DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
April 19th 2017

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 - 7:15 for 7:30 start. Showers, Bar.

Sun 23 **London Marathon**

Tue 25 **Dulwich College Track** - cost £1 (tbc)
Warm up starts around 7.10pm

In your SHORTS this week !

1 General information
2 Club kit, social events etc
4 Fixture list, club champs, road, XC, etc
6 Parkrun results
7 Wednesday 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

Next Tuesday the track session will be at Dulwich College and not Crystal Palace.
Please be ready to start warming up around 7.10pm.
The session will be part grass and part track and more suitable for all levels of ability than the Crystal Palace sessions.

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

------- EVENT HORIZON -------
A brief look ahead

Apr 23 London Marathon

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

James Burrows	19/4
Karina Burrowes	26/4
Lloyd Collier	3/5
Natalie Davys	10/5

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

Shorts is looking a bit...well, short this week.

No your copy hasn't got corrupted out there in the ether somewhere , there are no missing pages of scintillating running reports and daring do !
It is because there is some long run taking place in London this Sunday and people have been saving themselves and their energy for it...but I'm sure we will be back to a normal mega page issue next week....

SOCIAL SPOT

P
O
T

Watch this space for future events.

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 from Ros
ros.tabor49@gmail.com

Keep dry in a Dulwich Runners waterproof jacket.
Incorporated hood. - all sizes available - £25

Post Marathon Rock Mayhem with English Rogues! - Sat 29th April 2017

Have you got post-Marathon blues? Well not yet, and hopefully not all. Either way, you will definitely need some post-Marathon ROCK (I know, capital letters mean LOUD)! Fed up with the cold (alright, it might be warmer by the time you read this)? You need some 'Summer of '69'! Even more fed up with not getting any PBs lately? You need some 'All or Nothing'!

You may have heard these 'jokes' before so I might be boring you. Anyway, you've guessed it, English Rogues appear to be short of a drummer again so I've had a call, which is just as well as I've been gagging to do a gig for months. If you STILL haven't previously indulged yourself with our little show, it's all the usual 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., you know what I mean! All with blistering guitar solos and mad 'Animal' drumming – admit it, you want it now, because you're weak!

And as if any more persuasion were needed, the hottest gig in town is at the very local Bricklayers Arms, 237 High St, Beckenham BR3 1BN (right on the roundabout), start about 9pm – and it's totally FREE.
https://goo.gl/maps/h4zPybYjnPH2

Tony 'Thundersticks' Tuohy.

Come on, let your ears bleed (don't worry, just an expression, it's not that loud. Honest…)

Wednesday Apres-Run Carbo Loading !

For all you hungry runners, fish and chips can be ordered to indulge your calorie cravings after the Wednesday run. Arrives close to 9pm and the cost is **£6.00**
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)

SHORTS!

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

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

Dulwich Runners Race Clock

Help Required

As many of you know the club is the owner of a large race clock which we use for our own events and hire out to others, typically generating £400-600 of income each year for the club.
I currently look after the clock, storing it, taking bookings and arranging for customers to pick it up and return it (we do not offer a delivery service.

I am likely to be away for the whole of July and am looking for someone to take on this role for that period. You will need to store the clock in a garage/shed/spare room and be available for any bookers to collect the clock from and return to you. Based on previous years I would not expect more than 1 or 2 bookings during this period, although the club may require it for the Mark Hayes Mile. - Please let me know if you are able to help - Graham Laylee:
grahamlaylee@btinternet.com

Sat 20th & Sun 21st May

Teams of eleven runners who each run a leg on Saturday and a leg on Sunday around the Green Belt of London. Starts at Hampton Court on Saturday morning and ends at Kingston at approx. 6 p.m. on Sunday, roughly following the Green Belt. Although it is a relay, each leg has a specific start time. www.greenbeltrelay.org.uk
We have entered one team so far and.

