SHORTS

Dulwich Runners AC
Weekly Newsletter
February 1st 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 01 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 04 **Club champs 5k - Southwark parkrun**

Tue 07 **Crystal Palace Arena Track**
See notice below for more details
£2.50 per session - Full warm up from 7pm
Main session starts around 7:20

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Cross Country section
5 Fixture list, club champs, road, XC, etc
6 Marathon Training Schedule
7 South of England Xc reports
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

At **Crystal Palace National Arena**
£2.50 per session - Suitable for all abilities.
At reception say you are with Dulwich Runners but do not pay there, pay Ros trackside.
Leave time to get from there down to track - it can take up to 10 minutes.

Arrive at 7pm if you want a full warm-up of various drills etc, taken by Elkie Mace.
Main session taken by Steve Smythe starts around 7.20 - 7.25pm and will last 40-45 minutes.

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

Feb 04 Vets AC Champs - Wimbledon Common
Feb 11 Surrey League XC - mens' and womens'

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

Volunteers if needed	01/02
Tom South	08/02
Katie Styles	15/02
Ros Tabor	22/02

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
tonight in the clubhouse

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

2017 Membership renewals & changes to the membership year.

You will have recieved via email your membership renewal form.
It was agreed at the AGM in October 2016 that as of 2017 the club would change its membership year from Jan 1 - Dec 31 to March 31 - April 1.

This means that you will gain an extra three months on your 2017 renewal and it will not expire until March 31 2018.

The Dulwich Runners membership fee has remained unchanged at £23 but the UKA/EA fee has risen to £14, meaning full 1st claim membership will be £37.

If you have any queries regarding this or your membership in general you can email me at barry@1bg1.com

Many thanks and I look forward to seeing you all as freshly renewed members in the coming year !

DONT FORGET !!!!!!

Unless you have renewed your membership you cannot run as a Dulwich Runner in any races at all and that includes the Club champs race on Feb 4th !

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

P O T

Watch this space for upcoming 2017 events !

Wednesday 15th February
Pizza Night

To help you refuel after those long Wednesday night training runs we will be having a Pizza Night courtesy of the Social Kitty!!

Pizza's will be ordered to arrive just after 9pm, all welcome.

If you could let me know if you are planning to stay behind for pizza so I can get an idea of numbers also if anyone would like to help by bring a salad along to go on the side please let me know.

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

END OF CROSS COUNTRY SEASON DRINKS

To mark the end of the men's and women's Surrey League cross country series on Feb 11th we will be meeting at the East Dulwich Tavern, Lordship Lane for drinks from 7.30pm. All are welcome

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 **£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)

I won't be able to bring the kit boxes to the club for the next 3 weeks, but can bring individual items as required, so please email me with your requests. ros.tabor49@gmail.com
Thanks - Ros

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

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

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

HOODIES...

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

Buffs/snoods - only £6

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

Cross Country Champs

We will be holding a cross country champs this season and there will be men's and women's perpetual trophies awarded at the end of this Xc season (Spring 2017) in memory of Ken Crooke, .
4 events to qualify, including a minimum of 3 Surrey League races. Other races are the South of Thames 5 miles at Polesden Lacey on 26 Nov and a mob match March 25th using the Beckenham parkrun.

National Xc Champs

25 February

This season's National cross country champs will be held at Woolaton Park, Nottingham on 25 February. Although the field will include some elite athletes, it is an open event suitable for all and can easily be done as a day trip. Those interested should have already contacted their captains by 11 January, as entries close many weeks before the event. ***-Mike Mann***

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

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:

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

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

Surrey league, Final match

11 February

Our final fixture hosted by Hercules Wimbledon takes place on Wimbledon Common on Saturday 11 February. The start (see map below) is close to the Thatched House. There is limited parking on surrounding roads. Showers, toilet and changing facilities are available at Lauriston Cottage, SW184TG, but note that the clubhouse is small. Nearest toilets are near the windmill, 500m from the start. The course consists of stony paths and some muddy sections, notably across the playing fields.

