SHORTS

Dulwich Runners AC
Weekly Newsletter
March 8th 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 08 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 14 **No Track** - See notice below for more details
map on page 2

In your SHORTS this week !

1 General information
2 Club kit, social events etc
5 Fixture list, club champs, road, XC, etc
5 Marathon Training Schedule
6 Regents Pk club champs 10k - full report & results
8 Parkrun results
9 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

Track Training
The Crystal Palace track is out of use for annual cleaning next Tuesday so there will be no track session there. The plan at the moment is for a hill session on the grass at Crystal Palace next to the station at usual time. (map on following page).
If there is a change there will be a notification through Shorts/Facebook.

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

LUCKY VEST

March winner - Cathy Simpson

Wear your Dulwich Runners vest for the club run on the first Wednesday of any month and you will go into a free draw and could win the £5 cash spot prize.
Vests £18 each from Ros and all kit ros.tabor49@gmail.com

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

Mar 25 Mob match at Beckenham

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 ***Cameron Timmis*** 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

Tony Tuohy	**08/3**
Mick Ward	15/3
Clare Wyngard	22/3

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

Meeting place for next Tuesday 14th hill session
"**X**" marks the spot !

Even more and more on sub-3

For those interested or have spare time....Steve Smythe's sub- span features on episode 373 on marathon talk http://hwcdn.libsyn.com/p/8/4/1/84124735b9f38b2b/MT373.mp3?c_0&expiration=1488943994&hwt=df3b6d86d2d2d55bece923ba1d1b5d3d it's about 65 mins in and is about half hour along so requires a lot of stamina just to listen.
Further story here: http://www.deadlinenews.co.uk/2017/02/22/runners-40-years-119-days-sub-three-hour-marathons-sets-world-record/ which seems to have been copied as found in Australia too.

USA: http://www.runnersworld.com/general-interest/man-sets-world-record-for-sub-3-hour-marathons

Spain: http://www.traccion.com.ar/index/steve-smythe-40-anos-corriendo-maratones-por-debajo-de-3-h.htm

For those who read chinese
http://eiffeldaniel.blogspot.co.uk/2017/02/steve-smythes-sub-3-journey.html

To try and eke out one more sub-3 have now worked out have done 59 sub-3's in total (1 in Canvey Island was missing from 1982 from Power to 10) so have a new target of getting 60 before my 60th.

Steve Smythe

SOCIAL SPOT

P O T

Watch this space for upcoming 2017 events !

Wednesday 22nd March
Curry Night - Surma

Pop it in your diaries, as always £10 buffet at Surma on Lordship Lane post club run. I'll get an idea of numbers nearer the time.

Thanks - Matt Matthew.ladds@uk.zurich.com

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)

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

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

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004
ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

Left at track last night

one pair of purple trainers. I will bring them to the club this Wednesday. If you own them and are not down at the club please email me and hopefully we can sort out how to return them to you. (lindsey.annable@gmail.com)

I am having a party on Saturday night and you are all welcome.

You may think I am joking but you really are while the wife is away at a spa weekend.
Please confirm your attendance to me duncan.j.wilson@hsbcib.com and I will give you the address.
It is at the palace of Camberwell Grove SE5. Chez Moi.
Cheers D

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

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:

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

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

Cross Country Mob Match

25 March

A cross country mob match with Beckenham Running Club has been arranged for 9am Saturday 25 March, using the Beckenham Place parkrun. This will be the final fixture of our cross country champs.
The scoring rules mean that it will be to our advantage to field as many runners as possible regardless of ability, so it is very much an event open to all.

UPDATE

This will now include 4 clubs and up to 120 additional runners. To cope with the larger numbers, we need volunteers from those not taking part to help with marshalling and the finish. If you are available to help, please contact me at mcmann90@yahoo.co.uk

Sat 20th & Sun 21st May

This is a great weekend of running around the green belt of London.
Teams of eleven runners who each run a leg on Saturday and a leg on Sunday.
Starts at Hampton Court on Saturday morning and ends at Kingston at approx. 6 p.m. on Sunday, roughly following the Green Belt, taking in river and canal tow paths, old disused railway tracks, foot paths, woods, fields and quiet roads.
Although it is a relay, each leg has a specific start time.
Have a look at the website – www.greenbeltrelay.org.uk
We have entered teams for this for many years and there are lots of you who regularly sign up for it. We have entered one team and will potentially enter another if there is the demand.

