DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
April 23rd 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 23 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 29 Track session with Steve Smythe - £2.50 fee
Crystal Palace Track - 7 for 7:15pm start

In your SHORTS this week !

3 Fixture list, Club champs,XC road, trail etc
5 Race reports and results
7 Parkrun results
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And much more !

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

You can follow us on

TRACK SESSIONS

Crystal Palace Track

Tuesdays with Steve Smythe - suitable for all abilities
Improve your speed & strength over all distances.
suitable for all abilities.

We pay a monthly fee so it is important as many people use the track as possible so we don't make a loss.

The entry & payment systemsystem has changed.
£2.50 per session
Ideally aim to arrive at 7pm warm up for 7:15 start.

Next Tuesday the session at Crystal Palace is the last one of the season (April 29) and the following week (May 6) sessions resume at Dulwich College. Dulwich will be just a pound but additional £2 payable next day or following week for those who don't pay on night.

Alastair Locke writes.....**With a current combined total of 167,455 laps of Crystal Palace track over the winter season next week will be our last week under the flood lights.**
Come and join us for a reflective and much deserved pint or glass of your favourite tipple next week after the track session:
Tuesday 29th from 8:30
Westow House - corner of Westow Hill and Crystal Palace Parade; pretty much opposite the bus station
All welcome

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)

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 25 Rye 10 - Club Champs

NEW RUNNERS ROTA

Many thanks to **Ange Norris, Mike Mann, Patrick McMorrow and Ebe Prill** 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**

Barrie John Nicholls	**23/04**
Ameet Patel	30/04
Ian Sesnan	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

LUCKY VEST

Wednesday April 30th

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 5**

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 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.

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.....)

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

BUPA London 10km, May 25

This event takes place in London, on a fast traffic-free and historic course, starting and finishing in the Mall and is free to those selected.

Unfortunately despite a clash with a club championship event (Rye 10) this means that potentially up to 12 of the best club runners will now have the choice of competing in a club championship event or a British Championship race in the heart of London.

Based on current form, the men's team would probably be Paul Devine, Ed Hill, Wayne Lashley, Alastair Locke, Charles Lound, Tony Tuohy though one or more of either Sam Crump, Rob Cope, Steve Davies, Tom Marshall, Edwin McCormack and Ebe Prill would probably come into the team as very unlikely all the first six are available.

The women's fastest six would probably be from the seven of
Ola Balme, Mel Edwards, Clare Elms, Toni Holt, Enily Gelder, Andrea Pickup and Nicola Richmond though again very unlikely all can do and others such as Sue Cooper, Katie Crowe, Emma Ibell, Cara Oliver, Ange Norris, Anna Thomas etc might come into the team.

Please confirm to Steve Smythe your availability, or if I have missed any potential runner, male or female, who would like a run.
steve.smythe@athleticsweekly.com

British Masters Relay

Some teams have been entered but the clash with the Green Belt means some potential runners are not available.

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

Race Reports & Results

Nb Steve Smythe will now only send in results for races he attends or arranges for someone else to attend, so 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 .

Zippy 5k - Brisbane, CA, USA

Edward Hill writes.....

Since my brother-in-law was getting married in sunny California over the Easter holidays, we decided to make a 2 week trip out of it.

We spent the first week in southern California where I put in a lot of miles running along the coast in the early hours of the morning (thank you, jet lag). After the wedding we headed up to the San Francisco Bay area for second week of our trip.

On Saturday of Easter weekend, the USATF Pacific Association was holding one its grand prix races in nearby Brisbane. I looked at previous results and saw that the field was typically very strong with winning times usually sub 15.

My PB would put me somewhere around 50th place in a field of several hundred, typically, so I thought that this could be a great race to grab a PB and so I entered. It turns out that this wasn't a great PB race with the out and back course gaining over 200ft of elevation coupled with a moderate wind.

My splits tell the tale of the course's difficulty: the course was flat for a third of a mile and then ascended for about 1.3mi which meant my first and second miles were slow (5:40, 5:35). My third mile was mostly downhill with the last section being flat and I ran it only 10s outside of my mile PB!

As the course flattened out in the last 0.3mi I felt strong and I was able to maintain 5:00 pace to the finish line. I was very pleased to grab 30th place and run sub 17 on this tough course against a very strong field.

