SHORTS

Dulwich Runners AC
Weekly Newsletter
March 19th 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 19 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 25 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 Parkrun results
7 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.

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

MILE REPS

This weeks reps will start at 0830 NOT 0900, to enable reps to be done before park gets too crowded
Cheers - **Steve Wehrle**

LUCKY VEST

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

Apr	3	Beckenham Assembly league
Apr	13	London Marathon

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**

Di Morgan	**19/03**
Olivier Montfort	26/03
Andy Murray	02/04
Barrie John Nicholls	09/04
Ameet Patel	16/04

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**

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 .

Spitfire 20 and Tempest 10 16th March 2014

We returned to this unusual race venue of the BBC TV programme Top Gear test track, which seemed to look even more expansive than normal under bright blue cloudless skies.

Alongside a few older aircraft, the airfield was also home this year to two large jumbo planes, which were an eerie and poignant reminder of the missing Malaysian flight.

As we lined up for the 9.30a.m. start , temperatures were quite warm already and the heat seemed to bounce up off the runway tarmac. The club had only three representatives this year with Gideon making the trip down to the Cranleigh area as well as myself and Barrie. Barrie and Gideon were running the 20-mile race as part of their build up to London and I had chosen the 10-mile.

Numbers seemed down overall as the race clashed this year with the other popular pre-London race, Cranleigh 21. The course starts in the airfield before following a route along the local roads to make up the 10-mile loop. Barrie and I both remembered the many downhill parts to the course but had forgotten just how many uphills it included. Back in the airfield, the final home straight blasted out loud music, which was great motivation for finishing runners as well as entertainment whilst I was waiting for Barrie.

Gideon had a great run using it as a practise for his marathon pacing. Barrie ran well too, taking it steady and feeling like he had energy to spare at the end. Despite my shorter race, I struggled in the heat and felt quite dehydrated, missing out on water at a chaotic water station half way where runners were queuing to get a drink.

Afterwards Barrie and I sat in the sun and had a sandwich once we had had the obligatory burn up on the airstrip tarmac in the Alfa!

Tempest 10

64	Lindsey Annable 18W	1.26.24

186 ran

Spitfire 20

247	Gideon Franklin	2.46.18
456	Barrie John Nicholls	3.06.49

769 ran

Kent Indoor Championships, Lee Valley, March 15

In her final track race before the World Championships in Budapest next week, Clare followed some younger runners until sprinting away in the last 200 metres to win by over five seconds.

Her time was within a second of her world age group record and she won a Kent senior title with the other medallists 23 and 31 years her junior,.

1 Clare Elms 2:21.90

BMAF Cross Country Champs, Glasgow 15 March

3 of us travelled to Glasgow for these annual cross country championships. They were held in Tollcross Park in the east end of Glasgow, a park that has seen better days and in need of the tlc by the city council. Nevertheless the soft bouncy grass provided a welcome change from the treacle that many of us have waded over the duration of the recent winter. The downside was the strong gusty wind which had shredded much of the tape assembled in advance. The course consisted of 3 loops of just under 2km for the women and M65+ and 4 laps for the M60s and below.

In the first race there was a good turnout of W60s, and Ros now at the top of her age category, finished 5th, but only 16 secs behind 3rd place and some 40 secs behind the winner. My run was slightly below the best of the season, but I managed to take bronze comfortably, finishing 11 secs to a rival against whom I had narrowly been beaten in a sprint finish at the International in Cardiff but easily beat at the SEAA champs at Biggleswade last autumn. Later had Andy had the dubious delight of competing in a 4 lap race over this windswept park. He did well to finish in 13th place, not far behind a clutch of other M60s.

We received some welcome support from Shona and Rupert who travelled from Edinburgh to watch the race. The short twisty loop meant that it was possible to support from several vantage points, though I plan to get my own back on Rupe, having been informed by him at one point that I was 3rd old man. - **Mike Mann**

Race 1	
Mike Mann	24:55 (3rd M65)
Ros Tabor	27:29 (5th W60)
Race 2	
Andy Murray	34:35 (13th M60)

Wrap Up Warm 10K Crystal Palace 16th March 2014

Last year Penelope and Belinda did this race, which was on the same day as the Lydd Half Marathon. Doubt anybody needs reminding that it was freezing and Wrap Up Warm (in aid of Age UK) was good advice. With the temperature hitting the 20's this wasn't needed this year.