We are looking for a big turnout on what is almost certain to be our final encounter in Division 1, at least for the time being. All including our ladies and non -runners are invited to come along to the East Dulwich Tavern, Lordship Lane from 7.30 that evening.

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

2017 CLUB CHAMPIONSHIPS

Once again the 2017 club champs will consist of 8 races in total with 4 races in each of 2 distance categories.

Owing to uncertainties surrounding some of the races later in the year, the fixtures list is being issued in two tranches, with the first including those races up to and including the London marathon, and the second , a complete list for 2017 early in the New Year.

The early fixtures will be as follows:

4 Feb	Southwark parkrun 5k
5 Mar	Regent's Park 10k
2 Apr	Paddock Wood 1/2M
23 Apr	London Marathon or alternative (see link)

It is possible to give an indication of some of the later events. The Mark Hayes Mile will take place, probably in the first half of July, but not as a club champs event. Instead we are looking for a suitable track mile race in July. The Sittingbourne 10 on 1 October will be used as the 10 mile event.

We recommend that you enter the 10k and half marathon races early in case they fill up. - ***Mike Mann***

The updated 2017 club championship rules can be found on the club website http://tinyurl.com/jer92qm

UPDATE

As no 2 mile race is scheduled in this year's Monday evening series of Battersea Park races, the Asssembly League race at Battersea Park on 1 June will be used as our 5k champs. We are still considering options for the mile and multi-terrain race.

The second Sunday of the month 5 mile race, organised by TH&H on Wimbledon Common taking place on 11 September has been chosen as our club champs MT race. This will be classified as a category A (long) event.
Details of mile track race in the summer to follow.

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	
Feb	4	Southwark parkrun 5k		Southwark	
	11	Surrey League	men	Wimbledon Common	
	11	Surrey League	women	Farthing downs, Coulsdon	
	26	National Champs		Nottingham	
Mar	5	Regents Park 10k		Regents Pk, london	
	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	

Marathon Schedule

Steve Smythe adds a few further marathon tips.

Despite 40 plus years of marathon running, I've not had too many injuries. Part of the reason is given the choice, I always run off-road which is why I have been lucky with knees though when it is wet and muddy, obviously some off-road routes are not ideal.

When you run off-road (especially with some hills), the paces will be slower than you might run on the road but it doesn't always matter unless you are doing the occasional scheduled faster run. ie an off-road hilly 8-minute mile run might be of even more benefit than a 7-minute run on flat roads.

The more running you do, the liklihood is your speed might suffer ie someone doing normally doing 40 miles may initially not find it easy to run 50 miles at the same speed.
It varies runner by runner but If you are permanently tired (or getting ill and picking up niggles regularly), then some might be better doing less miles at a faster pace.

Re getting illnesses. I do think it is possible to continue training with caution if you have a minor cold or sore throat.If you do do a race or speed session, I suggest doing it with far less effort, and certainly not if feverish.

One area where some runners have noticed a difference of late is if they didn't realise their blood ferritin levels were low after suffering with disappointing race results and being over tired.
Many doctors don't even realise the importance but a blood test with ferritin requested can reveal whether the levels need topping up and could explain disappointing performances and be improved by iron supplements.

This is my rough guideline for those doing London Marathon in detail for next month and a few key sessions and races after that month.
This is just my initial thought and could be subject to change or amendment depending on fitness and I am happy to give amendments and suggestions to those who need a more personalised schedule.
steve.smythe@athleticsweekly.com

February		
Wed	1	6-8M slow
Thu	2	3M at marathon pace, 2M nearer 10k pace, 2M at marathon pace
Fri	3	5M easy or rest
Sat	4	parkrun
Sun	5	20 miles slow
Tue	7	1000m reps
Sat	11	Surrey league - men Wimbledon Common - women Farthing Downs
Sun	12	18M steady
Tue	14	2000m/200m reps
Sun	19	20M slow
Tue	21	1600m reps
Sat	25	National XC Champs
Sun	26	18M slow
Tue	28	400m reps
March		
Sun	5	Regents Park 10k
Tue	7	800m reps
Sun	12	20M slow
Tue	14	1000m reps
Sun	19	18-20M fast
Tue	21	1600m reps
Sat	25	Parkrun match v Beckenham
Sun	26	22M slow
Tue	28	400m reps
April		
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***

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.