If you're a Green Belt Enthusiast or a Potential Rookie, email me if you are available and keen.
Legs vary in length from 6 miles to 13.5 miles and in degree of difficulty. We try our best to give runners legs that are appropriate to their ability.
Note – This is the same weekend as the BMAF relays at Sutton Park, Birmingham.
Ange – dulwichladiescaptain@gmail.com

For further information about rany races please contact your captains: Ladies: dulwichladiescaptain@gmail.com
Men: mcmann90@yahoo.co.uk

British Masters Relay: Sutton Park

Saturday 20th May 2017

This event is the premier Masters event of the year held over a tough three mile lap of Sutton Park in the Midlands. The club has traditionally paid the entry fee and travelling costs.
We have a very good record in the event and have previously medalled at M55, W35, W45 and W55 and have potential with full squads of M35, M45.
Quite a few e-mails have now gone out to runners and It now looks like we will have a team in the M35s (6 per team), M45 (3), M55 (3), W35 (4), W45 (3), W55 (3) and we should have a B team or two.
Sadly a lot of people are not available and a few aren't quite as fit as they would like so won't run but more disappointingly about 20 people sent an e-mail have not yet responded even if it is to just say they cannot do..

We still require more runners to increase the squad numbers.
If anyone else is available over the age of 35, then please contact Steve Smythe steve.smythe@athleticsweekly.com

Entries close next week.

London marathon runners -

There are those that would like to track your progress. If you send your number in they will be listed here.
Grzegorz Galezia 30528
Barrie John Nicholls 12821 (Leukaemia Research t-shirt)
Patrick McMorrow 18279
Jim Dowsett 6776
Ange Norris
Steve Davies 32090

Assembly League Races

These races will take place on the first Thursday of each summer month starting from April, with the exception of the August race which has been brought forward to the final Thursday in July.
Some venues are yet to be confirmed but most, if not all, are likely to be the same as in 2016. The race at Battersea Park on 1 June will be used as our 5k club champs. The confirmed dates and provisional; venues will be as follows:

May 4	Victoria Pk, Hackney
June 1	Battersea Park
July 6	O2, North Greenwich
July 27	Victoria Pk, Hackney
Sept 7	Beckenham

Assembly league races are free to enter, just turn up on the day. Open to all members whatever your ability.

Details of race HQs and starts are as follows:
Victoria Park, Victoria Park Harriers clubhouse located at NE corner of the park, with start inside the park nearby, closest station Hackney Wick
Battersea Park, start near bandstand in centre of park (no HQ)
O2, Start on riverside east of North Greenwich station (no HQ)
Beckenham, race HQ Beckenham Cricket Club, Foxgrove Road, start at SW entrance park at the end of Beckenham Place Park Road

Vitality London 10,000 Monday 29 May 2017

The club has twelve free places (six for women and six for men) in the London 10,000 on the bank holiday Monday, 29th May.
We will be looking to select runners for these based on recent performances at the road relays etc.
If you'd like to be considered for one of these, please contact me on chas.lound@btinternet.com by Friday 28th April
Charlie Lound

Herne Hill Harriers Open Meeting - 1 May

The next HHH Open Meeting at Tooting Track takes places on Monday 1 May and features the Stan Alan Mile as well as 800m and 3000m races. You can enter on line or on the day up to an hour before the start of races

POST LONDON MARATHON VENUE

As per last year, the post London Marathon refreshment session will take place in the Sanctuary pub located near St James' Park station. It's a large pub so plenty of room for runners and supporters.
The venue is a mere 100 yards from St James' Park tube station (take the Broadway exit) and for runners it's a 10 minute walk/hobble/jog (delete as applicble) from the finish on the Mall.
You will need to cross back across Birdcage Walk but there are designated crossing points, so this won't be an issue.

The pub's website, which includes a map, is below.
The Sanctuary House Hotel -
http://www.sanctuaryhousehotel.co.uk/find-us

Dulwich Runners 2017 Fixtures

Further information about 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.

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

		Race	Venue	
Apr	23	London or alternative marathon	various	
May	1	HHH Open Meeting	Tooting Track	
	4	Assembly League	Victoria Pk, Hackney	tbc
	20	British Masters Relay	Sutton Pk, Midlands	
	22	Blackheath& Bromley Open Meeting	Norman Park	
	24	BMC/ Cambridge Harriers Open Meeting	Eltham	
Jun	1	Assembly League incorporating Club champs 5k	Battersea Park	
	4	Surrey Masters Track and Field Championships	Ewell	
	12	Blackheath & Bromley Open Meeting,	Norman Park	
	21	BMC/Cambridge Harriers Open Meeting	Eltham	
Jul	6	Assembly League	O2, Nth Greenwich	tbc
	27	Assembly League	Victoria Pk, Hackney	tbc
Sep	7	Assembly League	Beckenham	tbc
	10	MT 5 mile race, organised by TH&H	Wimbledon Common	

2017 CLUB CHAMPIONSHIPS

23	April	London Marathon (or alternative	L
1	June	Assembly League 5k, Battersea Park	S
(14	July	Mark Hayes Mile, Dulwich track or alternative race **tbc**)	S
10	Sept	Thames Hare & Hounds MT 5m, Wimbledon Common	L
1	Oct	Sittingbourne 10	L

With the exception of the mile race we now have a full programme of events for 2017.