A few from Dulwich, mainly the Family Bell, made the short trip for this well organised run, including Penelope, who had only got in from a hen night at 4.30 am and therefore did well to make it to the start. Little sister hounded (but without a dog) her dad over a course that seemed to be mainly uphill but had a nice finish of a lap of the track

83	Bob Bell	47.08 (chip 47.03)
106	Belinda Bell	48.16 (chip 48.11) 10th Female
156	Ameet Patel	50.57 (chip 50.53)
226	Sara Harman	53.52 (chip 53.44)
388	Penelope D'Arcy Graham	59.47 (chip 59.37)

709 Ran

March 15th

Ashford

I was delighted to finally run sub 19mins again, after 11 consecutive parkruns going back to August 2013 where I've clocked times between 19.04 and 19.37. I also managed to shave 11secs off my age category record.

3. Nick Brown 18.56 (M55 - 59 course record)
94 ran

Brockwell

6	Charles Lound	17:57
30	Ola Balme 1W	20:00
35	Nicola Richmond 2W	20:31
52	Cameron Timmis	21:11
62	Graham Laylee	21:48
210	Susan Nicolai 61W	30:22

238 ran

Bromley

6 Charles Lound 17:57
1W/30 Ola Balme 20:00
2W/35 Nicola Richmond 20:31
52 Cameron Timmis 21:11
62 Graham Laylee 21:48
61W/'210 Susan Nicolai 30:22
238 ran

Burgess

PBs for both Gideon and Jim and Sarah

17	Gideon Franklin	20:21 (PB)
18	Jim Dowsett	20:39 (PB)
61	Sarah Hind 13W	25:17 (PB)

133 ran

Dulwich

PBs for Tony, Mel Andy, Adam, Andrew and Belinda.

7	Tony Tuohy	16.43 (PB)
24	Chris Loizou	18.32
27	Mel Edwards	18.45 (PB)
30	Andy Cottrill	18.47 (PB)
32	Adam Vaughan	18.55 (PB)
35	Andrew Bright	19.16 (PB)
71	Grant Barnes	21.58
86	Belinda Bell	22.35 (PB)
88	Mark Muffett	22.38
106	Mike Dodds	23.14
107	Michelle Lennon	23.15
131	Mick Mead	25.01
152	Stephanie Burchill	27.06

208 ran - **Bob Bell**

Hilly Fields

	Kevin Chadwick	19:21
25	Steve Smythe	22:50

114 ran

Maidstone

Pleasant out and back course on a daffodil lined towpath alongside River Medway. At the end there's a naughty little hill which was something of a surprise to us! Some very good juniors with an U10 in hot pursuit recording an excellent 19.26. The course is a little narrow in places and it was certainly worthwhile hearing the starting instructions to keep left at all times.

5	Duncan Hussey	19.12
7	Oscar Hussey	19.22

252 ran

Orpington

17	Colin Frith	23:18 (PB)

78 ran

Riddlesdown

Win number 64 at Riddlesdown for Ange and her 68th in total which means we have two in the all time top 20

19	Ange Norris 1W	21:38

Whitstable

With no Crystal Palace parkrun it seemed an ideal opportunity to do Whitstable and combine it with a spring clean of the boat. Before the start it was announced that the wet weather course was still inaction, so different from the course I had done previously.

Despite being the wet weather course the second mile was over some marshland were you had to slow to pick your way through the drier ground. This and a severe headwind meant that two out of three miles were slower than hoped. Still just managed to get a course PB although on a revised course does this count ?

Given that place wise I finished much higher than at other parkruns I've done recently I'll take it that I did run faster

11	Bob Bell	22.22 (PB)

163 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
(Provisional – dates and events subject to change)
Includes: middle and long distance multi-terrain / road races
Cross Country (XC) Fixtures on Saturdays
Sunday runs at High Elms, Mile repetitions in Dulwich Park
Preparation for London Marathon 2014

Weeks to go!	Date	Event / Distance	Information
3	23 Mar	12 x 1 mile	08:30 Dulwich Park
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**

The Sunday runs from Dulwich Park start at 09:00, (suitable for; 3.15 – 3.50 time long runs with Claire
3.50 – 4.30 long runs with Steve)

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
For XC events, contact the Cross Country Captains for further details

ParkRuns (5k) take place at 09:00 on Saturday morning in local parks all over the country (incl Dulwich, Brockwell, Crystal Palace, Burgess, Southwark, Hilly Fields) – check out www.parkrun.org.uk/ for venues and registration

