SHORTS

Dulwich Runners AC
Weekly Newsletter
September 21st 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 21 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 27 Dulwich track is finished this season
Next session will be on the hill path opposite Sydenham Hill station on College Road.
7:15 for 7:30 start

In your SHORTS this week !

1... General information
2... Club kit, social events etc
3... Cross Country section - all the info you need !
4... Fixture list, club champs, road, XC, etc
5... Race reports and results..
6... Parkrun
7... Map for the run this Wednesday

And much more !

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

You can follow us on

TRACK SESSIONS

We have now finished at Dulwich Track for this season

September 27 session will be on the hill path opposite Sydenham Hill station starting at 19:30

and to get you ready.....
Elkie Mace will be taking a warm up consisting of various drills from 19:00.

The track sessions are likely to recommence at Crystal Palace Arena on October 4 this will be confirmed soon as known. Suitable for all standards - Steve Smythe

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

Oct 2 Club champs Titsey multi-terrain 10k- Oxted

Dulwich Runners AC AGM will be held on 19 October

and the minutes of last year's AGM can be found on the website.

Committee members

At the AGM on the 19th October, we will be electing the new committee for the coming year. If you have ideas about how we can improve, or would like to contribute towards running the club, then you might want to join the committee. Feel free to talk to or email anyone on the committee about this. - Charlie Lound

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 **Paul Keating and Ange Norris** 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**

Matt Ladds	**21/09**
Laura Lane	28/09
Alastair Locke	05/10
Charlie Lound	12/10

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 !

Quiz Night

Wednesday 9th November

A fun team quiz which will start about 8.45pm.
Fish and chips on offer as normal.
Maximum 4 per team and some great prizes will be up for grabs.

£5 per team member, all funds raised will go into the clubs social fund which will be used in 2017 to lay on more subsidised/funded social events for club members throughout the year.

I look forward to seeing as many of you as possible on the evening to support the event.

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.

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 when you sign in - Ros
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

SHORTS!

DULWICH RUNNERS' SHORTS - **All sizes available**
They are traditionally cut either 'racing' style, or slightly longer–
Both styles are a bargain £15.

HOODIES...

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

Buffs/snoods - only £6

socks only £5

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

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***

The cross country season starts in September with races taking place on most Saturdays until mid February. Here is some key information for the benefit of both newly joined members and regulars.

Surrey League
We compete in the Surrey League and this the club's main priority. There are 4 fixtures starting on 15 October with the women at Nonsuch Park and the men at Richmond Park. Further details on times, location etc will be posted by your captains nearer the time. Details on other Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible.
Our men did exceptionally well to gain promotion to Division 1 last season, but will face a challenge this season in avoiding relegation, competing against some of the strongest clubs in the country.

Distances
The men's Surrey League races are around 8km, while the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, from around 8km in the autumn to 12km and over for the men later in the season.

Scoring
In the Surrey League, the first 5 women for the club and the first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible. But cross country races are not elite and are suitable for runners of all abilities. They are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance, from which you will reap benefits over a wide range of races.

Surrey League entry
For the men's Surrey League there is no need to enter in advance or pay; simply turn up on the day in good time to register and warm up (though your captain will find it helpful to know your availability in advance). For the women's Surrey League, the women's captains will request runners to enter in advance. If you have not asked to be on the list but decide later that you want to run, please contact your captains.

Other Races
In addition to the Surrey League there are other cross country races, almost all of which take place on Saturdays. For those who are keen, it is possible to find a race on most Saturdays during the season. Races include the county champs (including Masters), London champs, 2 South of Thames races, South of England and National champs. There are also other races for Masters. See the fixture list in Shorts for details.

Entry for other races
For virtually all races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email for those interested to put their names forward in advance of a deadline, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first. But don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear
You can often get away with road or trail shoes in early season races, but as the ground becomes heavier, cross country spikes or fell shoes become necessary.
Contacts
For further information please contact your captains at:
dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk

England Masters Inter Area Xc

8 October

Those of you who are Vets AC members have the opportunity of taking part in this early season cross country race on 8 October. It takes place on Wimbledon Common on the 4.5 mile course used for the VAC cross country champs held every January and starts at midday. Details and entry are through the BMAF Open Track website. The closing date for entries is 6 October.

