DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
July 20th 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 20 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 26 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

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....
7... Parkrun results..
8... 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

EVENT HORIZON

A brief look ahead

Aug 4 Assembly league - Victoria Pk, Mile End start 19:30

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Last week thanks go to: **Jim Dowsett and Andy Murray**
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**

Lucy Cartlidge	**20/07**
Lloyd collier	27/07
Sue Cooper	3/08

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

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 !

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

only £5

SHORTS!

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

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

HOODIES...

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

Buffs/snoods - only £6

Saturday 30th July 2016, 9pm – Rockin' Mayhem with English Rogues has returned!
At The Black Cat, 9 Winslade Way, Catford, London SE6 4JU
https://www.facebook.com/theblackcat.se6/

http://streetmap.co.uk/map.srf?X=537639&Y=173733&A=Y&Z=110
(in the pedestrianised area behind the theatre)

After a successful debut at this fine venue recently, English Rogues are back with their own brand of eardrum-bashing classic rock, including me flailing about with a large pair of drumsticks (means I can't miss).
So... Keep Music Live - it's time to ROCK – come on, you need it and you need it now.... Tony 'Thundersticks' Tuohy.

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

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.

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.

Golden Stag Mile, Barnet

Wednesday July 20

it's worth making a note of this event where quite a few Dulwich Runners ran as guests last year - Ros even set a short-lived world mile age group record.
While a trek across London, it is an event suitable for absolutely everyone and well worth competing in.
The races are graded so that everyone gets to race people of a similar ability as we love a close finish! This year we are opening up the event to athletes from other clubs and we hope to see some of our friends and rivals on the start line. As with the City Mile at Sutcliffe Park on 22 June, times achieved at this event will count towards overall age graded points for the club championships.
http://www.barnetadac.com/racing/club-races/the-golden-stag-mile/
http://www.entrycentral.com/goldenstagmile

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.

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.

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

There's a couple of short and fun Sri Chinmoy races coming up the next two Mondays.
25th July is their annual 3*1m road relay.
1st August is the 2m road race.

Both courses are measured and certified so will give you a Po10 road mile / 2m time.

Anyone wanting to form part of a relay team please drop Lloyd Collier an email to lldcollier@googlemail.com – it'd be great to send a few DR teams along.
http://uk.srichinmoyraces.org/races/london

SATURDAY 23/07/16 at HHH Open at TOOTING Track 4 x 800m Relays

Cross country Club Champs Assembly League Relays &Misc.

NOTE: There have been some changes/additions to the womens Surrey League XC

Date		Race		Venue
Aug	4	Assembly League - Victoria Park - 7:30pm start (3.5 miles)		Hackney
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
	17/18	SEAA Road Relays		Aldershot
	24	England Masters Inter Area Challenge Cross Country		Wimbledon Common
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
	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	12	Surrey League	men & women	tbc (m) Ham Lands (w)
	26	National Champs		North of England tbc

Track Meetings

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.

July	20	Cambridge Harriers Open	Sutcliffe Pk
	20	Golden Stag Mile, Allianz Stadium	Hendon
	23	HHH Open	Tooting
	3	Hercules Wimbledon Open	Wimbledon Pk
Aug	7	London Athletics	Mile End
	15	Blackheath&Bromley Open	Norman Pk
	17	Cambridge Harriers Open	Sutcliffe Pk
	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

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.

VETS AC 5K CHAMPS Battersea Park

12 July

18 Graham Laylee 22:01 (2nd MV55)

Elmore 7M

Sun 16th July

Beautiful road race, undulating course - around the rolling hills of the countryside,
in Chipstead- just beyond Coulsdon in Surrey.

The race is followed by an old fashioned summer fete on the green, complete with a brass band, Pimms, lager, tea & crumpet, straw-hats n deckchairs, coconut shy, punch & judy, plants, flower show, bikes, scents, wine, soaps, animals: events such as kids tug of war, wood turners using a chainsaw onsite to turn trees trunks into owls & eagles ; a shepherd training collie pups using indian runner ducks ! All good fun- white marquis , stalls galore , backdropped by an historic house overlooking a panoramic- you get the picture, all very mid summer murders, like an episode of Bergerac

Anyway, back to the race.....
I had a sore knee which I wrapped up and luckily it held out for the duration of the race, so I was pretty happy to get back in a bit under one hour. I was going to run steadily around with Claire S but alas Claire couldn't make it on the day, so I just started very slowly but sped up gradually in the last 3 miles.

About 300 runners told part. mostly South London clubs - Clapham Chasers, Beckenham, Croyden Striders, Stragglers, Sth Lnd Harriers but no other Dulwich Runners this year- just myself! Shame really, feels like you're in the Cotswolds but its actually only an hours train journey from Forest Hill , with a perfect course to run on a sunny day - maybe even a potential champs race! Highly recommended!