South Of England Cross Country Champs

28 January

Team Dulwich take on Parliament Hill

Ladies

Ange Norris writes.....Parliament Hill is regarded as the iconic cross country course but also has an infamous reputation. Indeed, those who ran this same race last year still tell the tale of conquering the feet swallowing mud. A week ago fears were more of deep, frozen, rutted mud but a mild turn to the weather on Friday gave almost perfect conditions - well, ok, not perfect but much better than expected for this time of year. Slightly bizarre, but Becca felt cheated as she didn't feel that she'd run a proper xc yet!
There was still mud to hamper your stride and challenge you to be able to run in a straight line, and a swampy bit to cool the feet but it was a mild day and the views are excellent.

The ladies' team was depleted from the original number of entrants. This tends to happen most years at the Southerns largely due to the very early closing date. Work/family commitments turned up for some and injury and illness prevented others but 11 still managed to run.

I was feeling slightly under the weather and the morning didn't start well with me missing the train. Not to worry as Lucy C. picked up the numbers (thank you) and Mike arrived early and put up the flag. For once Southern trains were reliable and I arrived very soon after.
I somehow agreed to putting up the ladies tent, (with Mike saying we may not need two) partly because it was already half out of its bag. It's a pop up tent and it does exactly that, but many people have now struggled and sworn to re-fold it back into its bag, with little success. Charlie is the only person I know to have succeeded and where was he when we needed him? After the race I considered grabbing the men's tent, still tidily in its bag, and making a quick get away to the pub, but thought better of it! Mike and I half succeeded in stuffing it into its bag but I did have visions of it escaping and popping up on the tube going home! I might just have left it there.

Anyway the race ....
With better conditions, times were unsurprisingly quicker. Of those who ran both this year and last, Lucy Pickering took the most time off. She managed to take 4 mins 11 secs off, despite a slight niggle on the way round. Helen and Michelle both had great runs despite having miles in their legs from marathon training. I unfortunately missed Michelle and Becca finishing in exactly the same time due to meeting a friend from parkrun. Becca said she enjoyed the downhill finish for a last sprint so I'm sure it was a good race to the line. Anna was having problems with her achilles and unsure whether she would be able to run. She made it and did herself proud. Emma isn't at her usual fitness at the moment but still put in a good run. Katie, Eleanor and Lucy C. also had great runs as did Sarah - new to the course and finished smiling. Thanks for the support from Louisa and Lindsey, who couldn't run due to injury and illness, Ros and Andy, Kaylee and Wayne. Also all the men who exercised their lungs before their own race.

Several of us ladies stayed on to cheer the men. Some were far too appreciative as they had energy to smile and wave their thanks. Then came the important part of the day - post race rehydration. This year we went to The Southampton Arms, a great pub with a range of real ales and ciders.

113	Ange Norris	35:20	1V55
139	Helen Lister	36:07	
179	Michelle Lennon	37:17	3V45
180	Rebecca Schulleri	37:17	
205	Anna omas	37:54	
222	Emma Ibell	38:13	
254	Katie Styles	38:56	
286	Eleanor Simmons	39:48	
300	Lucy Pickering	40:21	
324	Lucy Clapp	41:13	
481	Sarah Banting	47:23	

574 ran
Dulwich Runners 24th team out of 63

Senior Men

Mike Mann writes.....Most of those competing agreed that the course was in its best condition for many years. It was certainly encouraging to observe no repeat of last year when we encountered gulls swimming in a huge lake on the course at the foot of the first hill. Nevertheless even in good conditions, Parliament Hill Fields with its numerous hills and uneven surfaces is one of most challenging cross country courses on the circuit , and at 15km it is one of the longest.. Not surprisingly those who competed in last year's quagmire were significantly faster this time round, some by almost 4 minutes.