30 Edward Hill 16:56 chip, 16:58 gun (5th V35)
251 ran

Splits:5:40, 5:35, , 4:55, 0:45
(my garmin said 0.15mi @ 5:00/mi pace)

Tonbridge AC Easter Monday Meeting

600m

In stark contrast to last year when I recall wearing eight layers in the warm up, this year it was sunny, warm and there were plenty of families picnicing trackside. The sunshine brought large numbers flocking to the track too with 91 competitors alone in the lesser known 600m. Another season, another set of spikes or so it seems with Oscar outgrowing yet another set meaning he had to run in flats.

Heat 6 of 13
2 Duncan Hussey 1:41.54 (debut)
4 Oscar Hussey 1:43.67 PB
8 ran

Half an hour later, Oscar was part of the Blackheath U15 team who beat the Tonbridge U15 at 4*100m in 54.07.
Duncan Hussey

Maidenhead Easter 10 miles

18 April

I thought I might manage to dip inside 58 mins like last year but couldn't quite do it. With 5 miles coming in 28.32 I thought it was on but the Garmin annoyingly gets this course very long (10 miles in 57.37, allegedly) but that's life

. I just managed to grab the M50 prize in 58:19 – a very nice trophy and a chocolate bunny, yum yum. Mind you, had to wake myself up to get it after being passed during the 9th mile, it took a 5.20 last mile (alright, it was slightly downhill) to snatch it by 4 seconds.

Probably didn't run fast enough in the middle miles. Or started too fast. Or some other excuse.

16 Tony Tuohy 58:19 (58:15 chip time) 1st M50
867 finishers

Victoria Park Open 5 Mile

19 April

I managed the unusual feat (for me at least) of an even paced run with metronomic 6:30 minute mile pacing throughout.

I must have taken a leaf from the outstanding marathon performances of Charlie and Andy, though maintaining a constant pace over a short distance on a pancake flat course should not be too much of a challenge. The result was that having been passed by loads of runners during the first mile, I managed a fair amount of overtaking in the final 10 minutes.

Once again this race attracted some good quality runners with 4 finishing inside 25 mins and 58 under 30 mins. ***Mike Mann***

88 Mike Mann 32:35 (1st M65)
(1st Adam Hickey 23:40)

Southern Athletics League, Sutcliffe Park, Eltham

April 19

With a few other potential runners just officiating, Clare Elms had to do three events and without every event being filled such as the 1500m and 3000m, her club Cambridge Harriers just missed out on winning,

In windy conditions, Clare didn't feel very good in the 800m was only a few seconds down on her world best but ended up third.

In the 3000m, Clare was 90 seconds down on what she could have run but still won by around half a minute.

In the 1500m, one of her young opponents shot into the lead and ran a 72 second first lap but slowed on the second and Clare overtook her and Clare won by over 13 seconds. ***Steve Smythe.***

800: 3 Clare Elms 2:23.2
3000: 1 Clare Elms 11:30.6
1500: 1 Clare Elms 4:58.3

Alpha Beta Trophy, Lee Valley, April 5

Nicola worked her way through the field to come second but was well down on her indoor PB set a month earlier.
1500: 2 Nicola Richmond 5:20.39 ***Steve Smythe***

Reflections on the London Marathon 13th April 2014

Never mind the Olympic 100m final or the world cup football final. This has to be the greatest sporting event on the planet. 750 000 supporters willing you on down the course and no end of bands, banners, not to mention great support from the club.

Participating in the London Marathon is a privilege and an experience that you will never forget.

This was my 5th London Marathon and fourth in a row. Training had gone quite well and I had done my three long runs. It couldn't have been a more stunning day and I soon settled into my pre-race routine of a leisurely coffee near the start, get changed, warm up and then we were off.

I managed to get near the sub 4 pacing group in the pens with one eye on a sub 4 race. Nineteen years ago I managed 4 hours and 3 minutes with ease when there was no chip timing and its always been on my mind to break 4 as I have never had the 'official sub 4' clocking although I probably did achieve it in 95.

I was feeling good and kept with the pacers well throughout most of the course up to Docklands. After that it started to get a little more challenging as the course narrowed in parts, including the appropriately named 'Narrow Street'! I was blocked by other runners on occasions and had to pick up the pace to get back on terms with the group. This must have taken its toll and I really started to struggle at about 20 miles.

