SHORTS

Dulwich Runners AC
Weekly Newsletter
March 26th 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 26 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 01 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
4 Race reports and results
5 Dulwich Runners strike gold in Budapest !
6 Parkrun results
8 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

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.
Please see page 2 for full details on track entry and payment system - Steve Smythe.

EVENT HORIZON

A brief look ahead

full fixture list page 3

Apr	3	Beckenham Assembly league
Apr	13	London Marathon

Dulwich Runners Membership
Annual Renewals Due

If you have not yet renewed your 2014 membership then you cannot score as a Dulwich Runner in any club races, XC, club champs and any other events you may enter.
You must RENEW ASAP

You will have received either by email or post your 2014 membership renewal reminder.
If you haven't received your renewal form then contact me asap barry@bg1.co.uk or see me at the club on a Wednesday evening
Thankyou to those of you that have renewed

NEW RUNNERS ROTA

Many thanks to **Mike Mann** for taking out new people 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**

Olivier Montfort	**26/03**
Andy Murray	02/04
Ameet Patel	09/04
John O'Byrne	16/04
Barrie John Nicholls	23/04

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**

LUCKY VEST
next Wednesday 2 April

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**

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

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)

Crystal Palace Track

The entry system has changed, a Crystal Palace duty manager or a Dulwich Runner will hand out a wristband at reception so you don't need to pay or queue at reception but you will need to pay £2.50 to whoever is doing the club rota at the track. Ideally aim to arrive at 7pm.
You may need ID eg: DR members card or EA/UKA reg card
It might be easier to pay £5 for a further session. It will be £3 if you can't pay. Some of us travel some way to do this so those who live within a few miles should make a special effort to run on what has traditionally been one of the best tracks and athletic stadiums in the world and every top class athlete of the last 40 years has competed on it at some stage. - ***Steve Smythe***

London City Athletics Club Celebration Launch 10k (Including 3K Junior Race)

Dear All,
I'm delighted to inform you that on the 30th March 2014 London City Athletics Club will be hosting a Run Britain licensed 10KM race at Southwark Park. This event will also include a 3KM junior race and will be a celebration to mark the clubs affiliation to England Athletics and official opening as of April 2014.
3KM Junior Race at 9:30am- £5 for affiliated club runners and £10 for everyone else. (suitable for ages 10-14 years of age only).
10KM Senior Race at 10am - £12.50 for affiliated club runners and £15 for everyone else. (must be at least 15 years of age).
Entries are online at Run Britain:
http://tinyurl.com/moyzk7w
(please note: there will be no entries on the day)
All runners will receive a goody bag from our race sponsor Decathlon.
As this is an inaugural event we have set a limit of 250 place in the 10KM and 150 places in the 3KM so we advise signing up early to avoid disappointment.
Finally, if you don't fancy running but would still like to be involved we are very much in need of volunteers to help ensure the event runs smoothly and I would be delighted to hear from you.
Kind Regards. David White
Run! Southwark- Athletics Activator
Sports & Leisure Services Team Tel: 020 7525 5736
Mobile: 07958110810

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

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
Apr	3	Assembly League	3miles		Beckenham - 7:15 start
	13	London (or other) Marathon		(long)	London / various
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
	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

3 April	Beckenham	3miles	7.15 start	
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	

Date		Race		Venue
Mar	25-30	World Masters Indoor Track & Field Champs	(indoor track)	Budapest

TRACK MEETINGS

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.

There are likely to be 3 more meetings there in the summer months (details will be posted when available). There are 4 Monday evening open meetings at Norman Park, Bromley scheduled for 19 May, 9 June, 21 July and 11 August, plus a track evening on 27 August, at which you can run as a guest. There is also an open meeting at the Parliament Hill track on 9 April. Rather further afield are the Watford open graded meetings held every other Wednesday evening from 9 April to 24 September.

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

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 .

Rome Marathon...Toby de Belder writes....

One could say a slightly hectic weekend: flight from Gatwick at 06:50 on Saturday morning, land, negotiate Italian over/ underground trains straight to the Expo, pick up our bibs, taxi to hotel, check in, dinner, bed, early start, run a marathon, shower, pizza and beer reward, train back to airport to be back in Dulwich shortly after midnight on Sunday.

