	9	Surrey League Cross Country		Men	Wimbledon Common
Dec	7	Surrey League Cross Country		Women	Farthing Down
Jan	11	Surrey League Cross Country		Men	Reigate Priory (DR to co-host)
	11	Surrey League Cross Country		Women	Putney Vale
Feb	8	Surrey League Cross Country		Men & Women	Lloyd Park

TRACK MEETINGS - Herne Hill Harriers and Blackheath & Bromley Harriers are holding a series of open track meetings this summer. The races are graded by time. Nb it is best to enter in advance as it's £6 on the day and £4 in advance
bbhopen@gmail.com — http://www.bandbhac.org.uk/other%20t&f%202013.html

ASSEMBLY LEAGUE 2013

For those new to the club, this is a series of 6 races (one left) roughly 5k in distance open to all members free of charge. The races are normally held on the first Thursday of the month from April to September.
Dulwich Park and Battersea Park are 5k in length, Beckenham around 4.5k and Victoria Park at 5.5k.
The remaining fixture this season :
8 August Victoria park, Hackney
5 September Beckenham - 7:15 start
Further information on venues and times will be provided nearer the time. ***Mike Mann***

Surrey League XC

Men's and women's fixtures are now included in the fixture list. Further details, times maps etc will be posted nearer the race dates
These league races are open to all club members of all abilities and are free to run, and you need to run in a club vest
Mike Mann

Kent Grand Prix and Surrey Road Leagues

As well as the races we select for the Club Championships and the Assembly League races, listed elsewhere in Shorts, we also take part in the Kent Grand Prix and Surrey Road Leagues.
Some of these are designated County Championship races for the given distance, for runners that are suitably qualified. In addition, all runners can accumulate points over the season to compete in the league by age category.
For more details see the following links:
Kent Athletics: http://www.kcaa.org.uk/road%20races.htm
Surrey Athletics:http://www.surreyathletics.org.uk/road/league
Charlie Lound

Kent Grand Prix		Surrey Road League	
1 Sep	Kent Coastal Marathon	11 Aug	Wimbledon 5km
22 Sep	Tonbridge 1/2M		
tbc	Sittingbourne 10m		

Masters Fixtures

These are the main British Masters fixtures.
The main club event will be the BMAF Road Relay Championships, where we have done well in recent years.
There are M35, M45, M55 asnd W35 and W45 and W55 events and we could have teams in all of them. Last year we won the W45s and medalled in the W55s and were well up in the M45s (6th) and M55s (4th) and should do even better in 2013 and could do well in the W35s and M35s too

Aug 18	BMAF 10km Champs., Pollok Ctry. Pk.	Glasgow
Sep 4/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs. Port Allegre	Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Colwyn Bay

RIVER RELAY, 8 SEPTEMBER

The cancellation of this year's Green Belt and 1066 relays will have come as a disappointment to some of you, but there will be an opportunity to take part in the River Relay organised by Stragglers on 8 September.

This is a 26.2 mile baton relay split into 5 stages ranging from 4.4m to 6.5m, starting at Virginia Water at 9am and finishing at the Hawker Centre in Kingston.

We can enter several teams, and like the 1066 relay, it is possible for one runner to compete in two teams. Unlike some of the other relays in which we participate where each stage starts at a set time, this is a baton relay where each runner starts when the previous one has finished.

We will organise transport to take people to their starts and collect them, but it should be possible to reach some of the stages by train.

Once we have established the level of interest we will put together teams and decide and decide how many to enter. Given the distance and the fact that it is fairly local, it should only take up half of Sunday. If you are interested, it would be helpful to have responses by 12 August. Let me know if you have any questions, or alternatively speak to Martin Morley or Mel Edwards. Mike Mann mcmann90@yahoo.co.uk

Race Reports & Results

If it's not a club champs race, local parkrun or other major club race which Steve Smythe kindly finds & collates results for, then it's highly unlikely that your results will be in SHORTS, so to ensure they do, please send them in. And if you can write a report even better. All road, fell, XC, Tri results etc, are welcome

Swiss Alpine Week Davos Switzerland 20 - 27 July

Ros had only raced and trained for track distances this summer and Andy was under doctor's orders not to run after needing stitches for a slashed hand incurred falling in Sydenham Hill Wood, so both were a bit wary of the 30k trail race they had signed up to some months previously.