Surrey Masters Champs

22 October

One of the earlier fixtures of the season, the Surrey Masters champs will be held at it usual venue of Richmond Park on 22 October. This is likely to be on a similar fast and usually dry course to our first Surrey League match the week before.

These champs (6km for W40+ and M60+and 10km for M40 and M50s) are open to Surrey qualified runners by residence or place of birth. This includes the boroughs of Lambeth, Southwark and Croydon, but not Lewisham, Greenwich and Bromley which are Kent. Unusually it is possible to enter these champs on the day (at your own expense) but to qualify for team awards, it is necessary to enter in advance, so we are encouraging this.

Those wishing to enter should contact your captains by 12 October.
dulwichladiescaptain@gmail.com
or mcmann90@yahoo.co.uk

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

September 27 session will be on the hill opposite Sydenham Hill station at 19:30 with a **warm up of various drills taken by Elkie Mace at 19:00**

The track sessions are likely to recommence at **Crystal Palace on October 4** t.b.c. soon as known
Steve Smythe

Assembly League Medals

The following men have won Assembly League team medals this year:

Tim Bowen	(led team home 5 teams)
Mark Lacey	(scorer)
Lloyd Collier	(scorer)
Kevin Chadwick	(scorer)
Mike Dodds	(appearances)
Matt Ladds	(apperarances)

Unofficial club Duathlon Championships ?

Fast and Furious Duathlon
Sunday October 9, Eynsford, Kent
This low key event has traditionally seen a number of Dulwich Runners take part.
It is suitable for anyone who can run and has a bike!
It consists of a pleasant 5K run route around Eynsford and Farningham before a 21k bike route and then a return to the 5k. - ***Steve Smythe***
http://www.bridgetriathlon.co.uk/race-calendar/fast-and-the-furious/

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 events

Emer Casey 10K

30 October

This annual event which has been well supported by members in recent years will take place on Sunday 30 October in Brockwell Park. You are encouraged to support it and if you are planning to run, HHH would appreciate assistance with marshaling etc. If you are able to help, please contact me at mcmann90@yahoo.co.uk

Cross country Club Champs Assembly League **Road & other**

Date		Race		Venue
Sep	25	**SEAA Road Relays**		**Bedford Autodrome**
Oct	2	Titsey Multi-Terrain 10k (L)		Oxted
	8	England Masters Inter Area Challenge Cross Country		Wimbledon Common
	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	05	Reigate Priory Relays		Reigate Priory Park
	12	Surrey League	men	Farthing Down
	19	London champs		Parliament Hill fileds
	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
	10	SEAA Masters champs		Horspath, Oxford
	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, Coulsdon
	26	National Champs		Nottingham

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 and track results etc, are welcome.

Chase the Sun 10k Battersea Park
14.09.16

A friend of mine has participated in all of the Chase the Sun 10k runs this summer and I decided I would join him for this one.
As it's a flat 4 lap course I thought I'd have a go at setting a pb for this distance. I was disappointed that it turned out to be a baking hot day but by the time we set off at 7pm there was plenty of shade and conditions were probably not far from perfect for running, which all added up to me getting the pb I was looking for.

3 Andy Bond 34:40 PB
305 ran

Kent AC 5000m Championships Ladywell
September 15

B Race
16 Tony Tuohy 17:25.5
19 Clare Elms 17:51.7

C Race
10 Steve Smythe 19:11.3

HSBC Triathlon/ Duathlon
18th September 2016

Due to blue green algae bloom all swimming was cancelled and everyone had to do a duathlon.

3rd Duncan Wilson M50-54
5k run, 20k bike 2.5k run: 1hr 17min 4 secs.

Kent Track Relays Gillingham

With a delayed start to the season due to exams, Oscar isn't wanting this track season to end and so it proved with a 2.03 PB split time set on the last leg of the county 3 x 800m relay championships. He needed to set a good time as behind him was a former 800m county champion who has run 1.58 this season. He ran consistently with even laps of 61 and 62 and in the end his team won county gold with ease.