Doesn't quite do it - the marathon bit - justice. Although with thunderstorms and winds forecasted, my stretch target of 3:05 (which was vindicated post Bramley and Tunbridge) was going to be a challenge made more difficult. The thunderstorms greeted us whilst in our starting pens; at least it wasn't too cold and the downpours (there were a couple) seemed to pass through pretty quickly. Fantastic setting for the start; just along from the massive Colosseum.

Circa 15,000 runners, not quite a London or a New York but with just the single start there was more than enough traffic. The wet cobblestones weren't too awkward as I set out with my plan to follow the 3hr pacers. I feel for that group; even though I hit half way bang on 1:30, the pacers were out of sight, several minutes ahead. I'm sure a few would have been cursing at 35-40km when wheels were coming off.

Rome really is a great course: enough long stretches along the river to get a good rhythm going, sites to keep yourself interested: Colosseum, Circus Maximus, St Peter's Basilica (the road leading up to Vatican City is incredible), piazzas galore. It is a flat course (less than 300m gain), and although you certainly notice the cobblestones, especially at the end, I wouldn't say that it affects your time that much. It was great to have the support of Leann, cheering on Dulwich, and also to be in the same race as my brother (sporting his Serpie top) and a friend of ours.

I kept my pace going through to 30km (almost 20 miles) and then the legs wearied when I dropped to 4:40mins/km (7:30s), which meant London good-for-age (3:05) drifted away. I did have enough in the tank to keep going and get inside Boston Qualifying time (3:10) and set a new PB. So chuffed. Marathon #23 done. Road race shoes can now be put away; summer trail season soon to begin.

576 Toby de Belder 3:09:03
14844 ran
http://www.maratonadiroma.it/

Canterbury 10K

Sunday 23rd March

Electing to escape the local frenzy surrounding the Hastings half marathon (way beyond my distance these days!), I decided to try the second staging of the Canterbury 10kms. Starting at the pretty village of Chartham, the race does a lap of the local recreation ground before following a scenic path alongside the River Stour, turning round just after halfway at Bingley's Island within sight of Canterbury Cathedral and then returning along the tarmac path back to the start.

This was my first 10kms race (other than a couple of races where I paced slower runners) since 2010, so I was aiming to just break 40mins. I managed a fairly even pace throughout moving into 5th place at halfway, but was just thwarted by a stiff headwind in the final 4.50kms.

Very well organised, well marshalled, chip timing, with plenty of changing facilities etc at the race HQ at the village hall; and the presentations were done and dusted just as the final finishers were crossing the line! The organisers Velocity Events are well known in the Kent area for their triathlons, duathlons and cycling sportives; but also have an interesting race coming up on Sunday 8th June called the Maidstone River Run.

Runners board the train at Maidstone West BR and then get off 8mins later at Wateringbury station. They then run 8.6kms back to Maidstone along the path by the River Medway! Their website is www.velocity-events.co.uk

4 Nick Brown 40.05 (1st M50)
167 ran

Hillingdon Half Marathon.

23rd March

I signed up to run the Hillingdon half marathon on Sunday. It was a regular fixture up until 2003, but through lack of funding, the race has not been held,until interest from local running clubs has rekindled the race again for 2014.
The race itself is run on mostly open residential roads, and is a flat two lap course, with just one slight incline on one of its sections. It starts and finishes from the very impressive Brunel university.

With around 600 runners, it wasn't that cramped at the start, which gave you plenty of room to overtake slower runners, and once we got going, I just ran as I felt, rather then going with a pace from the garman.
At times around the course, with only 600 runners, it seemed that you could be running on your own, with only a few glimpses of the runner in front to spur you on. This meant that it was hard to latch on and pace and motivate yourself with fellow runners.