DULWICH RUNNERS CLUB KIT

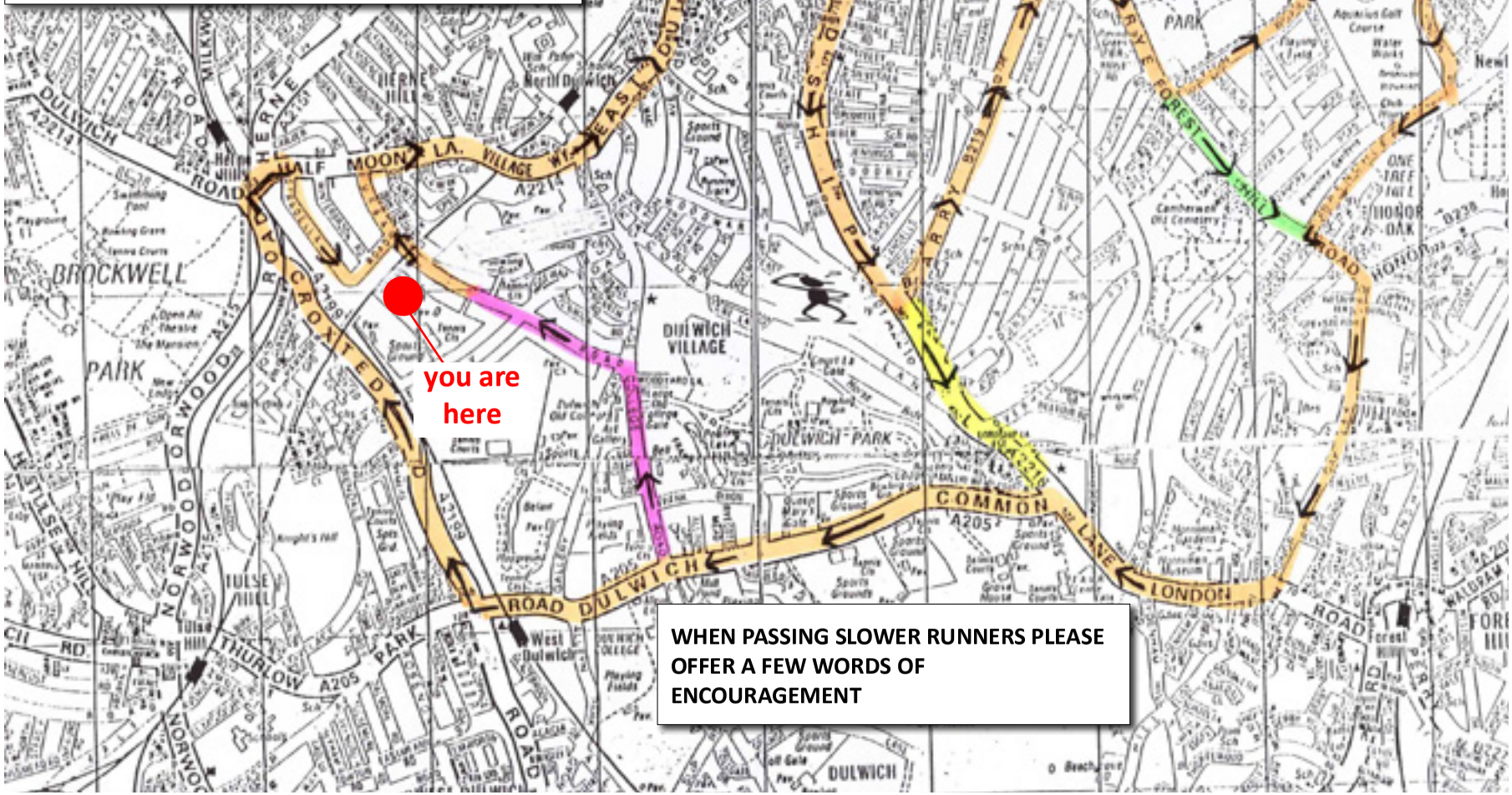
Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£18 each

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 W10

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	**ORANGE**	**8.5**	**MILES**
Extra lap anti-clockwise of Peckham Rye increases distance by approx1.6miles to:		**10.0**	**MILES**
SHORT CUT	**BLUE**	**7.4**	**MILES**
SHORT CUT	**PINK**	**7.2**	**MILES**
SHORT CUT	**GREEN**	**7.0**	**MILES**
SHORT CUT	**GREEN & PINK**	**5.8**	**MILES**
SHORT CUT	**BLUE & PINK**	**5.0**	**MILES**
SHORT CUT	**YELLOW**	**4.7**	**MILES**
SHORT CUT	**YELLOW & PINK**	**3.5**	**MILES**



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT