SHORTS

Dulwich Runners AC
Weekly Newsletter
August 24th 2016

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

Wed 24 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 30 Dulwich College - £1 per session.
First half of the session will be on grass,second on the track. Meet 7:15 for 7:30 start
Last Dulwich track session this season, see page 3 for important information regarding upcoming track sessions.

In your SHORTS this week !

1... General information
2... Club kit, social events etc
3... Fixture list, club champs,XC, road, track
4... Race reports and results...
5... Parkrun
6... Map for this Wednesday night routes

And much more !

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

You can follow us on

TRACK SESSIONS

Tuesday at Dulwich College - meet 19:00 - £1 per session
Elkie Mace will start with a warmup for anyone who is keen to do so, then **Steve Smythe** for the first half of the main session which is on the grass and the second half on the track. - ***Suitable for all standards***

If sufficient demand there will be some Thursday evening track sessions - specifically aimed at 800m and 1500m/Mile speed - most will probably be at Ladywell.
No sessions on Assembly League nights.
If interested, contact steve.smythe@athleticsweekly.com

Additionally there may be some Saturday grass hill sessions at Crystal palace every other week or so - if there is demand - if interested advise steve.smythe@athleticsweekly.com

Thurdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- **Sign the attendance register and pay £1.**
- **We need the money to help pay for clubhouse hire, map printing etc.**
- **We use the register to compile the new runners' rota, so please write legibly.**

Thank you. - Ros

Dulwich Runners AC AGM will be held on 19 October and the minutes of last year's AGM can be found on the website

EVENT HORIZON

A brief look ahead

Sep 1 Assembly league - Beckenham start 19:15

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Thanks to **Natalie Davys and Karina Burrows** for taking out new runners last week.
If you're on the list, please 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**

Yvette Dore	**24/08**
Sharon Erdman	31/08
Paul Hilton	07/09
Paul Keating	14/09

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

SOCIAL SPOT

Watch this space for upcoming 2016 events !

curry night

The next curry night will be **31 August** after the club run at The Surma www.the-surma.co.uk East Dulwich
The usual curry buffet, all welcome £10 a head (drinks extra).. Drop me a line if you are looking to come so I have an idea of numbers.
matthew.ladds@uk.zurich.com

Beckenham Assembly League Drinks

Thursday 1st September

Stick around to celebrate the end of the summer and the last of the assembly league meets. They have a very nice bar at the club house so enjoy a post run drink!

Dulwich Runners Xmas Party

provisional date 17th December
at The Plough on Lordship Lane so put the date in your diary and watch this space for further details.

SHORTS!

DULWICH RUNNERS' SHORTS
They are traditionally cut either 'racing' style, or slightly longer – size medium.
Both styles are a bargain £15.

ALGARVE RUNNING CHALLENGE

2 - 6 NOVEMBER

If you want to get away from the cold damp weather of the British autumn, the Algarve Running Challenge presents an excellent opportunity for warm weather racing and training at the eastern end of the Algarve, close to the Spanish border. The races are organized by Steve Smythe and include a 5km cross country, a track mile, a 10km trail race, finishing with the 10 Milhas de Guadiana, actually closer to 11 miles, and takes in the impressive suspension bridge which forms the Spain/ Portugal border. The hotel in Monte Gordo is located just behind the beach and as well as running, there are opportunities for cycling on quiet roads, swimming in the sea which remains warm in November and sightseeing in nearby towns in Portugal and Spain. The trails through the pine woods used for some of the races and the long sandy beach are ideal for an early morning run. The event is organized by Track and Field Tours and should appear on their website shortly. Prices are very reasonable at that time of year. If you want more details, have a word with Steve, Ros, Andy, Jim or myself. - ***Mike Mann***

Trust10 Runs Polesden Lacey

Every 4th Sunday of the month until September
Runs starts at 9am - Explore beautiful Polesden Lacey

Trust10 is a free, monthly, 10k trail running event held across selected National Trust sites, open to both members and non members. Register on the day and if timing is important to you bring your own device.
trust10@nationaltrust.org.uk | nationaltrust.org.uk/sport

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 !

After your run 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 RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£20 each
Socks	£5 pair
Buffs/snoods	£6 each

Most kit is usually available Wednesdays at the club
Contact Ros ros.tabor49@gmail.com
Keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood. - all sizes available - £25

socks only £5

HOODIES...

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros

Buffs/snoods - only £6

SPECIAL HOT WEATHER OFFER
CROP TOPS £1 TO CLEAR
AVAILABLE ON WEDNESDAY

Rockin' Mayhem with English Rogues has returned..yet again !

Sat 3rd September 9pm - free entry

Rose and Crown, Wallington Corner, London SM6 7HX http://tinyurl.com/goh8skq
(just up the road from Wallington station)

After a highly successful return last Saturday to South London (three encores, but who's counting?) we're not far away again, this time in Wallington.
Fans who've been before know what to expect – if you haven't, it's our own brand of 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.! Blistering guitar solos and over-the-top 'Animal' drum thrashing from yours truly – and there'll be plenty, they don't let me out much you know.... So get on that 'Highway to Hell' and come down and 'Love The One You're With' – yep, same old song title jokes.

Tony 'Thundersticks' Tuohy.

Dulwich Runners 2016/17 Fixtures

Further information regarding races will usually be here in SHORTS and or announced on a Wednesday club night.
Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

Tuesday speed sessions

This week the hot weather brought a few back to the fold and 45 did the session - the hardest part was a set of 'Russian steps' which was really a cyclists session.

Next week's session at Dulwich (August 30) will be the last for the summer.
The first part will be on the grass and the second part will involve the hill opposite Sydenham Hill station.

The session on September 6 will be on the grass hill at Crystal Palace opposite the station.
September 13, 20 and 27 sessions will probably be on the hill opposite Sydenham Hill station.

The track sessions are likely to recommence at **Crystal Palace on October 4** but this will be confirmed in September
Steve Smythe

DULWICH RUNNERS 2016 CLUB CHAMPIONSHIPS

A total of 9 races split into 2 categories, short (S) and long (L). To qualify you need to complete 5 in total, including at least one from each of the two categories. See fixture list for the remaining four events

CLUB CHAMPS UPDATE

CLUB CHAMPS 5km (and mile) clarification With the Assembly League race at Battersea Park on 2 June used for the 5k club champs, trophies and individual points will be awarded at this race. However in view of the late change, resulting in part from bringing forward the date of the Mark Hayes Mile, it has been decided that times at the Sri Chimnoy race on 13 June will count for overall points and for completing sufficient club champs events.

Thus for overall points (ie age graded scores) the better of the two races will count for those taking part in both.
Individual age group points will initially be based though solely on the first race - ie Assembly League (as per club Mile).

However if for example 10 M50 athletes run the club mile or Assembly League then 11th place onwards is possible at the Eltham mile or Sri Chinmoy 5km.

10m race - CLUB CHAMPS UPDATE

With the Cabbage Patch 10 taking place on 16 October falling on the same weekend as the (later than usual) first Surrey League cross country fixture, we have been looking for alternatives. These are limited with one on the same weekend as the SEAA relays on 17/18 September and another involving a long coach trip. We have therefore decided to go for the Epsom 10, organized by Epsom and Ewell Harriers, on 20 November. This is the day after the BMAF cross country relays, but for those selected for this, it should be possible to combine both with the relay stages only 3km. Entry forms are not yet available but hopefully should be soon.

MARATHONS 2016

If you are planning to run a marathon in 2016 please can you tell Shorts so that we can list those with forthcoming races.
After the race make sure you send your time.
We will try to maintain an up to date list so that we can keep a proper record for the club championships.

2016 ASSEMBLY LEAGUE

These races started in April and range from 3 to 3.5 miles on road or on paths within parks and run on the first Thursday of the summer months against 12 other clubs. They are extremely popular and all members are encouraged to participate whatever your standard or ability. They are free to enter, all you need to do is have a club vest, turn up and run.
From this year women's team scores will be based upon 4-to-score, the same as the men

SEAA Road Relays Bedford Autodrome MK44 2YP

Sunday 25th September at

Senior and vet women	**1:15 p.m. 4 x 3851m**
Senior men	**1:40 p.m. 6 x 6000m**
Vet men	**1:40 p.m. 4 x 6000m**

We want to enter competitive teams for men and women in all age categories. To be eligible to run you need to be a 1st claim member and EA registered.

If you are available to run please let your captain know by 2nd September.

women : Ange and Clare - dulwichladiescaptain@gmail.com
men: Charlie - chas.lound@btinternet.com

Once we have names we will be able to put runners into teams. Those who are selected to run will be representing the club and so will be able to have their travel costs reimbursed.
Thanks.- Ange

Cross country Club Champs Assembly League **Relays &Misc.**

Date		Race		Venue
Sep	1	Assembly League - Beckenham - 7:15pm start (3 miles)		Beckenham
	4	Middlesex 10k (S)		Victoria Park, Hackney
		Event website:http://www.middlesexaa.org.uk/		
		Event details on Runner's World site:http://www.runnersworld.co.uk/events/viewEvent.asp?en=100010		
	10	Will Bolton Relays		Sparrow's Den
	24	England Masters Inter Area Challenge Cross Country		Wimbledon Common
	25	**SEAA Road Relays**		**Bedford Autodrome**
Oct	2	Titsey Multi-Terrain 10k (L)		Oxted
	15	Surrey League	men	Richmond Park
	15	Surrey League	women	Nonsuch Pk, Cheam
	22	Surrey Masters Champs		Richmond Park
	29	5k Parkrun (S)		Burgess Park
Nov	12	Surrey League	men & women	Farthing Down (m) & (w)
	19	BMAF Relay Champs		Long Eaton
	20	Epsom 10 (L)		Epsom
	26	South of Thames 5m		Ham Lands
Dec	3	Surrey League	women	Mitcham Common
	17	South of Thames 7.5m		Venue tbc
Jan	7	County Champs		Lloyd Park (Surrey) tbc (Kent)
	14	Surrey League	men	Mitcham Common
	14	Surrey League	women	Ham fields, Ham
	21	Vets AC Champs		Wimbledon Common
	28	South of England Champs		Parliament Hill
Feb	11	Surrey League	men	tbc Ham Lands Ham
	11	Surrey League	women	Farthing downs, Coulsden
	26	National Champs		North of England tbc

Track Meetings

Aug	22	GLL	Mile End
	27	HHH Open	Tooting
	28	Vets AC T&F Champs	Kingsmeadow
Sept	7	Vets AC 10,000m	Battersea Pk
	10/11	BMAF T&F Champs	Birmingham

The table includes a list of track meetings over the forthcoming season. You do not have to be a member of a track club to take part in any of the open meetings.
Check details of the races on offer at respective club websites.
In most cases you can either enter in advance or on the day.

In addition the Watford Open Graded Races take place on alternative Wednesdays until 7 September, (see WATFORD ATHLETICS AND WATFORD HARRIERS ATHLETIC CLUB for details.

Race Reports & Results

To be sure your race results/reports appear in SHORTS you must send them in. barry@1bg1.com
All road, fell, xc, tri results etc, are welcome.

Multi discipline Chicken run aka Selma Benattia's hen do

Saturday 20th August

This is a slightly off beat race report though a Parkrun was raced so it qualifies to be included in the reports! As a dedicated Dulwich Runner, Selma choose to do Brockwell Parkrun as part of her hen do celebration on Saturday 20th August. As is traditional on a hen do she stood out from the crowd in a veil and a bespoke red garter made out of a Dulwich runner buff! Ros – this could be a new addition to the cross country kit?!

9 other women from the club also ran with Katie Styles, Laura Long and me cheering, photographing and marshalling. The high winds and the non-aero headgear didn't do anything to slow the bride to be down; Selma still got a PB of 20:56 and was second women not far behind Kim Haimsworth. Maybe the embarrassment of the shout out during the race briefing and standing out in the red garter made her go even faster. She even created her own move, the hen-bot. Mo eat your heart out! Here is photographic evidence. Kim Hainsworth, Helen Lister and Clare Cummings also got PBs. Selma was cursing the hills and the happy memories it brings back of cross country. With the season soon approaching she better get used to them again! It was at Brockwell Parkrun that Selma first got into running at the end of 2013 and then Ola

encouraged her to come along to the club. The rest is history!

The multi discipline event continued with a swim in the lido during a mini monsoon. This was a rather short stage, curtailed by cold weather and lack of swimming skills. All people taking part were better runners than swimmers! After a refuelling brunch in the Prince Regents pub there was a break in the racing. As all athletes know, rest is key to a good performance. Then in the evening the event continued with drinks in the Florence with some of the Dulwich Runners men joining us. Equality of the sexes!

Selma excelled at talking, a key strength of her performance. Tequila shots ensured the event became a marathon (I won't reveal who suggested them!) and ended up at the Hootenanny for the final discipline, dancing. Wayne claims to have won at this event but there was a dispute over this result. A re-run is needed to confirm the final standings. Selma is a wonderful friend and fellow runner who just keeps getting better and better! All the hens and cockerels wish her all the best for the wedding and future life. ***- Anna Thomas***

Brockwell Parkrun

Stephen Davies	17:53	
Kim Hainsworth	20:11	1W – course PB
Selma Benattia	20:56	2W & fastest person in veil and garter – course PB
Helen Lister	21:34	Course PB
Becca Schulleri	21:45	
Lucy Pickering	22:52	
Clare Cummings	23:36	Course PB
Kees Kuijaars	25:51	
Natalie Davys	27:29	
Selina Wray	29:57	

British Milers Club Eltham

17 August

800m
Despite shaving a few hundredths off his PB, Oscar felt a bit disappointed as he had more left to give.
A PB is a PB though! ***- Duncan Hussey***
2 Oscar Hussey 2.04.71

Mile End Open

Monday 22 August

800m	Ros Tabor	2:52.41
1 mile	Tim Bowen	4:39.75
1 mile	Alastair Locke	4:53.75

-Ros Tabor

Kent AC Champs Ladywell

August 11

Missed from the results was Lucy Elms who set a seven second PB of 5:28.3

BBC 10km Regents Park

18th August 2016

Lindsey Annable writes: This race has always been on the radar for Dulwich and takes place twice a year. This time there was another reason to attend as the post race drinks were in honour of Steve's amazing achievement of running every London marathon as he bows out of the ever-present club. A select contingent of Paul, Colin, Mark, Barrie and myself joined Steve to celebrate his marathon record with the small matter of a race beforehand. It was also nice to see Colin's wife Sue who came along to support.

The weather conditions have always been unpredictable for this race and we have experienced anything from torrential downpours to sweltering heat. This year it was pretty warm with some wind but not too bad for three laps round the park.

Mark lead home the Dulwich posse in a well earned and well paced PB at a shade under 48 minutes. Barrie was next in with myself not too far behind as recently seems to be the case. We weren't quite sure if we had set off at parkrun pace, i.e. too quickly, but we both struggled and were slower than in 2014. I found it one of my most gruelling races for some time and was looking out for the 2km marker, which was not promising! I soon found out why as the following morning I came down with suspected food poisoning and felt incredibly weak. Suspicions lie with a late lunch at a local cafe before the race but who knows.

Colin was pleased with run at some 52 minutes and next in was Steve who smashed his pre-race prediction of an hour. Paul was not far back easing round the course, which, with slight inclines in several places, is harder than it looks.

The BBC club was a lively affair afterwards and rocked to the great sound of a band chosen by Steve and headed by a singer who was not dissimilar to the late Amy Winehouse. John O'Byrne also joined us for drinks and we all enjoyed the post race party.

Paul had to leave early though as he was working on the Vanessa Phelps show the next morning at some unearthly hour. Barrie was also an early departure as he was working on Endeavour the next day. Thankfully no post-race stair climbing à la London Marathon but quite to the contrary he was playing the hospitalised husband of one of the principal actresses. So jim jams, slippers and plenty of bed rest were the order of the day!

78	Mark Muffett.	47:59:7
86	Barrie John Nicholls	49:06:9
95	Lindsey Annable	49:51:0
115	Colin Frith	52:46:7
155	Steve Wehrle	56:35:4
165	Paul Hilton	57:19:7

214 ran

August 20th

Banstead Woods
193 Ran

Pos	Gen		
52	4	Ange Norris	22:57

Bexley
308 Ran

Pos	Gen		
8	8	Michael Fullilove	21:05

Brockwell
224 Ran

Pos	Gen		
2	2	Stephen Davies	17:53
16	1	Kim Hainsworth	20:11
28	2	Selma Benattia	20:56
40	4	Helen Lister	21:34
45	5	Becca Schulleri	21:45
64	9	Lucy Pickering	22:52
72	11	Clare Cummings	23:36
128	101	Kees Kuijlaars	25:51
153	42	Natalie Davys	27:29
175	59	Selina Wray	29:57

Bromley
574 Ran

Pos	Gen		
495	346	Peter Ogden	32:56

Crystal Palace
231 Ran

Pos	Gen		
5	5	Steve Rolfe	18:42
9	9	Tom Wilson	19:31
39	36	Martin Double	22:29
49	4	Belinda Cottrill	22:59
86	76	Ameet Patel	24:51
93	82	Andy Cottrill	25:16
149	32	Penny D Graham	27:39
178	131	Patrick O'connor	29:33

Dulwich
224 Ran

Pos	Gen		
15	14	Sam Mattu	19:22
18	17	Simon Burnett	19:34
22	20	Lloyd Collier	19:56
32	29	David Haviland	20:54
44	40	Duncan Wilson	21:40
88	73	Mark Muffett	23:29
130	28	Anna Saunders	25:45

Horsham
364 Ran

Pos	Gen		
74	68	Gary Budinger	23:36

Greenwich
186 Ran

Pos	Gen		
25	2	Ros Tabor	23:04
27	25	Andy Murray	23:23

Lullingstone
53 Ran

Pos	Gen		
2	2	Stephen Smythe	21:33

Peckham Rye
146 Ran

Pos	Gen		
1	1	Andy Bond	17:12
38	34	Matthew Ladds	24:08
143	77	Chris Vernon	35:55

Penrhyn
141 Ran

Pos	Gen		
3	3	Derek Lee	18:58

Penrose
179 Ran

Pos	Gen		
30	6	Laura Vincent	22:48

Plymvalley
197 ran

Clare and I followed the Manns as summer guests of the Cooks at their base in Salcombe. We did a fair bit of the 'lounging about' in very pleasant surroundings that Mike Mann has already referred to in these columns but interrupted all this on the Saturday with a localish parkrun. When we eventually found it we were told it was the flattest one in Devon and Cornwall but everything's relative and there aren't that many of them down there yet to compare it with. It was certainly bucolic with a circuit of a meadow – avoiding the rabbit holes – followed by a lovely middle stage with the river Plym on one side and a canal on the other before it was back to a concluding circuit of the meadow. The middle stage was obviously predominantly flat but did manage to throw in a challenging, but mercifully short, incline.

Clare was 4th woman out of 73 finishers and 1st in age grading.