I held the pace for a while but then started to slow badly. The last few miles were a real challenge and it was a case of put one foot in front of the other as runners streamed past me. The crowd seemed to get behind the runners that were suffering and my name rang out loudly as I plodded along. The final mile was torturous but I couldn't resist a little wave to Buckingham Palace as I passed, knowing by now that my sub 4 target was blown. This seemed to egg the crowd on and I had a chorus of chants 'Barrie Barrie' from both sides of the course!

It was a real relief to finish although I felt somewhat deflated not to have achieved my sub 4 goal. On reflection I was pleased to have done my second quickest time and experienced such a great event. We went to the reception afterwards held by the charity I was running for and I was treated to a post race massage as well as lots of cups of tea and sandwiches.

The ballot opens on Tuesday again. Will I be putting in for it again? Most definitely!

Barrie John Nicholls 4:08:13

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

April 19th

Banstead

2 Tony Tuohy 17:43
an

Brockwell

A win and PB for Nicola.
1W/17 Nicola Richmond 19:57 (PB)
29 Mark Foster 20:40
193 ran

Burgess

16 Alistair Clarke 21:27
44 Barry Evans 25:26
79 Barry Walker 32:39
84 ran

Canterbury

My current parkrun tour of the South East hit the buffers badly at the latest stop in Canterbury, where the combination of a bad cold and the most challenging parkrun course to date ensured my slowest ever 5kms time by nearly a minute ... and to rub salt into the wounds, I missed the M55 course record by just 1sec!

The race starts by the sports pavilion on the University of Kent campus, which means that there is free parking, changing, showers, loos and a café upstairs. Circa 40% of the 2 lap route is on beautifully smooth playing fields, which is in stark contrast to the rest of the course which is on Crab & Winkle Way - a cycle/footpath on a disused railway line going out to Whistable. Normally most paths on a former railway line are pretty flat, but this resembled a funicular railway with two steep climbs on each lap!

I realised halfway through the race that the course record of 20.24 was no stroll in the park, but a spirited last kilometre saw me cross the line just outside it. Intriguingly the current record holder is one Nick Brawn, who was one of a golden generation of British marathoners in the 1980s.

He finished 4th in the 1981 New York Marathon in 2.11, and was 14th in the 1985 London Marathon in 2.15...hugely impressive! Regrettably though, having just missed out on the record, I will have to revisit this course later in the summer!

6. Nick Brown 20:25 (1st M55)
45 ran

Crystal Palace

5 Andy Cottrill 19:51
17 Paul Hodge 21:34
24 Graham Laylee 22:39
29 Bob Bell 22:58
60 Paul Hilton 25:45
78 Penelope Bell 28:26
110 ran
Bob Bell

Dulwich

Jim's PB in his 131st parkrun was the highlight.
20 Chris Goodman 19:52
23 Jim Dowsett 20:04 (PB)
27 Rob Tobin 20:24
43 David Bell 21:14 (PB)
67 Mark Muffett 23:29
81 Mick Mead 24:47
93 Claire Steward 23W 25:28
170 ran

Hackney Marshes

14 Ros Tabor 2W 21:32
15 Andy Murray 21:42
19 Ian Sesnan 22:52
67 ran
Ros Tabor

Hilly Fields

7 Kevin Chadwick 19:44
111 ran

Gunnersbury

My third different course in four weeks and yet a near identical time. Prior to the usual parkrun briefing, there was talk of a strong headwind on the long uphill part of the course hence little chance for a PB.
This was my first run at Gunnersbury, however, so a course PB for me.

64 Lindsey Annable 10W 23:53 (PB)
235 ran

Riddlesdown

17 Ange Norris 2W 20:31
129 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.

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 Alistair Brownlee, multiple Olympians, 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 Athletics Championships.