Eventually Andy improvised a running style with right hand held up in front of him and both stuck with their original entries for the 30k at the end of the week, deciding to run together. The weather was warming up all week to over 30 on the final Saturday. Andy Murray

Night race 8k Saturday 20 July
(road, 3 hills, 9.45pm start)

Ros Tabor	38.40 1st WV60

Lake race 4k Tuesday 23 July
(1 hill, gravelly path, 7.15pm start)

Ros Tabor	18.57 1st WV60
Andy Murray	19.23

Landwasser 30k Swiss Alpine marathon Saturday 27 July
(Road/bumpy trail in woods, overall down but several long uphills, 7am start)

Ros Tabor	2.48.13 1st WV60
Andy Murray	2.48.13 121M/6th MV60

BMAF Championships Oxford, July 27

Tony struggled and was two minutes down on his best and club record set a month earlier but did take teh silver medal.

2M50 Tony Tuohy	36:23.22

HHH OPEN MEETING, 27 JULY

There was a good turnout from club members for the first HHH open meeting of the summer on a hot day when the rain held off until late afternoon. Star performances were excellent PBs by Ed Hill in the 800m and Mel Edwards in the 3000m.

In the 1500m the 3 who competed were all a little short of SBs. Clare Elms found someone to pace her but the pace was a little too slow. Nicola Richmond started at the back of the field, gradually coming through to overtake Mike Mann with 300m to go, but was unlucky to get overtaken by him late in the home straight.

In the 3000m, Ebe was a little disappointed with his time, though his pace was comparable with his 2 miles in June. Mel had a strong run starting off at 85 second lap pace but holding on well to finish well inside her target time. In a rare track outing, Ian Sesnan put in a determined effort.

Finally in the 800m, Ed Hill went through the bell close to 60 seconds but held on well in a highly competitive race to achieve a huge PB. Mike Mann's effort is best forgotten as he lost energy along with the plot in a lacklustre second lap at the back of the field. **Mike Mann**

1500m

Clare Elms	4:41.43
Mike Mann	5:20.14
Nicola Richmond	5:20.59

3000m

Ebe Prill	10:45.87
Mel Edwards	11:11.99
Ian Sesnan	12:50.37

800m

Ed Hill	2:05.16
Mike Mann	2:43.01

National Lottery Run, July 21
Nb it was the Steve Smythe, who only races about once every two years who did the National Lottery run

Hastings Runners 5kms handicap race Wednesday 24th July

This proved a real challenge, organising a handicap race for 75 runners of widely ranging ability whose ages went from 10 to 68!

To complicate matters even further I had to factor in a number of runners taking part who hadn't raced for months owing to injury, and some newcomers who'd never raced before!

The course was an accurately measured 5kms, out and back along Hastings seafront. The first 6 runners home finished within one minute of each other, and all had produced quicker times than predicted. After that it was like a cavalry charge as the handicapping system worked too well if anything ... the next 60 runners finished within 100 seconds .... a finishing rate of better than one every two seconds!, and the entire field finished within 5 minutes - our two timekeepers are still receiving counselling!

Starting 73rd, I didn't pass a single runner until just before the 4kms mark, but made up a lot of ground in the closing stages to finish 20th.

20 Nick Brown 18.35

Serpentine 5k

Paul Devine writes...

This regular monthly Friday lunchtime race in Hyde park had three Dulwich representatives with Alastair Locke and Ebe Prill making their debuts in a race I participate in quite regularly.

We lined up for the start and my sole aim was to keep Ebe in sight following his months of dominance over me! Alastair would be a bigger challenge but I gave him some pre race 'advice' anyway telling him he starts 5k races too slowly. Wish I'd kept my mouth shut.

Off we went and Alastair went haring off whilst I sat on Ebe's shoulder with the intention of staying there as long as possible until he inevitably pulled away.

After 1k I was feeling good and threw caution to the wind and edged ahead. I soon noticed that Alastair was also in sight and decided to track him with the faint hope that I may score a rare victory over him following the Surrey Badger half in 2010. (Not sure if I have mentioned this Al?!)

However despite maintaining my form, at 4k Alastair clearly sensed I was too close for comfort and put on the afterburners and stormed away for an excellent sub 18 effort. By now I was hanging on for grim life and was waiting for Ebe to swallow me up in the last few hundred metres.

Through gritted teeth I somehow found some reserves and hung on to record a surprise pb. Ebe was not far behind and finished with yet another sub 18:30 run.