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

Marathon Schedule

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

March		
Wed	8	8M steady
Thu	9	1M steady, 5M at mar. pace, 1M faster than mar. pace
Fri	10	4M slow or rest
Sat	11	parkrun
Sun	12	20M relaxed
Mon	13	4M easy or rest
Tue	14	1000m reps
Wed	15	10M steady
Thu	16	Tempo - alternate 800m at 10K and mar. pace for 7M
Fri	17	4M easy or rest
Sat	18	5M fartlek or easy hills
Sun	19	18-20M with 10 miles close to mar. pace
Mon	20	4M easy or rest
Tue	21	1600m reps
Wed	22	12M steady
Thu	23	Tempo 7 miles with odd miles slightly slower than mar. pace, evens slightly faster
Fri	24	4M easy or rest
Sat	25	Parkrun match v Beckenham
Sun	26	22-23M slow
Mon	27	4M easy or rest
Tue	28	400m reps
Wed	29	8M steady
Thu	30	5M tempo accelerating after slow start - with 4M at mar. pace, fifth at HM pace
Fri	31	3M easy or rest
April		
Sat	1	rest
Sun	2	Paddock Wood 1/2M
Tue	4	1000 reps
Sun	9	18-20M
Tue	11	800m reps
Sun	16	10-12M
Tue	18	200/400m reps
Sun	***23***	***London Marathon***

2017 CLUB CHAMPIONSHIPS

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.

2	April	Paddock Wood 1/2M	L
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

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.

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

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**

		Race	Venue	
Mar	18	BMAF XC Champs	Wavertree, Liverpool	
	25	Mob Match with Beckenham	Beckenham Place Park	
Apr	2	Paddock wood 1/2M	Paddock Wood	
	6	Assembly League	Beckenham	**tbc**
	9	BMAF 10km road champs	Gravesend Cyclopark	
	23	London or alternative marathon	various	
May	4	Assembly League	Victoria Pk, Hackney	**tbc**
Jun	1	Assembly League incorporating Club champs 5k	Battersea Park	
Jul	6	Assembly League	O2, Nth Greenwich	**tbc**
	27	Assembly League	Victoria Pk, Hackney	**tbc**
Sep	7	Assembly League	Beckenham	**tbc**
	11	MT 5 mile race, organised by TH&H	Wimbledon Common	

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.

Mornington Chasers Regents Park 10k Club Championship

Sun 5th March 2017

Tony Tuohy writes...
Tim Bowen was once again top dog at the head of over 40 Dulwich Runners in the latest episode of this year's club championship but was made to work for it. Only short odds were offered pre-season for Tim to sweep to the 2017 senior title but with a reversal to Alastair at the Southwark parkrun he was already on the back foot. The Dublin Dynamo was well ahead of the entire race after only a mile when The LockeStar stirred himself and seemed to just suddenly pop up on Tim's shoulder, where he no doubt worried the bejasus out of Tim for the next few miles, but the Irishman is made of stern stuff and pushed hard for a small advantage during the last mile that he held to the line. Alastair chased valiantly, losing out by only five seconds, but scored a huge half-minute PB; not bad on a damp and windy day with slalom overtaking of backmarkers required on the third lap. This contest will keep on running...

Half a minute back, Andy Bond was in his now familiar consistent form (honed by his rigorous 5 miles per week training regime), easily sub-35 and claiming the M40 laurels from Steve Davies, who did well to hold off another excellent PB from Daniel Mann. Shane's form is on the up and up too, and his 36:08 was also a PB; with improvements coming from all directions, predicting the top half dozen in these club races is now proving to be a bit of a job. Mark Lacey had a decent run coming back from his hamstring injury; I couldn't keep up with him for the last lap and plodded the last two miles. Charlie was on a bit of a plod too, carefully nursing an achilles injury, but speeding up enough at the end to give Tom the slip, whose 38:00 is onward and upward.

