SHORTS

Dulwich Runners AC
Weekly Newsletter
April 30th 2014

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

- THE COMING WEEK –

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

Thu 01 **Assembly league 7:30 start, in Victoria Park, Mile end,** open to all club mebers, free to enter, wear a club vest though !

Tue 06 **Track session with Steve Smythe** - £1 fee
Dulwich college Track - 7 for 7:15pm start

In your SHORTS this week !

3 Fixture list, Club champs,XC road, trail etc
4 Race reports and results
6 Parkrun results
9 Wednesday night running map

And much more !

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

TRACK SESSIONS

Sessions back at Dulwich College from next week May 6th.

Tuesdays with Steve Smythe

Improve your speed & strength over all distances.
suitable for all standards and abilities.
Dulwich will be just a pound but additional £2 payable next day or following week for those who don't pay on night

Arrive at 7 for warm-up then a prompt 7:15pm start

DUWLCH RUNNERS MIDSUMMER 5K

As you probably know there are going to be big flood protection works in Dulwich Park for the next few months, so we are hoping to hold the Midsummer 5k race in Brockwell Park this year instead.

The date is Thursday 26 June.

If you are interested in helping on the day, or with the organisation pre-race, please can you let me know.
Thanks - Ros - Ros@28kerfield.freeserve.co.uk

LUCKY VEST

next Wednesday May 7th

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.
Vests £18 each and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk
for all other club kit please see **page 7**

EVENT HORIZON

A brief look ahead

full fixture list page 3

May	1	Assembly League - Victoria Park - 7:30 start
May	5	Ted Pepper 10k - Club Champs
May	14	Beckenham Relays
May	25	Rye 10 - Club Champs

NEW RUNNERS ROTA

Many thanks to **Barrie John Nicholls, Lindsey Annable, Tony Tuohy and Mike Mann** for taking out new club 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**

Ian Sesnan	***30/04***
Volunteers will be needed	07/05
Jo Shelton	14/05

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 Night Run - Map

Click above for this weeks Wednesday night map, which is on the last page of Shorts.
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

DULWICH RUNNERS CLUB CHAMPS 2014

We have now finalized the events and structure of next year's club champs. There will be 9 races in total split into 3 distance categories. In order to qualify it will be necessary to complete 5 races in total, including at least one from each distance category.

The structure of awards will be unchanged from recent years. Club vests are compulsory for all events other than the mile. You will need to ensure that your club membership is up to date in order to qualify for points.

For those wishing to know the Clup Champs rules they are on the clubs website

The events are as follows:

1 February	Brockwell parkrun 5k (short)
2 March	Tunbridge Wells Half (long)
13 April	London (or other) Marathon (long)
5 May	Ted Pepper 10k (medium)
25 May	Rye 10 miles (long)
16 June	Battersea Park 2 miles (short)
22 June	Beckenham 10k (medium)
11 July (tbc)	Mark Hayes Mile (short)
31 August	Sevenoaks 7 (medium)

Mike Mann (on belhalf of ADSC)

CLUB CHAMPS UPDATE

Owing to impending drainage works in Dulwich Park, it has been decided to shift the 2 mile race there scheduled for 11 September, to Monday 16 June in Battersea Park, where we will use the Sri Chimnoy 2 mile race as our club champs. This starts at 7pm just past the entrance to the main car park and you can enter on the evening.

GREEN BELT RELAY UPDATE

We have now successfully entered two teams for this year's Green Belt Relay on 17/18 May. This is likely to consist of a men's and women's team. However the women's team numbers are tight, so if anyone else would like to take part, please get in touch.

Those who have put their names have now been contacted with further details, including a request for stage allocation preferences and for a £10 contribution towards entry costs. Provisional stage allocations will be sent round early in April. Mike Mann mcmann90@yahoo.co.uk

GREEN BELT RELAY: URGENT REQUEST FOR WOMEN RUNNERS

We are planning to enter a women's team for the Green Belt Relay on 17/18 May, but need at least 2 additional runners to be sure of fielding a complete team. If you are available and willing to run stages on both Saturday or Sunday or require further details please contact me. Newly joined club members or old stagers who have taken part in the event before are equally welcome. mcmann90@yahoo.co.uk

Your DR Committee are next due to meet on Thursday 8th May.

If you have any matters which you would would like the Committee to discuss or consider, please email me on secretary@dulwichrunners.org.uk by Sunday 4th May.

Clare - DR Secretary

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered 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 !

Rehydration !

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)

DULWICH CHARITY EVENT

Sue Vernon writes

I have received a few more offers of help to organise a Dulwich charity event some time this year. I also have had two suggestions of a venue and an alternative event.