Less than an hour later, he ran the opening leg of a 4 by 4 gaining a lead of 10m in a split time equivalent to his PB of 54 seconds. His team also went onto win county gold.

- Duncan Hussey

Will Bolton Relays Sparrows Den

4 x 4km XC
Fun opening event of the cross country season which he club has participated in before and it's worthwhile doing again. Tough if you've only being doing track but you have to start somewhere! ***- Duncan Hussey***

Leg 2
12 Oscar Hussey 15.16
18 Kevin Chadwick 15.47

September 17th

Brockwell
232 ran

Pos	Gen		
3	3	Wayne Lashley	17:19
8	8	Derek Lee	18:22
41	40	Neville Webb	21:14
56	54	Cameron Timmis	22:04
76	72	Andy Murray	22:59
81	7	Lucy Clapp	23:16
146	31	Ruth Bennett	26:34
151	35	Sharon Erdman	26:49
229	142	Chris Vernon	34:42

Burgess
201 ran

Pos	Gen		
2	2	Lewis Laylee	16:52
4	4	Stephen Davies	17:04
8	8	Ian Lilley	18:09
48	46	Graham Laylee	21:48

Bushy
1034 ran

Pos	Gen		
265	30	Niamh Falconer	22:58

Crystal Palace
220 ran

Pos	Gen		
5	5	Tom Wilson	19:31
10	10	Simon Lang	20:12
36	34	Hugh Balfour	22:04
48	5	Belinda Cottrill	22:42
55	6	Eleanor Simmons	23:06
86	13	Clare Wyngard	24:36
93	15	Carys Morgan	24:52
94	16	Claire Steward	24:56
118	99	Michael Dodds	26:27
127	24	Penny D'arcy Graham	27:21
152	114	Bob Bell	28:43

Dulwich
216 ran

Pos	Gen		
4	4	Andy Bond	17:04
10	10	Mark Callaghan	17:44
24	23	Simon Burnett	19:33
41	40	Jim Dowsett	20:40
58	57	Matthew Ladds	21:34
73	70	Chris Goodman	22:28
87	81	Mark Muffett	22:48
126	110	David Haviland	25:40
162	130	Mick Mead	27:41
171	132	Paul Devine	29:06

Finsbury
306 ran

Pos	Gen		
18	18	Andrew Sanders	19:24

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.