Joseph Brady 54 mins :38 secs

Watford Open

3th July

800m
I entered this race not really knowing how quick I could run as since my last race I'd had almost a week off when I was away and I thought that break probably took away some of my race sharpness. Conditions were pretty good at Watford but I felt a bit flat because I had been waiting around for a while for my race (the 25th 800) to start.
Quite early on, the race basically split into two separate races and I wasn't in a good position so was unable to latch onto the quicker pack. I ended up leading the second group, towing round a bunch of guys to PBs but being pretty far from my own, which was frustrating as it is my slowest time this season. Whilst the time was not what I wanted, I realise I was probably due a poor race and hopefully I can finish the season well.

Lewis Laylee 2:00.46

STANDARD CHARTERED GREAT CITY RACE 5kms

Thursday 14th July

One of my favourite races, having run in this event nearly 20 times since the early 1990s when it used to be known as the Wilde Sapte City of London Road Race. Having missed 15 months out of the past 2 years with injury, I was delighted to break 20mins for the first time since 2014 recording 19.47. To cap a great evening, our firm Career Legal won the mixed team trophy (legal sector) for the sixth successive year.
330/6500; Nick Brown 19.47

Southern Vets League

14 July

This was the final qualifying fixture, with provisional results showing HHH men and women winning the fixture by very narrow margins, taking us into the final at Ashford on 4 September.
After running like a granny at Norman Park 2 days earlier, I registered a small improvement in my 800m, picking up maximum points in the process. Later I had a lonely rather sluggish 3000m, with no chance of coming close to the leading M60, over 45 secs ahead of me.
Once again Claire Steward tripled up, achieving good second places in her 800m and 3000m races, and she would have done the same in her 200m had a been 10m longer, as she was closing fast on the second placed runner.
Mike Mann

200m	Claire Steward	39.9 (3rd W60)
800m	Mike Mann	2:45.6 (1st M60)
	Claire Steward	3:18.4 (2nd W60)
3000m	Mike Mann	12:02.8 (2nd M60)
	Claire Steward	13:30.9 (2nd W60)

Southern Vets League Medway Park

July 15

Cara and Ros ran three events but Cambridge could only finish third. Clare won the W50 800m easily for Blackheath who came second. ***- Steve Smythe***

W35: 100 B: 4 Cara Oliver (Camb H)	18.6
W35: 800 A: 3 Cara Oliver (Camb H)	2:47.1
W35: LJ: 4 Cara Oliver (Camb H)	2.78
W35: DT: 2 Cara Oliver (Camb H)	17.45
W50: 800: 1 Clare Elms (B&B)	2:41.9
W60: 800: 1 Ros Tabor (Camb H)	2:59.5
W60: LJ: 3 Ros Tabor (Camb H)	1.99
W35: 4x200 4 Camb H	2:24.6 (Inc Ros, Cara)

Southern Inter Counties Basingstoke

July 10

Clare Elms got selected for Kent to run in this event at 3000m and after an injury niggle during the week, she had a good solo run to finish third. ***- Steve Smythe***
3rd Clare Elms 10:29.54

July 16th

Banstead Woods
129 ran

Pos	Gen		
5	5	Derek Lee	18:51

Burgess
Chris and Sue Vernon write:
Chris will be running his 200th parkrun on Sat 30th July and Sue will be running her 100th!! We would like lots of our friends to join us on that morning in Burgess Park to mark the occasion. There will be cake!!!! Do come along and support an old married couple who are still running in their seventies!!
185 ran

Pos	Gen		
10	1	Kim Hainsworth	19:26
141	90	Freddie Vernon	29:56
164	63	Susan Vernon	32:27
174	104	Chris Vernon	34:27

Cleethorpes
183 ran

Pos	Gen		
64	58	Colin Frith	25:16

Crystal Palace
228 ran

Pos	Gen		
3	3	Steve Rolfe	18:56
5	5	Tom Wilson	20:11
18	17	Paul Hodge	21:36
17	1	Fiona Askew	21:36
50	5	Clare Wyngard	23:47
72	12	Belinda Cottrill	24:43
82	16	Carys Morgan	25:11
101	80	Ameet Patel	26:19
128	97	Michael Dodds	27:33

Dulwich
266 ran

Pos	Gen		
44	41	Graham Laylee	21:24
76	68	Mark Muffett	22:36
104	15	Claire Steward	23:40
128	105	David Haviland	24:39
130	107	Alex Haylett	24:45
165	123	Andrew Hollister	26:12
172	46	Hannah Harvest	26:34
207	148	Hugh French	28:55

Fulham Palace
271 ran

Pos	Gen		
87	11	Laura Vincent	22:45

Hastings
189 ran

Pos	Gen		
12	11	Nicholas Brown	21:20

Hilly Fields
207 ran

Pos	Gen		
1	1	Mark Callaghan	18:16
9	9	Gary Sullivan	20:02
125	100	Peter Jackson	27:57

Medina I.O.W.
213 ran

Pos	Gen		
17	16	Duncan Wilson	22:49

Mile End
175 ran

Pos	Gen		
6	6	Martin Holt	18:28

Peckham Rye
132 ran

Pos	Gen		
2	2	Alastair Locke	17:44
32	6	Michelle Lennon	22:48
76	28	Claire Barnard	26:54
84	34	Karina Burrowes	27:26