Ian had a fair run considering his continuing injury struggle, and the same could be said of Clare; her run wasn't bad at all seeing as how she's only been swimming for two or three weeks and was just enough to pip Ros by a single age-grade point for the overall club win. James and Holger should be satisfied with their races, and Ebe was glad enough to be inside 40 minutes. Rob's comeback is continuing nicely, a minute ahead of a blinding run from Helen; she should have dipped better though, missing her

		time	net time	cat	cat pos	gen	gen pos
1	Timothy Bowen	34:22	34:19	Sen	1	M	1
2	Alastair Locke	34:27	34:27	Sen	2	M	2
3	Andy Bond	34:53	34:50	40-49	1	M	3
5	Stephen Davies	35:36	35:35	40-49	3	M	5
7	Daniel Mann	35:47	35:44	Sen	3	M	7
8	Shane O'Neill	36:11	36:08	Sen	4	M	8
9	Mark Lacey	36:31	36:28	Sen	5	M	9
14	Tony Tuohy	36:52	36:49	50-59	1	M	14
25	Charles Lound	37:50	37:44	40-49	7	M	24
27	Thomas South	38:06	38:00	40-49	8	M	26
30	ian lilley	38:25	38:21	40-49	9	M	29
32	Clare Elms	38:38	38:32	45-54	1	F	2
35	James Burrows	38:56	38:50	Sen	20	M	33
36	Holger Betz	39:31	39:25	40-49	12	M	34
40	Eberhard Prill	40:00	39:54	50-59	3	M	37
46	Rob Cope	40:47	40:40	40-49	15	M	43
51	Helen Lister	41:44	41:38	Lady	1	F	3
53	Jim Dowsett	41:52	41:42	40-49	18	M	48
61	Ajay Khandelwal	42:37	42:28	40-49	20	M	56
62	Justin Siderfin	42:39	42:25	40-49	21	M	57
64	Grzegorz Galezia	42:59	42:51	40-49	22	M	58
68	Joseph Brady	43:36	43:26	50-59	5	M	62
74	Gary Sullivan	43:58	43:50	50-59	7	M	68
80	Michael Mann	44:30	44:23	60-69	2	M	72
83	Cameron Timmis	44:33	44:24	40-49	26	M	74
84	Michelle Lennon	44:35	43:58	45-54	2	F	9
95	Duncan Wilson	45:21	45:11	50-59	8	M	82
102	Graham Laylee	45:43	45:36	50-59	9	M	87
103	Lucy Clapp	45:49	45:43	45-54	4	F	15
110	Yvette Dore	46:44	46:06	35-44	5	F	16
111	Ros Tabor	46:45	46:38	65-74	1	F	17
113	Lucy Pickering	46:51	46:51	45-54	5	F	18
119	Katie Styles	47:32	47:23	35-44	6	F	19
122	Andy Murray	47:39	47:01	60-69	3	M	101
139	Barrie J Nicholls	48:34	48:24	60-69	4	M	116
144	Michael Dodds	48:43	48:43	50-59	13	M	120
149	Joanne S Pereda	49:01	48:50	35-44	7	F	27
154	Claire Steward	49:13	49:03	65-74	2	F	28
170	Alex Haylett	49:57	49:13	Sen	75	M	138
204	Paul Keating	52:34	51:55	50-59	24	M	158

two-year-old PB by one second... don't you hate it when that happens? Right behind her was Jim and he made no mistake, smashing his own two-year-old PB by 25 seconds, a superb run.

Ajay has been mighty close to his parkrun PB lately and showed great form here to knock a minute from his ancient 10k PB (it's neither here nor there that he hasn't run one in years). He was no doubt assisted by having to hold off good efforts from Justin and Grzegorz. Joe continued his current improvement, doing well to beat Gary who was a couple of minutes adrift of his more familiar form. Mike finished just ahead of good runs from Cameron and Michelle, but Michelle's chip time was much quicker as she obviously started well back. Duncan, Graham, the two Lucys, Yvette and Ros all had similarly decent runs for their current form while Katie was a little adrift of her parkrun form, as was Andy Murray. Barrie John ran as consistently as ever, and Mike Dodds and Alex did well too. Jo, Claire Steward and Paul all ran decent times only a week after completing the Meon Valley Plod, four and a half hours of muddy torture. Yes, not a misprint, I said four and a half hours. Utter lunatics, all of them, and you can quote me.