All was going well until the 7 mile mark, when I felt a slight twinge in my right calf muscle. Something was not right, but it wasn't that bad to make me stop. So I just carried on, even managing to catch up and latch on to a couple of runners in front of me, dragging me back into the Brunel university grounds and on over the finish line with a P.B of 1h33.33m.
A very satisfying mornings run, and a race I would defiantly do again.
Jim Dowsett 1:33:33 (PB)

World Masters Indoor and non stadia Championships, Budapest, March 25-30

TEAM GOLDS FOR ROS AND MIKE. Individual silver for Ros.

Cross-country, March 25

The events were held on a twisty but mostly fast circuit in Budapest City Park. Each lap was 2km and there was one short sharp hill and descent on each lap on a mostly dry and grass circuit.

Ros built up a big lead early on in the W60 category and was 30 seconds clear after a lap. However, she began to struggle and the gap was down to five seconds at the onset of the last kilometre. She was caught in the last 300 metres by the Finn Mirjam Tynkkynen who had paced it better is four years younger and had beaten her before and Ros had to settle for second.
Ros did win a team gold medal in her category as Britain won the event.
W60 XC: 2nd Ros Tabor 36:08

Mike Mann also won a team gold as Britain beat Germany to first place in the M65 category and he was pleased with his run as he finished fifth
M65 XC: 5th Mike Mann 32:37.8

Andy Murray had a good steady run and finished 25th in the M60 category
M60 XC: 25 Andy Murray 34:23.3

Steve Smythe was pleased to be running after only having run a handful of times in the past two months but had a heavy fall after 500 metres and grazed his hip, back, elbow and ankle and took a while to recover rthough at least his previous injury wasn't a problem.
M55 XC: 21 Steve Smythe 32:07.1

Tony Tuohy and Clare Elms passed on the cross-country to focus on the indoor events which start on Wednesday morning.
Steve Smythe

Mad March Hare 10K Frettenham, Norfolk

Paul Mottram writes....
This was on an a pleasant flattish country lane type course about 7 miles north of Norwich. Conditions were a little windy but nothing compared to what we've been experiencing lately. It represented a final chance to try and find out what shape I was in ahead of the Manchester Marathon on April 6th after an abortive half marathon due to illness a few weeks back.

The race went pretty well, bar a slightly over-enthusiastic first mile or so which seemed to catch up with me around 8-9k and contributed to the uneven halves 19:54/20:22. Unfortunately, with 100m to go, my hamstring started to seemingly cramp (actually it was a pull) and I had to back off to make sure I didn't completely come to a halt short of the finish. Apart from the frustration of losing a few seconds, the greater concern now is whether it settles down sufficiently to be able to attempt the marathon

20	Paul Mottram (2nd V50)	40:16
178	Peter Warren (2nd claim)	58:09

222 runners finished

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

Colin- in between- injuries- Frith

Well another year older but certainly not any wiser. I decided to do both the usual Orpington Park Run (24.02) and then the following day the inaugural Dymchurch 10k. These days due to continuing calf and Achilles injuries my training is very restricted. Sadly no more Steve Smythe track sessions or hill work. The Dymchurch was a very pleasant flat course - due to my calf and Achilles problems I have to avoid hilly courses. The weather was fine and I managed to plod around in 48.04.

Mile Reps

Well Done To Those Who Did The Mile Reps On Sunday Times As Follows;

Gideon Franklin	7M 08S
Michelle Lennon	7M 38S
Charlie Boden	7M 43S
Laura Lane	7M 44S
Belinda Bell	7M 54S
Ameet Patel	8M 00S
Steve Wehrle	8M 03S

Good Luck To Those Running Paddock Wood Next Week
Steve Wehrle

March 22nd

Brockwell

Ola scored her 30th win at Brockwell, having run it 41 times. No other male or female has won more than 16.

11 Lewis Laylee	19:01
17 Ola Balme 1W	19:53
43 Cameron Timmis	21:17
52 Sarah Cross 4W	21:35
68 Graham Laylee	22:16
120 Michelle Lennon 22W	25:21
235 ran	

Bromley 15th March

109 Kim Hainsworth 11W	23:58
301 ran	

Bromley

Clare wanting an easy race prior to Budapest, but hoping to maintain her unbeaten parkrun record, in her first parkrun at Bromley for two years wasn't delighted to find young Jessica Keene, who finished in the top 10 in the National cross-country in her age group on the start line.