The remaining fixtures are listed together with distance categories.

2017 club champs rules can be found on the club website.

We are still investigating possibilities for a track mile race in the summer.
If this proves unsuccessful, the Mark Hayes Mile will be used for the club champs.

Note that the 5 mile MT race will be classified as a long race.

Marathon Schedule

Note if anyone wants more specific training for marathon on another date or another event, then please let me know
Steve Smythe

April		
Wed	19	4M and 4 x 400
Thu	20	3M and 3 x400
Fri	21	2M and 2x400
Sat	22	1M and 1x400
Sun	***23***	***London Marathon***

Marathons

a reminder ....
it is against the rules to wear headphones in road races. It also means you can't hear supporters, get the atmosphere of the event (or the on-course music, though that might not always necessarily be a negative) but more importantly cannot hear marshalls or police instructions that might be paramount to your safety.

Also a reminder in a marathon it's the last 10km that's important not the first 10km but too fast a first 10km will mean you will have an awful last 10km.
Try and get through the first 20 miles by using as little effort as possible and then if feeling strong, you can treat the last part as a sort of 10km race.
Steve Smythe

Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, fell, xc, tri and track results etc, are welcome.

Boston Marathon (Lincoln)

Got good for age time but ran out of fuel in last mile and a half.
Disappointing after going well for first 23 miles.
141 Hugh Balfour 3.41.25
407 finished

Beckenham Assembly League

Jonathan Whittaker was originally omitted...
complete DR results as follows:

3	Tim Bowen	SM	16:01	
6	Andy Bond	M40	16:06	M40/1
12	Dylan Wymer	SM	16:17	
13	Alastair Locke	SM	16:18	
22	Steve Davies	M45	16:36	M45/1
30	Buzz Shephard	M40	16:59	M40/6
34	Tony Tuohy	M50	17:03	M50/2
43	Mark Lacey	SM	17:15	42M
47	Charles Lound	M45	17:26	46M M45/2
51	Paul Devine	SM	17:36	50M
77	Clare Elms	W50	18:31	W3/W50/1
79	Jonathan Whittaker	SM	18:33	76M
85	Ebe Prill	M50	18:40	82M M50/6
90	Rob Cope	M40	18:51	87M
91	Will Cotter	M40	18:59	88M
110	Selma Benattia	W40	19:34	
123	Wayne Lashley	SM	19:56	
126	Katie Balme	U17W	20:00	U17/1
130	Lucy Elms	U17W	20:08	U17/2
131	Steve Smythe	M55	20:11	
133	Mike Fullilove	M50	20:15	
138	Andrea Pickup	W45	20:19	W45/1
141	Joseph Brady	M50	20:20	
142	Gary Sullivan	M55	20:24	
144	Mike Mann	M65	20:27	

The Long Easter Weekend Friday 14th to Tuesday 18th April

Thought I'd get a few races in:
Friday – Maidenhead Easter 10 miles, 47th in 59:47, 2nd M50
Saturday – Roundshaw parkrun, 2nd in 17:55 (course best)
Sunday – no race, easy hilly 13.5 miles, 1:36:45, 7:11/mile
Monday – Tonbridge AC Open 3000m, 7th in 9:50.94
Tuesday – Vets AC 5 miles Battersea Park, 3rd in 28:21

All a bit average, especially Maidenhead, but the parkrun was good. Recovery not bad either. But might take it easy at the club on Wednesday...
Tony Tuohy

158	Ola Balme	W50	20:51	W50/3
163	Ed Smyth	SM	20:57	
166	Michelle Lennon	W50	21:02	
167	Kim Hainsworth	W35	21:02	
168	Rebecca Schulerri	SW	21:02	
170	Ellie Balfe	SW	21:02	
179	Martin Double	M40	21:17	
189	Ian Sesnan	M55	21:49	
191	Katie Styles	W35	21:53	
198	Eleanor Simmons	W35	22:10	
202	Graham Laylee	M60	22:18	
210	Barry J Nicholls	M60	22:32	
212	Ros Tabor	W65	22:36	
219	Andy Murray	M60	22:48	
230	Mike Doods	M55	23:02	
231	Clare Wyngard	W55	23:12	
238	Paul Keating	M50	23:37	
264	Karina Burrowes	SW	25:16	
268	Emily W.-Brown	SW	25:24	

parkrun

April 15th

Alice Holt
346 Ran

Pos	Gen		
26	2	Andrea Pickup	21:38

Ashton Court
495 Ran

Pos	Gen		
176	157	Barnes Stringer	25:25

Banstead Woods
227 Ran

Pos	Gen		
68	6	Laura Vincent	23:31

Bromley
597 Ran

Pos	Gen		
503	325	Peter Ogden	32:51

Burgess
196 Ran

Pos	Gen		
2	2	Gregory Hills	17:13
67	62	Hugh Balfour	23:23
79	72	Freddie Vernon	24:10
195	70	Susan Vernon	48:40

Brockwell
182 Ran

Pos	Gen		
3	3	Timothy Bowen	17:26
15	15	Paul Devine	19:12
16	16	Jonathan Whittaker	19:20
21	21	Ian Lilley	20:12
50	49	Jonathan Senker	22:17
68	66	Kees Kuijlaars	23:40
127	22	Sharon Erdman	27:25

Beckenham Place
174 Ran

Pos	Gen		
4	4	Lewis Laylee	17:30
33	32	Graham Laylee	21:43
46	3	Eleanor Simmons	22:34
76	68	Peter Jackson	24:50

Cambridge
627 Ran

Pos	Gen		
10	10	Buzz Shephard	17:45

Chipping Sodbury
461 Ran

Pos	Gen		
19	18	Mark A Foster	19:59

Crystal Palace
181 Ran

Pos	Gen		
5	5	Mark Mccolgan	19:54
13	13	Andy Cottrill	21:00
14	1	Belinda Cottrill	21:04
27	24	Tom Wilson	22:02
43	36	Michael Dodds	24:02
44	8	Clare Wyngard	24:09
64	10	Joanne Shelton-Pereda	25:02
67	11	Penelope d'Arcy Graham	25:13
74	62	Bob Bell	25:26
81	67	Ameet Patel	25:51

Dulwich
195 Ran

Pos	Gen		
11	11	Mark Callaghan	17:33
20	20	Grzegorz Galezia	19:11
45	43	Ajay Khandelwal	20:45
48	3	Michelle Lennon	21:03
73	65	Alex Haylett	22:34
78	70	Mark Muffett	22:50
84	10	Sandra Marie	23:34
103	19	Claire Steward	24:54
117	25	Hannah Harvest	25:45
122	96	Mick Mead	26:12