2017 champs categories Regents Park 10K 5/3/17

Overall winner (Age Grading)	Clare Elms 922
1st Man (any age category)	Tim Bowen
1st Woman (any age category)	Helen Lister
2nd Man (any age category)	Alastair Locke
2nd Woman (any age category)	Michelle Lennon
3rd Man (any age category)	Andy Bond
3rd Woman (any age category)	Lucy Clapp
First Senior Man (excl. above)	Daniel Mann
First Sen. woman (excl. above)	Katie Styles
First M40 (excl. above)	Steve Davies
First W40 (excl. above)	Yvette Dore
First M50 (excl. above)	Tony Tuohy
First W50 (excl. above)	Lucy Pickering
First M60 (excl. above)	Mike Mann
First W60 (excl. above)	Ros Tabor
Age Graded MAN (excl. above)	Charlie Lound
Age Graded WOMAN (excl. above)	Claire Steward
13 Captains' award	Shane O'neill

Alastair Locke adds...
It was a good race with Tim today (pacing him round to his debut 10k win). He was off from the start with me, Steve and Andy B trailing him but by the start of lap 2 it was clear he was getting away and it was either stay put or try and close the gap so I thought I'd give it a go. Couldn't let the big guy get too complacent out front! I caught up with him just as we started to run with the pond on the right and was half expecting him to zoom off as soon as I got onto his shoulder but luckily he either didn't have the legs for it or just wanted to spend some time in my company.

We ran together dodging the back markers right round till we hit the top of the "hill" by the monument into the last km. I think we both spent the last lap waiting for the other one to push on but Tim had that little bit more in the left in the tank when it came to it and he pushed on. Don't think either of us would have got around like we did without the other though so a good race.

Masters Inter-Area Indoor Track Champs

26 February

Results of this indoor meeting at Lee Valley, not available when the report was filed last week, are as follows. These confirm that Ros was a couple of seconds down on her time at the same meeting last year, Tony was down on his 3000m time achieved the previous week and that Mike showed a 12 sec improvement on his 3000m time of the previous week, but was over a second slower than his 1500m indoor season's best earlier in February.
Mike Mann

400m
Ros Tabor 79.75 3rd W60
1500m
Mike Mann 5:32.34 4th M60
3000m
Tony Tuohy 9:51.20 5th M50
Mike Mann 11:30.33 4th M60

parkrun

March 4th

Ashton Court
515 Ran

Pos	Gen		
175	150	Barnes Stringer	26:03

Bexley
380 Ran

Pos	Gen		
20	19	Michael Fullilove	21:37

Brockwell
292 Ran

Pos	Gen		
16	16	Lloyd Collier	19:56
74	9	Lucy Pickering	22:40
101	16	Laura Lane	23:49
189	55	Natalie Davys	27:01
255	98	Sharon Erdman	30:39

Bromley
634 Ran

Pos	Gen		
1	1	Oscar Hussey	17:08

Burgess
250 Ran

Pos	Gen		
250	95	Susan Vernon	46:31

Crystal Palace (no run next Saturday 11th)
230 Ran

Pos	Gen		
7	7	Tom Wilson	19:43
15	14	Simon Lang	20:38
30	4	Belinda Cottrill	22:03
72	61	Andy Cottrill	24:17
84	16	Penelope D'arcy Graham	25:00
112	87	Ameet Patel	26:23
131	100	Bob Bell	27:28

Dulwich
283 Ran

Pos	Gen		
27	25	Paul Devine	19:34
33	31	Ian Lilley	19:55
34	32	Jim Dowsett	19:59
36	34	Simon Burnett	20:04
64	5	Ellie Balfe	21:09
124	21	Claire Steward	24:25
149	29	Anna Saunders	25:21
194	148	Mick Mead	27:19

