SHORTS

Dulwich Runners AC
Weekly Newsletter
August 17th 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 17 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 23 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... 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.
No 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**

Natalie Davys	**17/08**
Yvette Dore	24/08
Sharon Erdman	31/08

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!

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

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***

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!
Friday 19th August 2016, 9pm

At The Nightingale, 53 Carshalton Rd, Sutton SM1 4LG http://tinyurl.com/h6apqmy (just up the road from Sutton station)

Surely all you live music fans are gagging for it. Yes, you've guessed it, English Rogues are short of a drummer again so I'll be dusting down the old thundersticks and giving the kit a sound thrashing. 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 are supplied courtesy of young guitar-god Dan Murphy (good-looking, half my age, full head of hair, but I'm not bitter) 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.

And just two weeks later (Sat 3rd September) we're not too far away at the Rose and Crown, Wallington Corner, London SM6 7HX http://tinyurl.com/goh8skq
Tony 'Thundersticks' Tuohy.

Keep Music Live - it's time to ROCK – come on, you need it and you need it now....

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.

Some amendments have been made made to the club policy on race expenses and club champs rules - these can be found on the club website

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

Cross country Club Champs Assembly League Relays &Misc.

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

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
	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
	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	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.

Aug	17	Cambridge Harriers Open	Sutcliffe Pk
	17	5km Festival Night Wimbledon Pk Stadium	Wimbledon
	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

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.

Kent AC 1500m Championships Ladywell

August 11

Clare Elms was easily fastest woman on the night and was pleased with her run and came a few tenths of a second within her UK W50 leading time.
Kim Hainsworth started strongly and finished well and took over two seconds off her PB. ***-Steve Smythe***

Race 2

1W/9 Clare Elms	4:45.2

Race 1

1W/5 Kim Hainsworth	5:10.6 (PB)
8 Steve Smythe	5:16.2

UK Women's League Manchester

August 7

Division 1

Clare Elms made the long trek to Manchester to run for her track club Blackheath.
It went well and competing as Blackheath's B runner, she won her section with a fast steady run of 10:17.02 and helped Blackheath to gain promtion back to the premiership. ***-Steve Smythe***

1B Clare Elms	10:17.02

South of England Champs Ashford

U17 800m

Not quite a 23 second first 200m like in the Olympics, this straight final set off at 26 second pace, so Oscar was wise to hold off and go through in 28 seconds. Still fast at 400m but the early pace told as some of the runners who had gone with the early pace came back towards Oscar towards the end. Bit of a disappointing second lap but still a good experience. ***- Duncan Hussey***

7 Oscar Hussey 2.08.16

parkrun

August 13th

Cardiff
582 ran

Pos	Gen		
89	8	Ros Tabor	22:12
90	82	Andy Murray	22:12

Bromley
541 ran

Pos	Gen		
11	11	Stephen Smythe	18:51
22	2	Kim Hainsworth	19:37
41	5	Selma Benattia	20:20
483	312	Peter Ogden	34:47

Bexley
343 ran

Pos	Gen		
14	14	Michael Fullilove	21:02

Brockwell
228 ran

Pos	Gen		
4	4	Derek Lee	18:27
22	20	Mark A Foster	20:25
178	117	Alex Haylett	28:38

Crystal Palace
187 ran

Pos	Gen		
5	5	Steve Rolfe	19:11
49	6	Belinda Cottrill	23:47
72	60	Ameet Patel	25:14
135	100	Bob Bell	29:13

Dulwich
207 ran

Pos	Gen		
14	14	Sam Mattu	18:28
18	18	Martin Holt	18:43
25	1	Mel Edwards	19:14
67	62	Mark Muffett	22:37

Lloyd Park
169 ran

Pos	Gen		
44	3	Laura Vincent	24:07

Hazlehead , Aberdeen
193 ran

Pos	Gen		
13	2	Fiona Askew	20:54

Horsham
379 ran

Pos	Gen		
71	69	Gary Budinger	22:55

Hull
404 ran

Pos	Gen		
27	26	Paul Hodge	20:00

Malling
120 ran

Pos	Gen		
8	8	Nicholas Brown	20:10

Marple
155 ran

Pos	Gen		
20	2	Ange Norris	20:50

Medina I.O.W.
238 ran

Pos	Gen		
27	26	Duncan Wilson	22:23

Newbury
373 ran

Pos	Gen		
48	46	Matthew Ladds	21:55

Old Deer Park
85 ran

Pos	Gen		
23	23	Barrie John Nicholls	23:10
24	1	Lindsey Annable	23:20

Orpington
196 ran

Pos	Gen		
35	32	Colin Frith	24:54

Peckham Rye
107 ran

Pos	Gen		
1	1	Timothy Bowen	17:11
5	5	Alastair Locke	18:02
6	6	Kevin Chadwick	18:13
9	9	Ebe Prill	19:29
18	16	Jim Dowsett	21:22
20	3	Helen Lister	21:38