Our first 6 runners who comprised the scoring team all had good performances. In this high quality field, Tim Bowen had an excellent run to finish comfortably inside the top 200, and Steve Davies continued his recent strong form to finish just outside. Alastair Locke demonstrated once again that he competes well on challenging courses. Next were Mark Lacey followed by Shane O'Neill, both finishing within the hour, with Tom South the final member of our scoring team. Michael Hutchinson felt he tackled the initial hill too aggressively and was thankful for the bottleneck at the top, ending up over 3 minutes faster than last year. Jim Dowsett's marathon training is paying dividends and he had another good run.

After some changing of positions, Mark Foster, Gary Sullivan and myself all finished within 30 secs of each other. Towards the end I briefly overtook Gary, but he was having none of this. Meanwhile Mark who I had been closing on put in a strong effort to pull away at the end. Stalwart competitor Barrie John Nichols enjoyed his run on this difficult course. Ian Lilley, suffering from a heavy cold, pulled out after a lap.

169	Tim Bowen	56:44
209	Steve Davies	57:49
227	Alastair Locke	58:06
297	Mark Lacey	59:27
308	Shane O'Neill	59:41 (61:05, 2016)
477	Tom South	62:53
519	Michael Hutchinson	64:00 (67:25, 2016)
756	Jim Dowsett	70:18
848	Mark Foster	72:40 (76:26, 2016)
857	Gary Sullivan	72:57
864	Mike Mann	73:10 (77:07, 2016)
1067	Barrie Nichols	89:48

Brooks Last Friday 5k

27.01.17

Only two Dulwich Runners this month as many others were involved in XC the next day.

9	Andy Bond	16.26
158	Mark Muffet	22.48

parkrun

January 27th

Beckenham Place

141 ran

Pos	Gen		
11	11	Stephen Smythe	19:22
68	58	Peter Jackson	26:24

Brockwell

312 ran

Pos	Gen		
7	7	Derek Lee	18:46
42	3	Ola Balme	20:55
60	5	Kim Hainsworth	21:28
139	123	Kees Kuijlaars	24:23
142	18	Clare Wyngard	24:27
157	25	Laura Lane	25:09
172	142	Alex Haylett	25:44
214	163	Desmond Edwards	27:08
256	79	Sharon Erdman	29:51

Burgess

251 ran

Pos	Gen		
247	153	Chris Vernon	41:19

Crystal Palace

236 ran

Pos	Gen		
9	9	Simon Lang	20:26
41	5	Belinda Cottrill	23:16
88	13	Pennny D'arcy Graham	25:15
91	14	Joanne Shelton Pereda	25:20
127	103	Ameet Patel	27:22
235	143	Tom Wilson	42:44

Dulwich

257 ran

Pos	Gen		
45	43	Rob Cope	20:37
61	5	Ellie Balfe	21:28
68	61	Sam Crump	21:45
72	65	Graham Laylee	21:51
104	13	Cathy Simpson	23:25
105	92	Mark Muffett	23:26
123	103	Ajay Khandelwal	24:21
130	110	Michael Dodds	24:31
149	25	Hannah Harvest	25:23
180	140	Mick Mead	27:41
216	153	Paul Devine	30:43

Peckham Rye

159 ran

Pos	Gen		
1	1	Andy Bond	16:55
3	3	Toby De Belder	19:26
72	14	Emily Warburton-Brown	25:24

Southwark

223 ran

Pos	Gen		
87	72	Paul Keating	24:26

Tooting Common

484 ran

Pos	Gen		
96	92	Ian Sesnan	22:57
152	13	Ros Tabor	24:17
153	140	Andy Murray	24:18