Keene ran fast but Clare was able to stretch out on the last lap and win by 14 seconds and still be comfortable.

That was her 71st parkrun win and was a W50 course record by some margin and gained her her best ever 92.38% on age grading, a fraction short of Ros's best at Bromley (92.46%)

5 Clare Elms 1W	18:09 (course W50 record)
347 ran	

Burgess

51 Barry Evans	24:38 (1M65)
114 ran	

Crystal Palace

Strong 1st lap from Andy who then decided to jog back and run with Belinda. Ah young love, although he did out sprint her, so maybe not.

29 Bob Bell	22.35
46 Andy Cottrill	23.57
49 Belinda Bell	24.04
87 Ameet Patel	26.30
157 ran	

Dulwich

9 Ed Hill	17:31
18 Domonic Joyner	18:49
19 Rob Cope	18:50
29 Chtis Goodman	19:50
30 Gary Sullivan	19:52 (1M55)
31 Steve Smythe	19:54
39 Gideon Franklin	20:43 (PB)
46 Paul Hodge	21:03
50 Duncan Wilson	21:23
73 Mark Muffett	22:41
87 Pip Eastop	23:20
114 Mick Mead	24:29
122 Kim Hainsworth 24W	24:45
149 Stephanie Burchill 42W	27:32
210 ran	

Fulham Palace

35 Andy Murray	21:40
52 Ros Tabor 7W	23:10
164 ran	

Hilly Fields

13 Kevin Chadwick	22:10
14 Ian Lilley	22:10
107 ran	

Maidstone

I used to have a three minute wait to compose myself and then go and cheer the young boy on but after last week, when it took 3.5k to catch him, I wasn't fancying my chances even though we had a similarly poor training weeks.

Two late nights and a pint the night before were not the best preparation too. There were some much faster runners this week too with Tom Collins who was 113th in the National achieving a new course record of 15.39. They set off at a stinging pace and Oscar sped off into the distance.

By half way I had him in my sights and the gap was closing but knowing from last week the last hill he just managed to keep ahead and win his first head to head in over 60 parkruns!

14 Oscar Hussey	9.16 course PB 1st U14
16 Duncan Hussey	19.21
246 ran	

Riddlesdown

12 Ange Norris 3W	20:57
130 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.

2014 pre London Marathon schedule for weekend runs going through to 13th April .

For further information contact either STEVE WEHRLE or CLAIRE STEWARD

SUNDAY RUNS, RACES AND REPS
Sunday runs at High Elms, Mile repetitions in Dulwich Park
Preparation for London Marathon 2014

Wks to go!	Date	Event / Distance	Information
2	30 Mar	Paddock Wood 1/2M	Paddock Wood, Kent www.paddockwoodac.co.uk/
1	6 Apr	Easy 10 miles	09:00 High Elms
Zero	13 Apr	LONDON MARATHON	CLUB CHAMPS

Sunday alternative, meet with 'HERoS' (High Elms Runners on Sunday) mostly off-road, starting from Cuckoo Wood car park, High Elms Rd, between Green Street Green and Downe in Kent at 9:00 – usually two pace/distance groups, minimum ~10 miles
For more information contact Steve Wehrle or Claire Steward

Ola Balme
Sports & Therapeutic Massage

Do you suffer from a sporting injury? Are you feeling the strain from your marathon training?
What could you benefit from?

- Deep Tissue Massage
- Massage to alleviate muscle fatigue
- Massage to prevent injury
- Learning appropriate stretches and exercises
- Maintaining your fitness and well-being

Ola is an experienced Sports Massage Therapist and club runner (completed few marathons).