The next Dulwich Runners main committee meets on Monday 8th May so I would like to hear from anyone else who may have ideas of what we can do to raise money for a local charity and indeed more volunteers to help organise such an event. I can then report back to the Committee and a decision can be made. Thank you.

For those booked on our trip to LAKE GARDA

Registration for the LAKE GARDA races is now open!

You can register at www.lakegardamarathon.com

Click on the green 'registration opened' box on the right hand of screen.

You will need to enter your passport number as well as other info.

Looks like there are 3 distances;

15km -30km - Marathon

cheers - **Steve Wehrle**

Dulwich Runners 2014 Fixtures

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesday club night.

Date		Race			Venue
May	1	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	5	Ted Pepper 10k	for online entry see below	(medium)	Bromley, Norman park
	14	Beckenham relays			Beckenham
	25	Rye 10 miles		(long)	Rye
Jun	5	Assembly League	5k		Beckenham - 7:30 start *** note changed venue**
	11	Dulwich Club Champs	2 miles	(short)	Beckenham *** note changed venue**
	22	Beckenham 10k		(medium)	Beckenham
July	3	Assembly League	5k		Battersea Park - 7:30 start
	11	Mark Hayes Mile		(short)	Dulwich College Track
Aug	7	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	31	Sevenoaks 7		(medium)	Sevenoaks
Sep	4	Assembly League	3miles		Beckenham - 7:15 start

Ted Pepper online entry **http://tinyurl.com/q98cmgv**
Club champs rules now available on the website

ASSEMBLY LEAGUE 2014

This year's series of Assembly League races has now been decided.
They will take place on the first Thursday of every summer month, venues will be the same as last year.
This summer evening series of races is popular with club members, and all including newly joined members are warmly welcomed and encouraged to participate.
For those that are new to the club these races are open to all standards and abilities, 5k, and free to enter, all you need to do is have a club vest, turn up and run.
If there is any further information regarding these races it will appear here in Shorts as and when it becomes available

1 May	Victoria Park	3.5 miles	7.30 start	
5 June	**Beckenham**	5k	7.30 start	*** note changed venue**
3 July	Battersea Park	5k	7.30 start	
7 Aug	Victoria Park	3.5 miles	7.30 start	
4 Sept	Beckenham	3 miles	7.15 start	

TRACK MEETINGS

UPDATE

For those of you interested in competing on the track, there are several open meetings held at local venues during the spring/summer season.

Open meetings, hosted by HHH are held at Tooting Bec on some Saturday afternoons with the first one scheduled for 12 April.

Other open meetings are at Norman Park, Bromley on Monday evenings, Crystal Palace on Saturday afternoons and at Parliament Hill.

9	Apr	Parliament Hill
12	Apr	Tooting track
5	May	Tooting track (same day as Ted Pepper 10k club champs)
10	May	Crystal Palace
10	May	Parliament Hill (10,000m)
19	May	Norman Park
9	Jun	Norman Park
26	Jun	Tooting track
19	Jul	Crystal Palace
21	Jul	Norman Park
11	Aug	Norman Park
23	Aug	Tooting track
23	Aug	Crystal Palace
27	Aug	Norman Park
10	Sep	Parliament Hill

These meetings, where there are usually 800m, 1500m and 3000m races on offer, are ideal for those looking for improved times, having done some earlier races. Please contact me for further details.
Mike Mann

Surrey Road League 2014

As well as the events we choose for our Club Championships, we are also eligible to compete in the Surrey Road League. Individual positions in the league are determined by the best five scores and you also contribute to the club's position.
As soon as the fixtures are confirmed they will be listed here

For more info go here:
http://www.surreyathletics.org.uk/road/league/index.php?Y=2013&O=R&S=2014
Charlie Lound - Men's Road Captain

Orpington High Elms 10k

Will take place on Sunday, 15th June 2014 starting @ 09.30 am
It will be a single lap, challenging course incorporating the park's woodland nature trails and will be 99% off road
There will be chip timing, medals, prizes, parking and photos all marshalled by the experienced ORR team.
All profits will be donated to the Alzheimer's Society.
Full details including arrangements on the day at the new venue and how to enter are available now at www.orprunners.com
We look forward to welcoming you and members of your club to what we think will be a great event.
Any questions please contact racedirector@orpingtonraces.com
Thanks & regards - ORR Race Committee

Commonwealth Games Tickets for Sale

I have 4 x£30 tickets which I now cannot use for the penultimate day of the athletics (track and field) at Hampden Park, Glasgow on Friday 1st August,1900-2230hrs. The session comprises:

Preliminary: Men's 1500 Round 1; Triple Jump; Javelin; 4 x 100m Relay Round 1; 4x400m Relay Round 1

Finals and medal ceremonies - Men: 3,000m steeplechase, 10,000m, pole vault

Prelim- Women: 4 x 100m relay round 1; 4 x 400m relay round 1

Finals and medal ceremonies Women - 800m, 100m hurdles, high jump, discus.