Eglinton
193 Ran

Pos	Gen		
80	61	Andy Bond	26:13

Fell Foot , Newby Bridge
398 Ran

Pos	Gen		
33	31	Gary Sullivan	20:48

Folkestone
198 Ran

Pos	Gen		
69	55	Colin Frith	25:19

Greenwich
219 Ran

Pos	Gen		
13	12	Michael Fullilove	20:42

Hampstead Heath
255 Ran

Pos	Gen		
43	4	Becca Schulleri	22:51

Horsham
501 Ran

Pos	Gen		
8	8	Edward Harper	18:09

Hull
574 Ran

Pos	Gen		
181	162	Paul Hodge	25:13

Maidstone
475 Ran

Pos	Gen		
3	3	Oscar Hussey	17:56
15	13	Duncan Hussey	20:19

Osterley
196 Ran

Pos	Gen		
31	30	Barrie John Nicholls	23:42
46	4	Lindsey Annable	25:06

Peckham Rye
168 Ran

Pos	Gen		
2	2	Charles Lound	17:38
52	50	Matthew Ladds	22:51

Riddlesdown
213 Ran

Pos	Gen		
20	3	Ange Norris	20:33

Roundshaw Downs
171 Ran

Pos	Gen		
2	2	Tony Tuohy	17:55
3	1	Clare Elms	18:54
12	11	Stephen Smythe	20:30

Southwark
163 Ran

Pos	Gen		
74	70	Paul Keating	24:23

Swindon
505 Ran

Pos	Gen		
37	3	Ellie Balfe	21:22

Trelissick
294 Ran

Pos	Gen		
28	26	Cameron Timmis	22:44

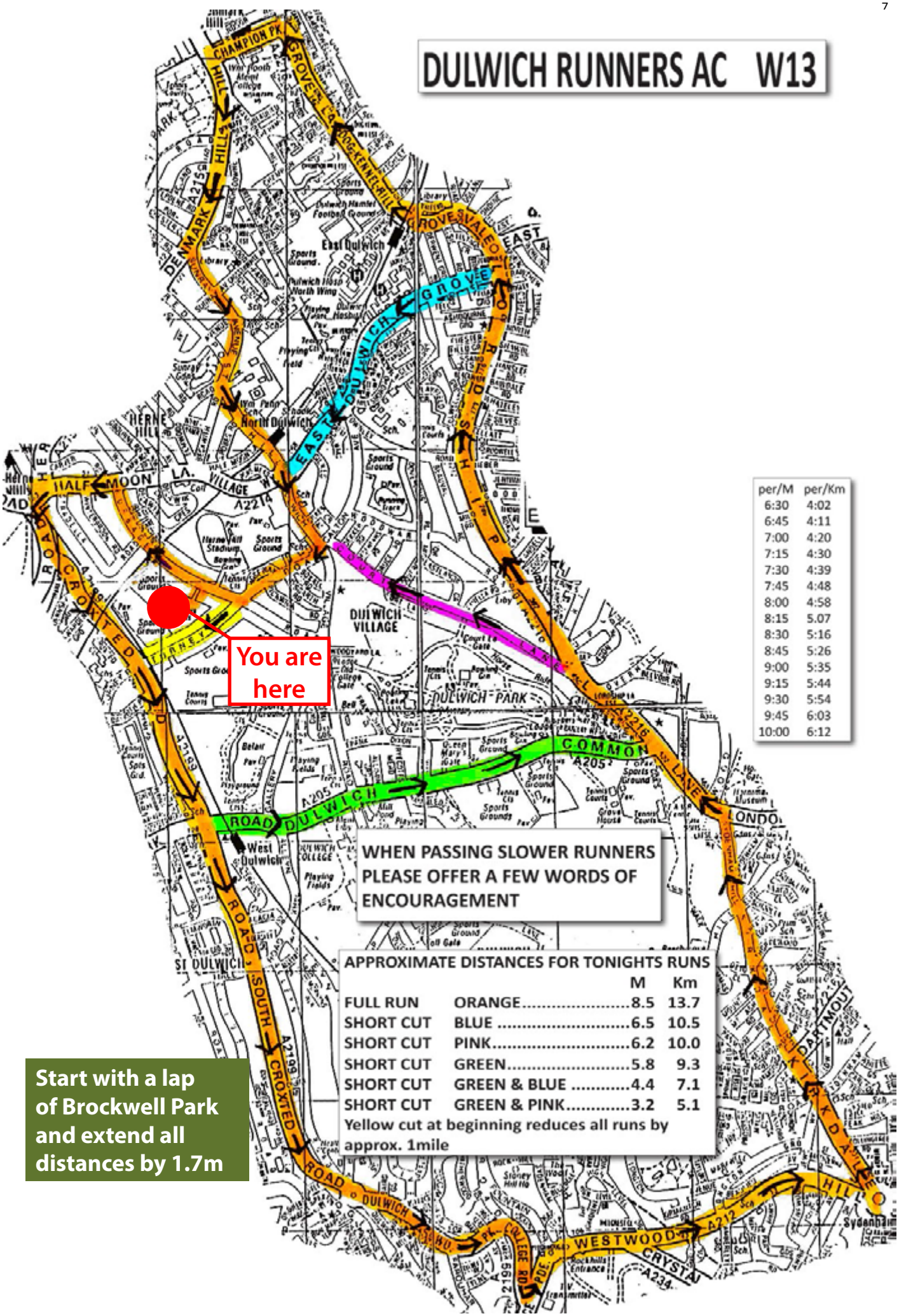
Worcester
655 Ran

Pos	Gen		
411	128	Elizabeth Begley	30:01

Wycombe Rye
470 Ran

Pos	Gen		
84	79	Andy Murray	23:29
89	6	Ros Tabor	23:38

DULWICH RUNNERS AC W13



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

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	8.5	13.7
SHORT CUT	BLUE	6.5	10.5
SHORT CUT	PINK	6.2	10.0
SHORT CUT	GREEN	5.8	9.3
SHORT CUT	GREEN & BLUE	4.4	7.1
SHORT CUT	GREEN & PINK	3.2	5.1

Yellow cut at beginning reduces all runs by approx. 1mile

Start with a lap of Brockwell Park and extend all distances by 1.7m