Gunpowder
132 ran

Pos	Gen		
3	3	Gregory Hills	18:02

Horsham
366 ran

Pos	Gen		
104	94	Gary Budinger	24:53

Hilly Fields
211 ran

Pos	Gen		
9	9	Gary Sullivan	20:31

Kingsbury Water
376 ran

Pos	Gen		
61	4	Laura Vincent	23:26

Kingston
174 ran

Pos	Gen		
49	46	Barrie John Nicholls	23:15
70	14	Lindsey Annable	24:43

Lloyd Park
216 ran

Pos	Gen		
4	4	Tony Tuohy	18:34
7	1	Clare Elms	19:00
12	11	Stephen Smythe	20:26

Medina I.O.W.
227 ran

Pos	Gen		
76	11	Lucy Pickering	25:51

Orpington
158 ran

Pos	Gen		
39	37	Colin Frith	24:41

Peckham Rye
160 ran

Pos	Gen		
2	2	Kevin Chadwick	18:28
26	23	Gideon Franklin	21:56

Riddlesdown
121 ran

Pos	Gen		
44	13	Ange Norris	25:05

Roundshaw Downs
107 ran

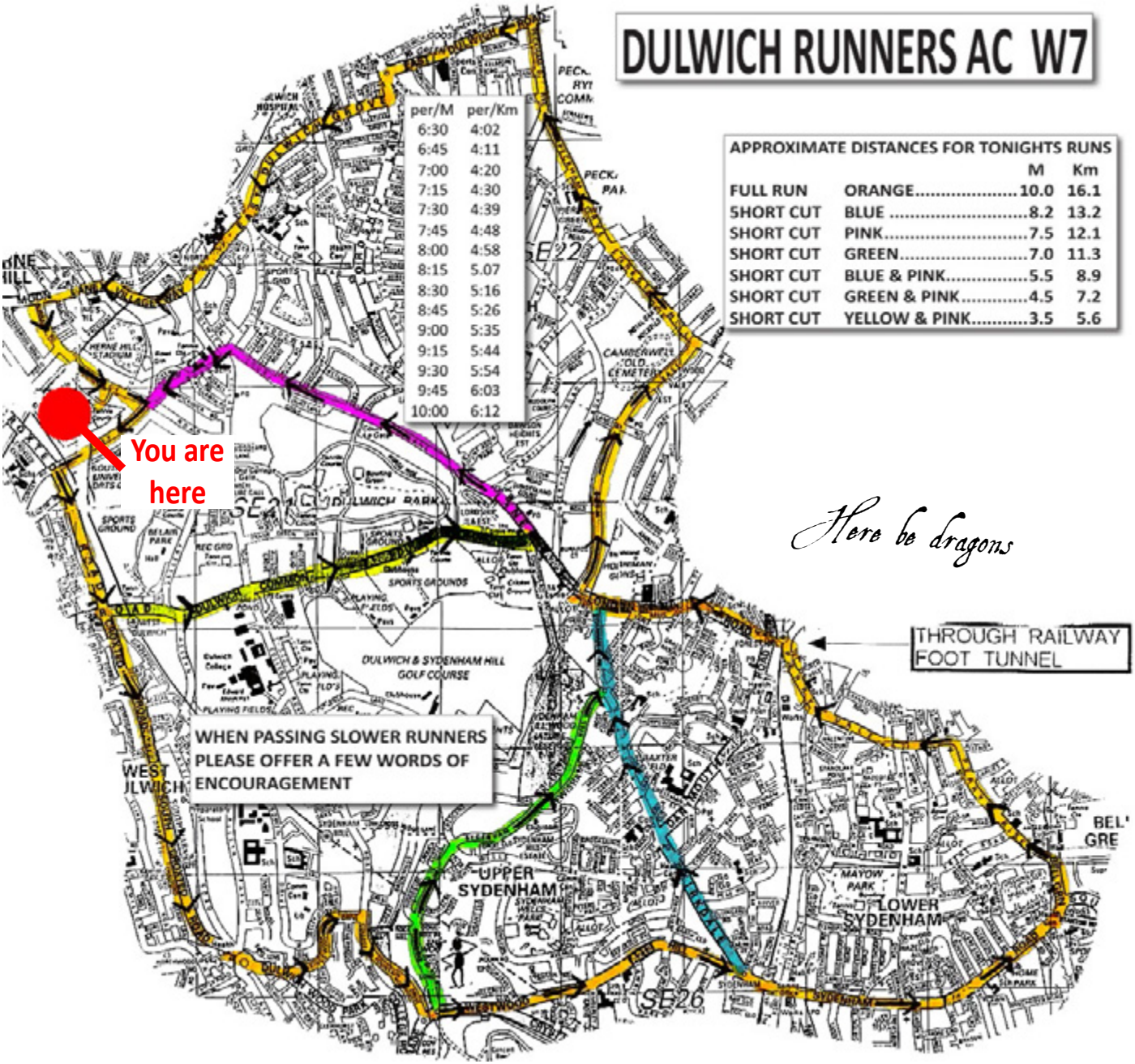
Pos	Gen		
53	46	Peter Jackson	27:29

BURGESS PARKRUN, 29 OCTOBER
REQUEST FOR VOLUNTEERS

The club champs 5k parkrun will be held on 29 October at Burgess Park. With numbers increased by around fifty the organizers have asked us to provide some volunteers. Please contact burgesshelpers@parkrun.com and also let me know as well (mcmann90@yahoo.co.uk) to enable me to monitor numbers. ***Mike Mann***

DULWICH RUNNERS AC W7

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

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.0	16.1
SHORT CUT	BLUE	8.2	13.2
SHORT CUT	PINK	7.5	12.1
SHORT CUT	GREEN	7.0	11.3
SHORT CUT	BLUE & PINK	5.5	8.9
SHORT CUT	GREEN & PINK	4.5	7.2
SHORT CUT	YELLOW & PINK	3.5	5.6