If you are interested please contact Clare Wyngard on clarewyngard@btinternet.com or catch me at a Tues/Weds DR session.

Sunday 11th May 2014, 4-7pm – it's time for Post-Marathon Rockin' Mayhem with English Rogues!

At **The Nightingale,** 53 Carshalton Rd, Sutton SM1 4LG
http://streetmap.co.uk/map.srf?X=526436&Y=164198&A=Y&Z=110

After a storming debut gig at the Nightingale back in January the Rogues are back for more. Fans who've been before know what to expect – if you haven't, it's best described as pub-rock mayhem; classic rock/blues tracks by the likes of Eric Clapton, ZZ Top, Rolling Stones, Jimi Hendrix, Bryan Adams, The Kinks, Crosby Stills & Nash, Small Faces, AC/DC, Free, Bad Company, Bob Dylan, Guns 'n Roses, etc., etc.! All with blistering guitar solos from young guitar-god Dan Murphy and over-the-top drum thrashing from yours truly – well, I haven't been out much lately……..

And just to be different, it's an afternoon gig! Do your morning run or race, scoff a leisurely Sunday lunch, then get to Sutton for a 4pm start – and it's totally FREE. You can get all rocked out and still be home in time for the evening telly! What's not to like?

Tony 'Thundersticks' Tuohy.

Come on, let your ears bleed (well, it's Sunday afternoon, can't be that loud…….)

Rathbone's 3 rd Annual fancy Dress Fun Run

around Brockwell Park takes place at 11am on Saturday May 31 st
Please call the Rathbone office as soon as possible on 020 8670 4039 if you wish to take part.

It is a very short fun run (1.5 miles), which most people don't run, but it is an enjoyable day out for those involved and helps the charity raise money to help run our various groups in the area.

Kindest regards,

Shaun Jones - deputy Director
Lambeth Elfrida Rathbone Society
http://www.rathbonesociety.org.uk/

Race Reports & Results

To be sure your race results appear in SHORTS you must send them in.
If you can write a report even better, all road, fell, XC, Tri results etc, are welcome .

Serpentine Last Friday 5k - 25 april

10 Dulwich Runners ran this race. Unfortunately the first 8 in the following results were in the A race, in which everyone took a wrong turning and ran 110 - 150m short. The runners in the B race, including Mark and Ros, ran the correct route!

9 Tony Tuohy	16:21
15 Alastair Locke	16:38
21 Charlie Lound	16:52
30 Ebe Prill	17:40
35 Rob Cope	17:54
54 Steve Williams	18:32
60 Nick Brown	18:50
108 Andy Murray	20:00
133 Ros Tabor	21:37
176 Mark Muffett	23:16

Ros Tabor

Sevenoaks Triathlon Sunday 27th April

Clare Wyngard reports:

I did my first triathlon of the season this week. Fortunately the early rain had cleared by the time I got on the 15m bike course (after a 400m pool swim) and although this was my 11th time doing it, I still forget what a tough, hilly and twisty bike course it is. The 8.4km run does much of the "Seven Oaks Seven" course we will be doing later this year for one of our championship events - and is also tough. Deer were blocking the course at one point which cheered us up as we were at the point of being shattered by then!

Overall Time: 1.50 (swim: 9.09, cycle 57.42, run 40.42). I was 144th out of 364 competitors; 7/78 women; 1/8 in my "Super Vets" category.

Kent League, Ashford Sat 26 April

Not having run the 1500m very often or well last season, Oscar was hoping for an improved performance in what his debut on the track in the Kent League. As is often the case, there was a strong headwind down the home straight and he ran tactically astute race at the back of the pack, moving forward only when the pace faltered. He was rewarded with a PB taking 17 seconds off his previous mark.

He continued his good meeting with a 4*300m moving his team up from third to first on the second leg, a position they held until the end.