Riddlesdown
154 ran

Pos	Gen		
73	55	Peter Jackson	26:31

Southwark
208 ran

Pos	Gen		
103	20	Kaylee Coxall	25:33

Tamar Lakes
149 ran

Pos	Gen		
20	1	Lucy Clapp	22:25
63	51	Barnes Stringer	27:11

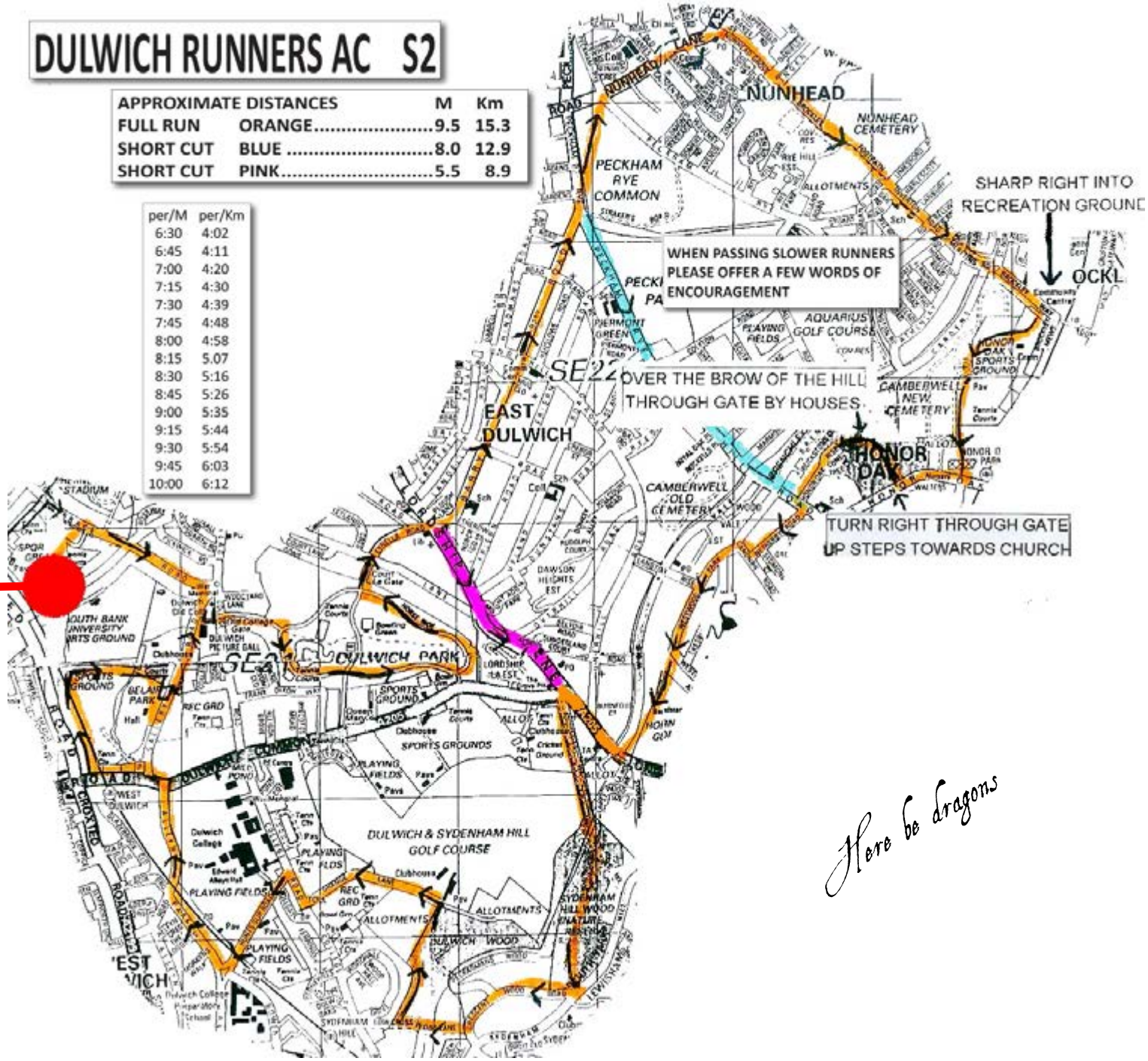
Upton Court
87 ran

Pos	Gen		
47	40	Freddie Vernon	27:52
67	14	Susan Vernon	33:15
72	57	Chris Vernon	34:13

Winchester
259 ran

Pos	Gen		
44	8	Michelle Lennon	22:32

DULWICH RUNNERS AC S2

APPROXIMATE DISTANCES		M	Km
FULL RUN	ORANGE	9.5	15.3
SHORT CUT	BLUE	8.0	12.9
SHORT CUT	PINK	5.5	8.9

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