Wakefield Thornes

315 ran

Pos	Gen		
78	8	Claire Barnard	24:57

Western Springs , Australia

108 ran

Pos	Gen		
22	18	Nick Bell	22:13

Wroclaw, Poland

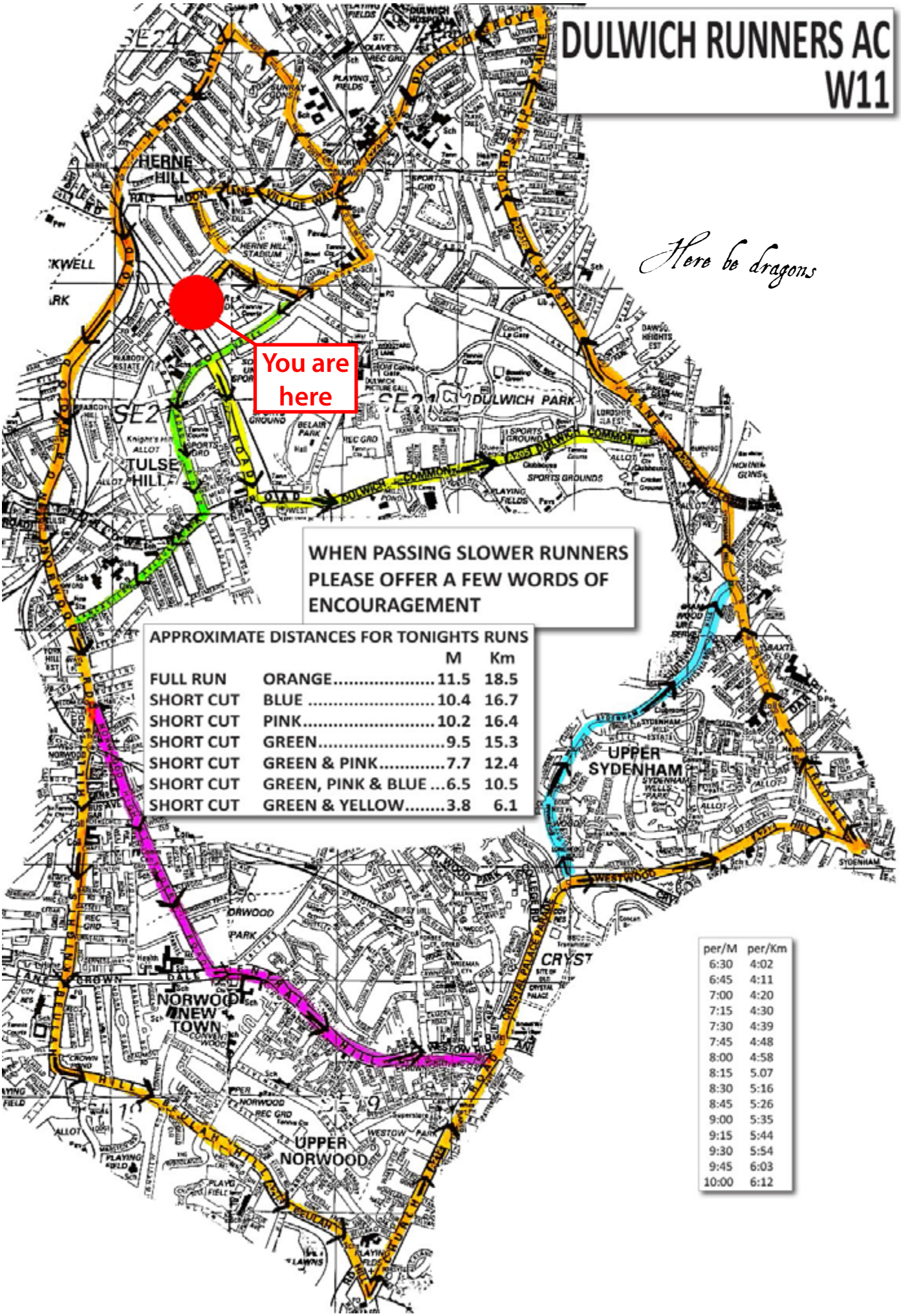
71 ran

Pos	Gen		
13	13	Matthew Ladds	21:12
47	4	Karina Burrowes	26:12

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
W11



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	11.5	18.5
SHORT CUT	BLUE	10.4	16.7
SHORT CUT	PINK	10.2	16.4
SHORT CUT	GREEN	9.5	15.3
SHORT CUT	GREEN & PINK	7.7	12.4
SHORT CUT	GREEN, PINK & BLUE	6.5	10.5
SHORT CUT	GREEN & YELLOW	3.8	6.1

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