Ebe somehow still had the energy to have a brief altercation with a Serpie runner who had blocked his finish. Al and I who are not renowned fighters decided he could handle this on his own! It all ended peacefully!

20 Alastair Locke 17:57
24 Paul Devine 18:15 (pb)
28 Ebe Prill 18:27

Orange Appeal 10k Greenwich Park 27th July

Whilst Chris, aka known as "Mummy Bell", headed for Crystal Palace to stand and cheer Belinda on from Chris's corner, as Belinda went to the top of the parkrun points boardthe rest of us headed to Greenwich for the Orange Appeal 10k.

This was a very well organised and friendly event in aid of The National Osteoporosis Society.

Maybe it was modesty, or just a reluctance to start too fast on a hot and hilly course but most people were standing well back from the start line when the gun went.

Owing to the quirk of being a two lap course there was water at 1K which was almost needed. and there was a further water station so you never had to run more than about 3K before you could get a drink. Notwithstanding that most of us struggled in the heat, particularly up the steep hills.

Andy was disappointed with his pacing but did a 10K pb. Bob thought he ran the second half fine, either holding or improving on his position in the field but needed a sprint finish to dip below 48 mins and this was off the back of a 22,.20 first 5K.

Penelope finished strongly cheered on by Andy and Dad and strangely, although starting behind them was credited with the same chip as gun time whereas Bob and Andy, who had started together, got the right credit of 4 seconds.

The chips were a new design of a disposable band that went through laces and although looking vulnerable to coming off didn't, but I wonder if it read Penelope's start time.

Nothwithstanding the very small quirk on timing, as said this was a very good event, we'll be back next year. Worthy of note was that Ben Hope Kent AC won in 35.02 was followed by two ladies Tina Muir 36.34 and Katy Webster 37.49

- Bob Bell

17 Andy Cottrill 43.33 (43.29)
63 Bob Bell 48.04 (47.59)
179 Penelope Bell 55.07 (55.07)
424 Finishers

Dartford Harriers Open Wed 24 July

400m Race 3

A fleeting appearance – registered, changed, warmed up, raced, warmed down, left all within 35 minutes and yet it took four days to fully recover from the after effects!

2 Duncan Hussey 61.9
6 ran

Watford Open Meeting, July 24

There were 22 1500m races averaging about 20 runners per race and it took two and a half hours and delayed the 3000m races.
It was a record number of 1500m runners for any open meeting and did mean too many runners in each race and difficult to know when each race was starting. The faster runners are seeded to go last but it's not scientific and there is overlapping - race 1 was 5:28-7:04, race 2, 5:23-6:09, race 3 5:10-5:43, race 4 5:01-5:32
and by race 9 its 4:42-4:54, race 16 4:13-4:28 and race 22 3:49-4:01
Clare ran in race 11. The first lap was quick but the pace slowed on the second lap and she got quite boxed and moved up on the third lap but found the last lap hard and slowed and lost a few places but still took almost 10 seconds off her W45 age group leading time and only 2 vets (over 7 years younger) have run quicker.
Alex ran in race 15 which on paper looked like it might be too quick for him. He stayed at the back early on and then moved up on the last lap with a strong kick and took six seconds off his PB and at just turned 13, it moved him past Buzz, Ed and Tony to be the fastest 1500m runner in the club this year.
No one younger in Britain has run faster or indeed ny runner born in the year 2000.
R11: 12th Clare Elms 4:40.78
R15: 12th Alex Elms 4:22.27 (PB)

Watford Open Track Meetings

A long way to go but possible to get train direct from East Croydon
Regarded as the premier open meeting and over 300 runners set PBs in the last fixture in July.
£4 to enter on night
details: http://www.watfordharriers.org.uk/OpenindexF.htm

Remaining meetings
August 7th 800m
August 21st 1500m and 3000m
September 4th 800m and 3000m
September 18 1500m? 800m and 3000m

5k Results, Sat 20th July

Barking

Chris Vernon writes:
What a surprise after my recent parkrun tours as my fears for the demise of club running in East London were confounded. At Barking 80% of the field were club runners from 13 different clubs and included a mob match between Dagenham 88 Runners and Barking Road Runners.