Riddlesdown
109 ran

Pos	Gen		
12	2	Ange Norris	21:05

Shorne Woods
167 ran

Pos	Gen		
1	1	Kevin Chadwick	18:51

Southwark
164 ran

Pos	Gen		
7	7	Jonathan Whittaker	18:54
10	10	Andy Bond	19:26
82	68	Paul Keating	24:39

Tilgate
486 ran

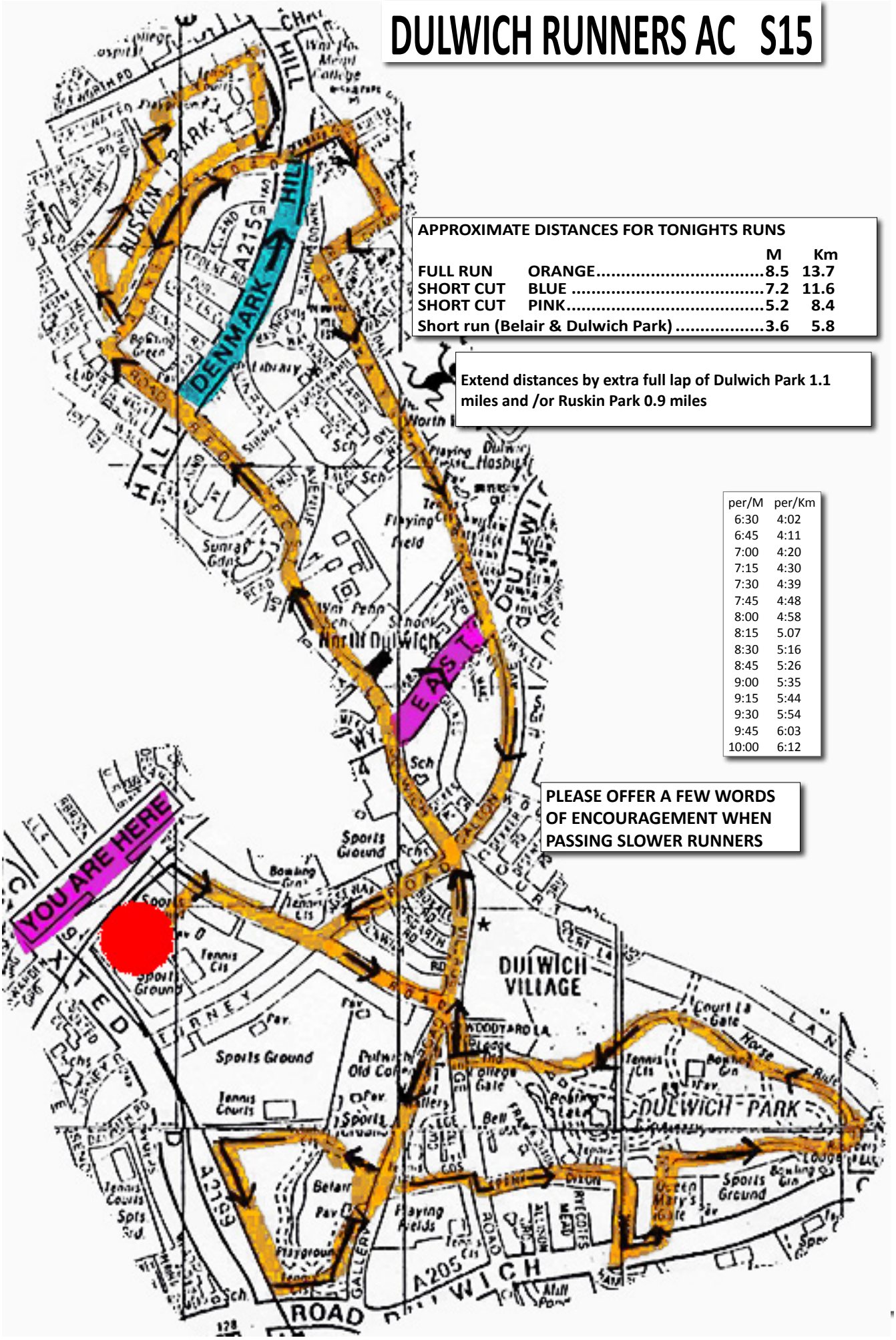
Pos	Gen		
85	75	Gary Budinger	24:18

Tooting Common
365 ran

Pos	Gen		
55	49	Cameron Timmis	21:40
192	53	Sharon Erdman	26:24

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 S15



APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	8.5	13.7
SHORT CUT	BLUE	7.2	11.6
SHORT CUT	PINK	5.2	8.4
Short run (Belair & Dulwich Park)		3.6	5.8

Extend distances by extra full lap of Dulwich Park 1.1 miles and /or Ruskin Park 0.9 miles

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 OFFER A FEW WORDS OF ENCOURAGEMENT WHEN PASSING SLOWER RUNNERS