1500m

2 Oscar Hussey	4:52.31

10 ran

Duncan Hussey

parkrun

April 26th

Banstead Woods

2	Tony Tuohy	17:58	
5	Clare Elms	18:42	

159 Ran

Brockwelll

33	Nicola Richmond	20:32	
35	Mark A Foster	20:55	
61	Charlotte Boden	22:02	PB
91	Clare Wyngard	23:23	
102	Michael Dodds	23:47	
125	Hugh French	24:39	
148	Desmond Edwards	25:55	
214	Sarah Lyness	29:45	

236 Ran

Crystal Palace

18	Joseph Brady	22:08	
27	Bob Bell	23:00	
33	Yvette Dore	23:17	
88	Penelope Bell	28:38	
126	Barry Graham	33:24	

136 Ran

Dulwich

5	Olier Thorogood	17:22	PB
9	Stephen Davies	18:04	
22	Ian Lilley	19:44	
24	John Fletcher	19:49	
43	Emma Ibell	21:20	
46	David Bell	21:30	
48	Duncan Wilson	21:39	
49	Jamie Derbyshire	21:43	PB
83	Mark Muffett	23:47	
87	Mick Mead	24:08	
102	Claire Steward	25:16	
121	Pip Eastop	26:54	

175 Ran

Hilly Fields

9	Kevin Chadwick	20:31
92	Carolina Lilley	28:21

135 Ran

Newark

18	Martin Morley	22:39

148 Ran

Nonsuch

49	Andy Murray	21:25
82	Graham Laylee	22:39
104	Ros Tabor	23:20

404 Ran

Orpington

16	Colin Frith	23:40

89 Ran

Richmond

85	Barrie John Nicholls	23:39
96	Lindsey Annable	24:16

284 Ran

Riddlesdown

23	Ange Norris	22:02

72 Ran

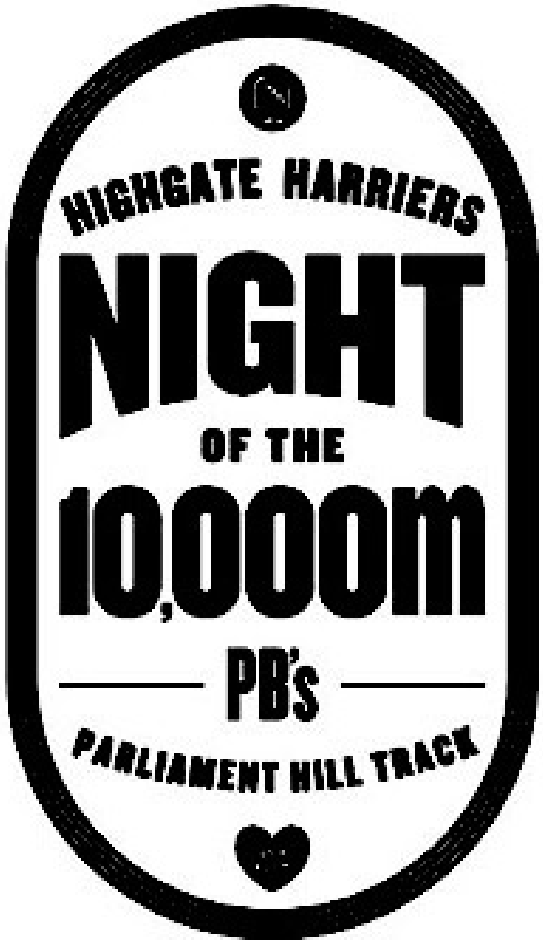
New members especially ! and others....

Could you update your Parkrun profiles to show you are a member of Dulwich Runners AC (if paid up). This help us pick out all our runners for the weekly results.

Dulwich Runners Club Kit

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

Hoodies are now available. There are a few left in each size .
Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk



Dear athletically inspired friends of Highgate Harriers,
You are cordially invited to our unique night of 10,000m racing on ***Saturday May 10th at Parliament hill athletics track****:*

With 100% free entry, please join us at the heart of the action cheering, from lane 4 as 2012 Olympic triathlon champion Alastair Brownlee, multiple Olympians and a European champion and the best of British talent go head to head for coveted British & English National Championship titles, in addition to a chance to represent Team GB at the forthcoming European Atheletics Championships

In addition we have live music ,food, alcohol, refreshments & ex world record holder David Bedford for your delectation.

YOUTH RELAY RACES
1pm - 4pm

TUG-OF-WAR CHAMPIONSHIP
3pm -4:30pm

FIVE 10,000m RACES
6pm start (Elite women 8:15 & Elite men 9pm)

We hope you can join us & revel in free to view London 2012 legacy in action !

DULWICH RUNNERS AC S14

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	ORANGE.....	10	MILES
SHORT CUT	BLUE	8	MILES
SHORT CUT	PINK.....	6.5	MILES