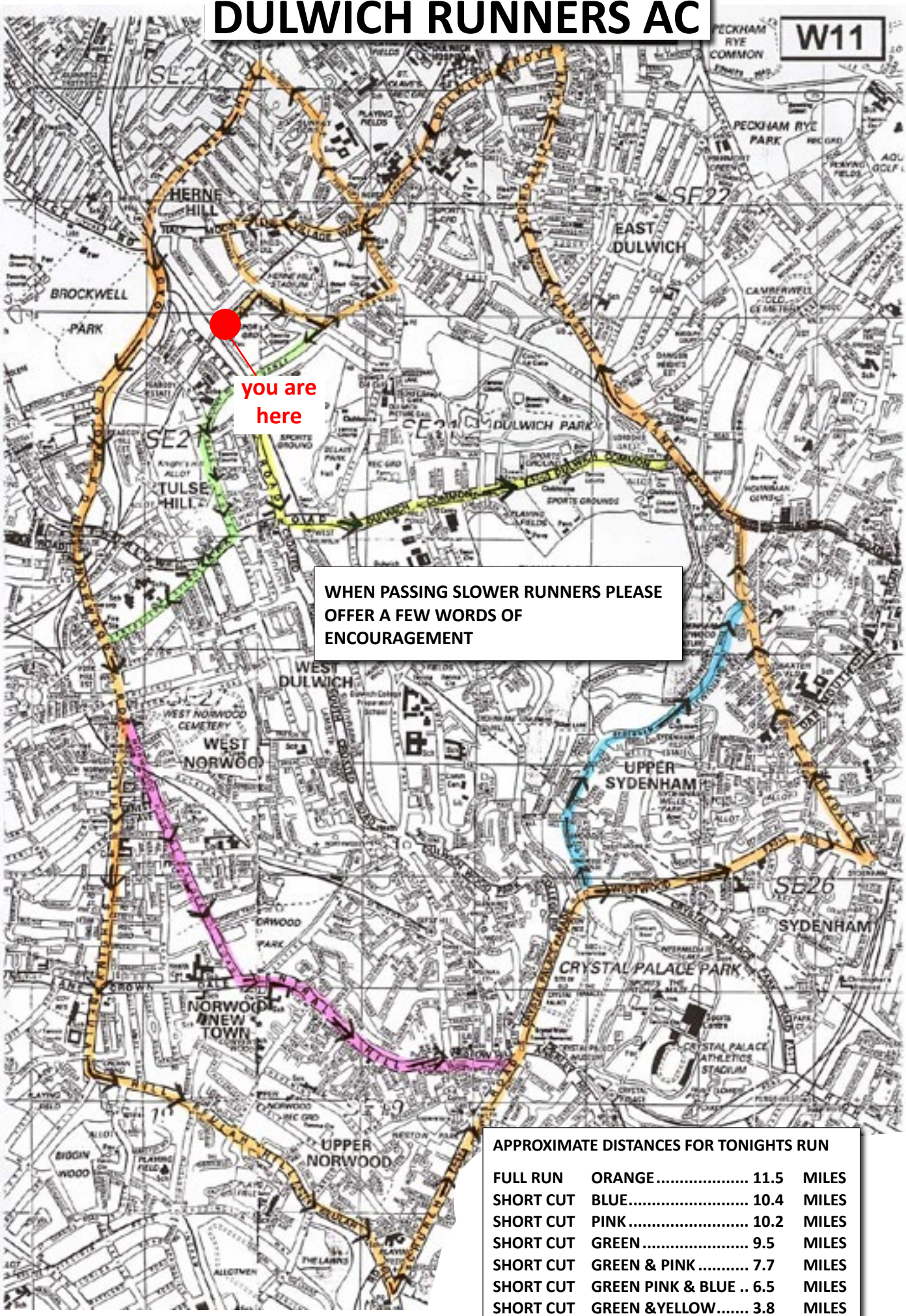
If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 0750 655 4004
ola.balme@btinternet.com

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

DULWICH RUNNERS AC



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	ORANGE	11.5	MILES
SHORT CUT	BLUE	10.4	MILES
SHORT CUT	PINK	10.2	MILES
SHORT CUT	GREEN	9.5	MILES
SHORT CUT	GREEN & PINK	7.7	MILES
SHORT CUT	GREEN PINK & BLUE	6.5	MILES
SHORT CUT	GREEN &YELLOW	3.8	MILES