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

YOUTH RELAY RACES

1pm-4.30pm

TUG-OF-WAR CHAMPIONSHIP

3pm – 4:30pm

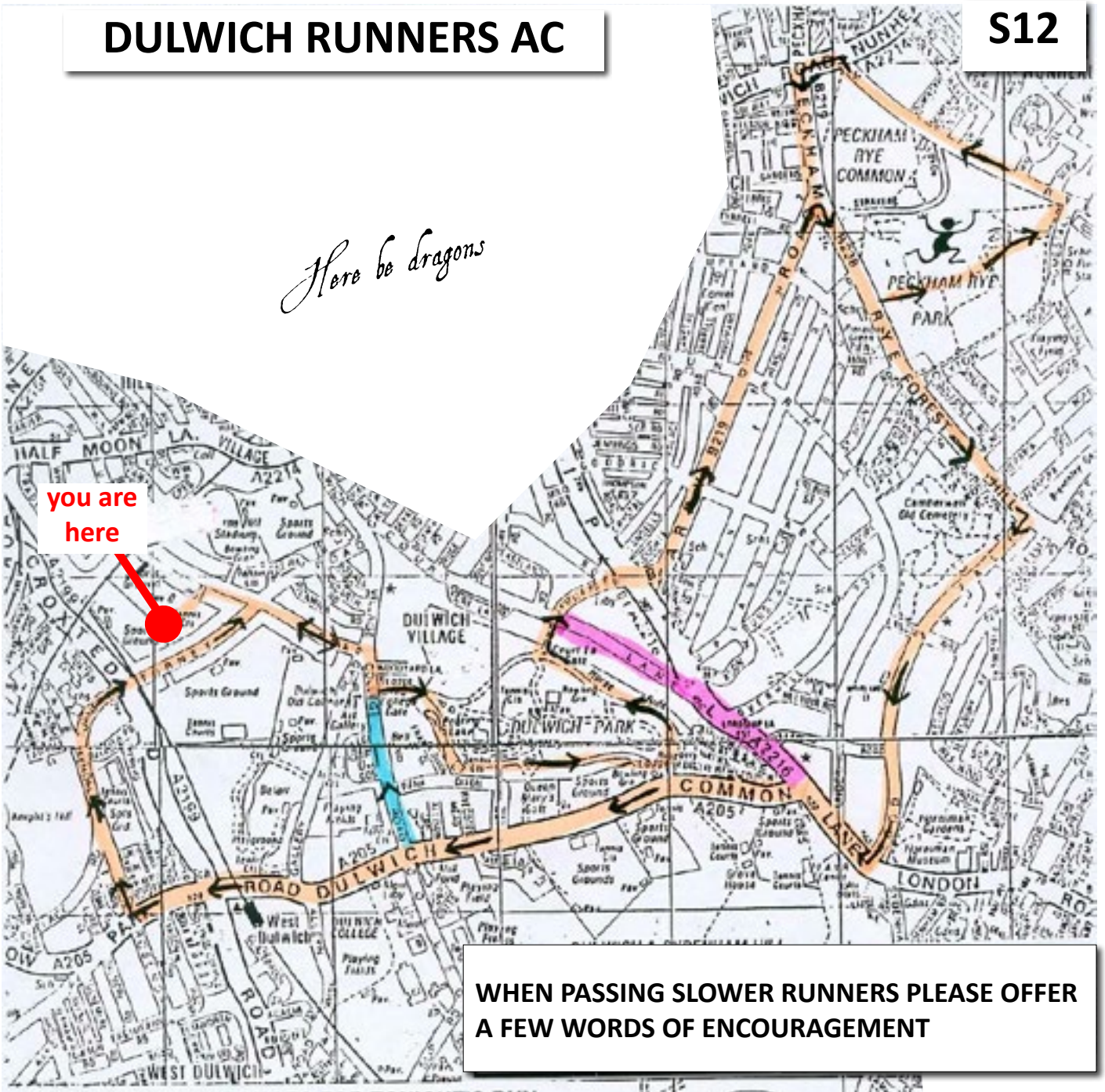
FIVE 10,000M RACES

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

S12



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHT'S RUN

BASIC RUN (ORANGE)	7.5 MILES
SHORT CUT OMITTING PECKHAM RYE AND PARK	6.0 MILES
SHORT CUT (BLUE)	6.0 MILES
BOTH OF ABOVE SHORT CUTS	4.5 MILES
SHORT CUT (PINK) ONLY	4.3 MILES
SHORT CUTS (PINK AND BLUE)	3.2 MILES

INCREASE DISTANCES BY EXTRA LAP OF DULWICH PARK (1.1 MILES OR / AND PECKHAM RYE AND PARK (1.5 MILES)

N B ENTER PECKHAM RYE PARK BY GATE OPPOSITE SCHOOL..... IF CLOSED CARRY ON AND TURN LEFT AT COLYTON ROAD