Fulham Palace
413 Ran

Pos	Gen		
71	6	Michelle Lennon	21:05

Orpington
153 Ran

Pos	Gen		
10	1	Tereza Francova	21:27
58	49	Peter Jackson	27:37

Peckham Rye
165 Ran

Pos	Gen		
3	3	Andy Bond	19:01
31	7	Susan Cooper	22:11
93	65	Duncan Wilson	27:07

Southwark
292 Ran

Pos	Gen		
17	16	Matt Hartin	19:55
166	43	Kaylee Coxall	27:03

Shrewsbury
523 Ran

Pos	Gen		
40	38	Sam Crump	20:42

South Manchester
427 Ran

Pos	Gen		
215	46	Laura Vincent	26:09

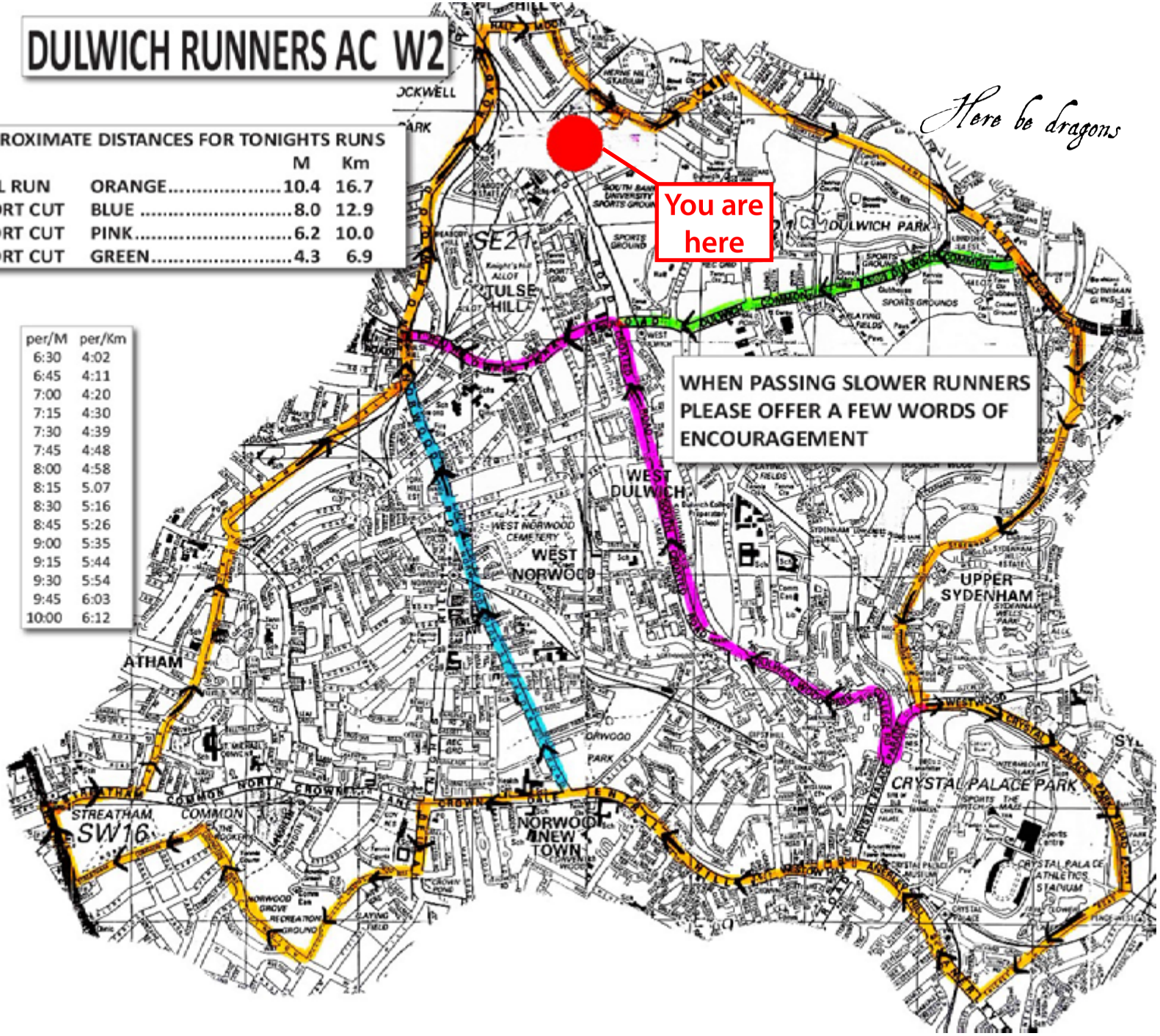
Tooting Common
436 Ran

Pos	Gen		
81	73	Ian Sesnan	22:53

New members especially, and others....

For your results to appear here you need to update your parkrun profiles to show you are a current member of Dulwich Runners AC. or send them in.

DULWICH RUNNERS AC W2

APPROXIMATE DISTANCES FOR TONIGHTS RUNS		M	Km
FULL RUN	ORANGE	10.4	16.7
SHORT CUT	BLUE	8.0	12.9
SHORT CUT	PINK	6.2	10.0
SHORT CUT	GREEN	4.3	6.9

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