Barking Park which lies only 40 minutes from Dulwich, is another green lung in the inner suburbs which has benefited hugely from Lottery funding. The course is pancake flat, all tarmac and joy of joys, only two laps. Another small run, usually only 50ish, in a park almost deserted at 9am on Saturdays. The organisation is efficient and the marshals encouraging which is just what you need in a strange land.

After the annual prizegiving in the sweltering heat, we were off, past the splash pool, down to the car park, followed by a sharp turn before half a mile alongside the lake, then back down a shady avenue and round the football pitch to the start/finish. My first lap was a pedestrian 15 min + and I had settled into a rhythm in the heat. With half a mile to go I overtook a 10 yr old girl in full Muslim dress! Oh yes, I can still take some serious scalps! I heard her Dad say to her, "you can still get under 30 minutes" so I took off and with lungs bursting and head swimming, I crossed the line for my first time under 30 mins since April.

Birthday cake and chit chat followed before heading for Blackwall Tunnel after another run that I would gladly return to.

With only two runs to go before my ton which I will celebrate at Brockwell, I have still to visit the Mother run at Bushey Park so that will be my next tour. I am not sure what I will make of a 'monster' with 800 runners.

56 Chris Vernon 29.57
Barking won the mob match and the women's course record was shattered.
83 ran

Brockwell

5 Lewis Laylee 18:45 (PB)
42 Graham Laylee 22:15
122 Barry Walker 31:58
125 ran

Bromley

6 Alex Elms 18:04 (PB)
100 Steve Smythe 22:51
335 ran

Crystal Palace

Only one runner and one marshall representing Dulwich Runners this week. Belinda took advantage to go top of the points table
37 Belinda 24.54
85 ran

Dulwich

16 Mike Fullilove 19:35 (PB)
29 Susan Cooper 2W 21:18
33 Anna Thomas 3W 22:06
71 Ameet Patel 24:32
120 ran

Eastbourne

On Saturday 27th July I ran Eastbourne parkrun for the First time. The parkrun page had the course description as mainly tarmac with some grass and a PB course. However it had no tarmac and was mainly gravel.

The course starts with a small loop of a grass field before entering a very narrow woodland area full of nettles and was slow to run through as there was no opportunity to over take others. After this the course went around shinewater lake which was very scenic but the gravel was uncomfortable at times.

The course has lots of twists and turns but had lots of marshals and was excellantly described at the start so i didnt go the wrong way this week:-) i finished in 19:13 which is my all time best parkrun time and i was pleased with it in the very hot seaside weather.

Afterwards the nearby Toby's Carvery did an excellant "all you can eat breafast with unlimited coffee" for only £3.99. I would recommend this parkrun for all the runners who enjoy tourism
Kevin Chadwick 19:13