45 Clare Wyngard	24.29
49 Mike Dodds	24.43

Princes , Liverpool
209 Ran

Pos	Gen		
15	1	Mel Edwards	19:52

Richmond
325 Ran

Pos	Gen		
82	70	Barrie J Nicholls	23:59

Southwark
237 Ran

Pos	Gen		
120	98	Paul Keating	25:09
139	29	Kaylee Coxall	26:21

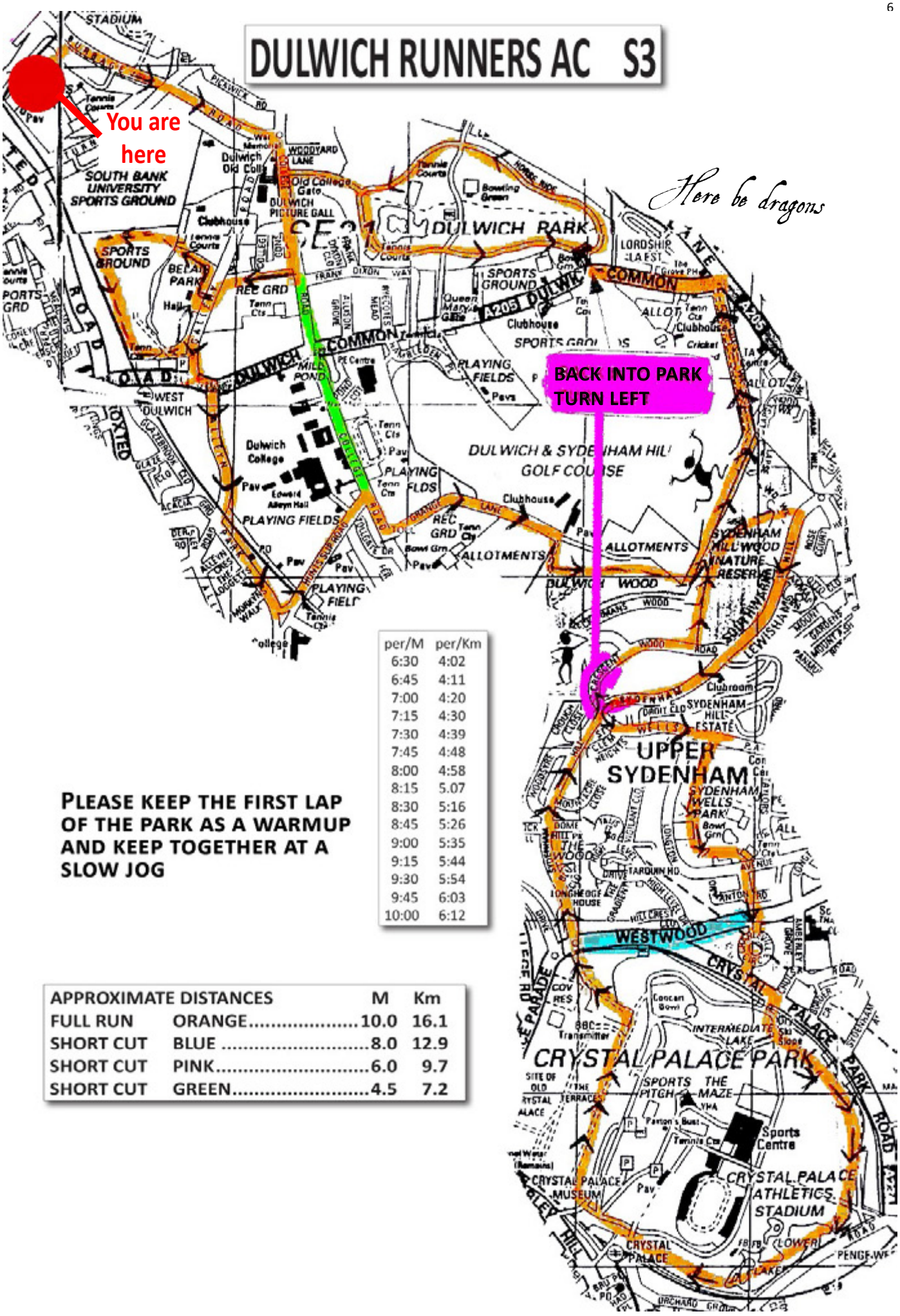
Tamar Lakes
85 Ran

Pos	Gen		
13	1	Lucy Clapp	22:56
25	19	Barnes Stringer	25:07

New members especially ! and others....

Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.
This helps ensure your results get picked up and saves you having to send them in.

DULWICH RUNNERS AC S3



per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

PLEASE KEEP THE FIRST LAP OF THE PARK AS A WARMUP AND KEEP TOGETHER AT A SLOW JOG

APPROXIMATE DISTANCES		M	Km
FULL RUN	ORANGE	10.0	16.1
SHORT CUT	BLUE	8.0	12.9
SHORT CUT	PINK	6.0	9.7
SHORT CUT	GREEN	4.5	7.2