Hilly Fields

4 Kim Hainsworth 1W 20:09 (PB)
6 Gary Sullivan 20:28 (PB)
78 ran

LLoyd Park

93 Bernard Imber 30:40
135 ran

Orpington

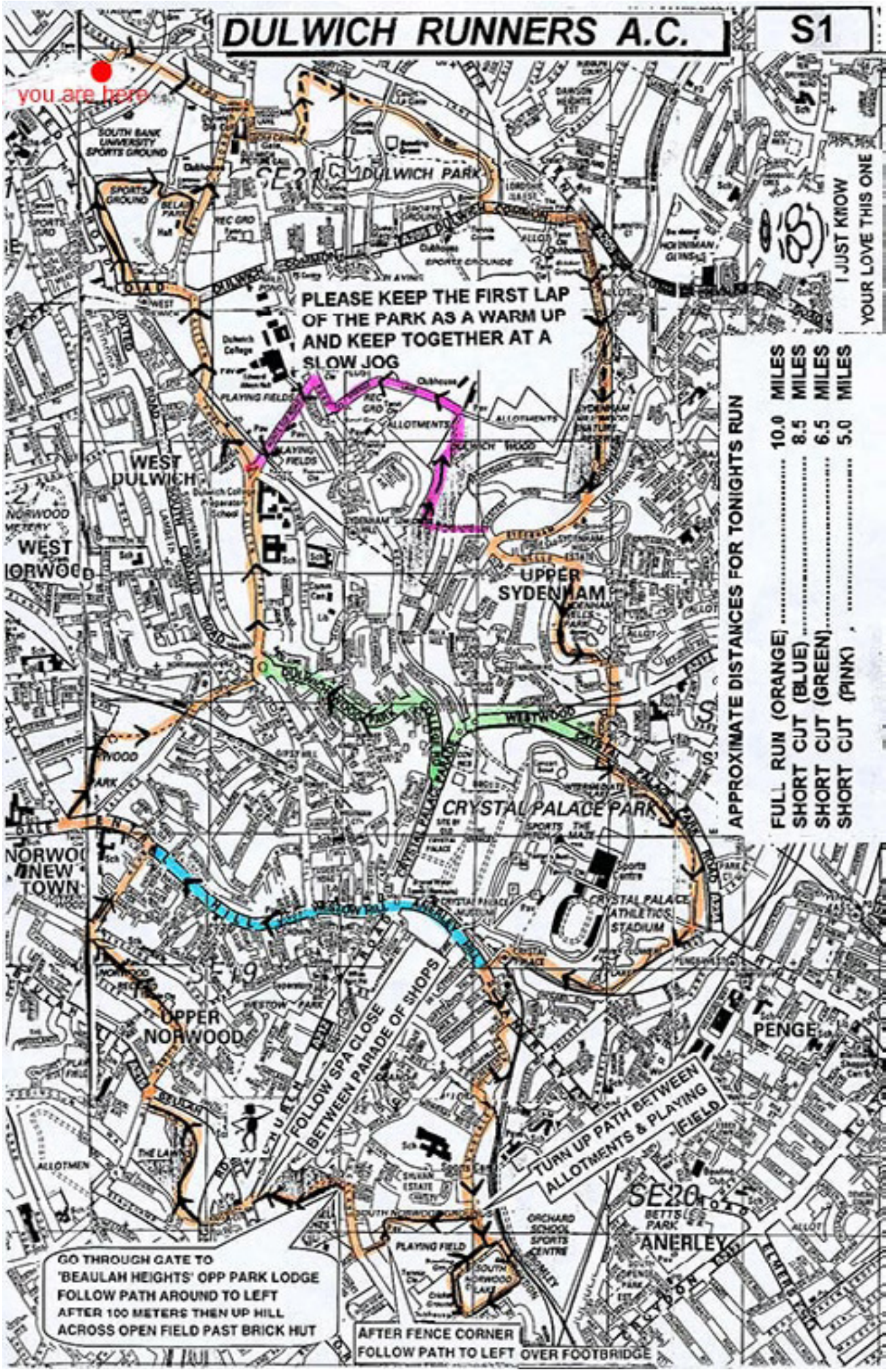
21 Martin Morley 23:08
42 Steve Wehrle 28:22
87 ran

Shorne Woods

First return since the inaugural in February when it was a decidedly chilly 2C. Set in a Country Park in Kent, this is an attractive destination, not far from Bluewater for those who want(?) to shop afterwards.

Twisty with 33 corners and a relatively small field, more of a time trial than race. I ended pacemaking the eventual winners and Oscar had a largely lonely but enjoyable effort along gravel paths.
3 Duncan Hussey 19.21 (course PB)
5 Oscar Hussey 21.20
37 ran

You can follow us on


DULWICH RUNNERS A.C.
S1
you are here
SOUTH BANK UNIVERSITY SPORTS GROUND
DULWICH PARK
SE21
PLEASE KEEP THE FIRST LAP OF THE PARK AS A WARM UP AND KEEP TOGETHER AT A SLOW JOG
WEST DULWICH
WEST NORWOOD
UPPER SYDENHAM
CRYSTAL PALACE PARK
CRYSTAL PALACE ATHLETICS STADIUM
NORWOOD NEW TOWN
UPPER NORWOOD
PENGE
ANERLEY
SE20
FOLLOW SPA CLOSE BETWEEN PARADE OF SHOPS
TURN UP PATH BETWEEN ALLOTMENTS & PLAYING FIELD
GO THROUGH GATE TO 'BEAULAH HEIGHTS' OPP PARK LODGE FOLLOW PATH AROUND TO LEFT AFTER 100 METERS THEN UP HILL ACROSS OPEN FIELD PAST BRICK HUT
AFTER FENCE CORNER FOLLOW PATH TO LEFT OVER FOOTBRIDGE
I JUST KNOW YOUR LOVE THIS ONE
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE) ..... 10.0 MILES
SHORT CUT (BLUE) ..... 8.5 MILES
SHORT CUT (GREEN) ..... 6.5 MILES
SHORT CUT (PINK) ..... 5.0 MILES