DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
July 26th 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 26 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Thu 27 **Assembly League - Victoria Park** - free entry
open to all members of all abilities.
no pre-entry, just tun up on the night.
Map and more details page 3

Tue 01 **Dulwich College Track** - cost £1 per session
Start with a warm up at 7:10pm session mainly on grass

In your SHORTS this week !

1 General information
2 Club kit, social events etc
4 Fixture list, club champs, road, XC, etc
5 Race reports & results,
5 SOAR mile - club champs full report & results
6 Parkrun results
7 Wednesday run map

And much more !

Click to SUBSCRIBE or UNSUBSCRIBE
www.dulwichrunners.org.uk/index.html

You can follow us on

TRACK SESSIONS

Tuesdays At Dulwich College track on College Road.
Warm up taken by **Andrea Pickup** consisting of various drills and stretches etc will start around 7.10pm..
The main session taken by **Steve Smythe** will be part grass and part track and more suitable for all levels of ability than the Crystal Palace sessions.

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

Jul 27 Assembly League - Victoria Park, Hackney

NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.

If you're on the list, please try and turn up that night and make sure anybody new has someone to run with.
Thanks to thank **Charlie Lound, Suzannah Kinsella, Ajay Khandelwal and Claire Devine** for taking out new runners last week.
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

Chris Loizou	**26/7**
Patrick Mcmrorrow	2/8
Mike Mann	9/8
Andy Murray	16/8

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

Wednesday Night Map

This map for this Wednesday's runs can be found 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

SPOT

Watch this space for future events.

Wednesday August 2nd

Post run BBQ at the clubhouse.
If you wish to go please let Matt Ladds know:
matthew.ladds@uk.zurich.com
or on our FB page

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

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

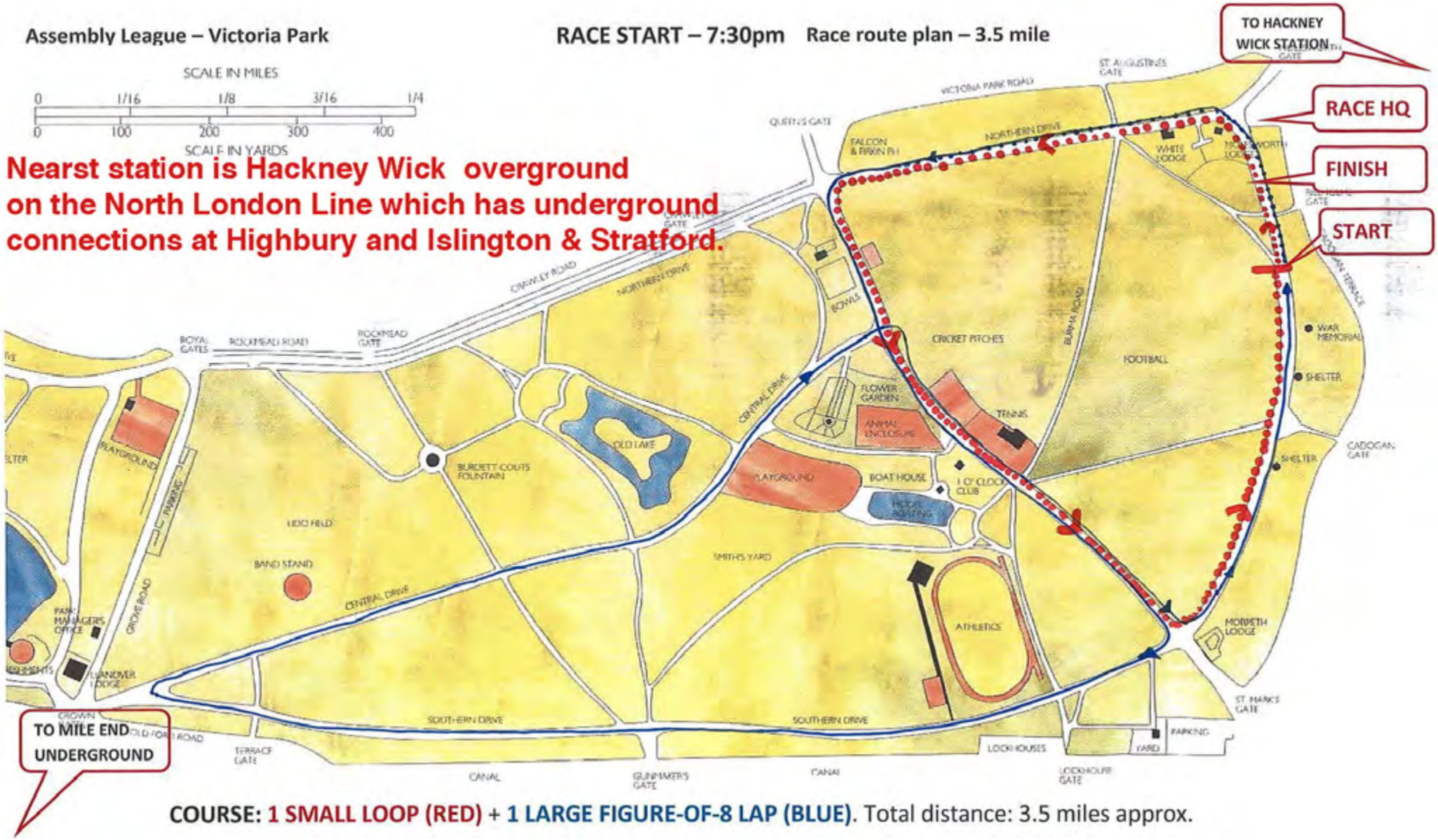
Buffs/snoods - only £6

Stanmore extension opening

On 7th July, they held the opening of the extension to Stanmore to which we contributed the funds raised for José. We received an invite as donors and I was selected by the fundraising committee to represent the club. I also was accompanied by Georgina, José's sister, as representative of the family.
It is quite incredible that the extension has been completed so quickly. The trick was in that they have repurposed some of the offices on site. They have done a great job of creating 6 bright and spacious rooms as well as a large showering facility which can accommodate people even in bulky wheelchairs and on shower tables. The rooms will increase the ward capacity by an estimated 24 patients a year. There are still small jobs to complete and the day room where many of you might have seen José is also going to be refurbished.
The official opening was conducted by Princess Eugenie who herself had had spinal surgery as a child. She toured the facilities as we had refreshments in the reception area. There was then an expectant hush and shuffling into line as we anticipated an entrance. But false alarm she didn't appear for another ten minutes or so.
Nonetheless it prompted a conversation on how to curtsey and I realised I had quite forgotten to do my homework and google the art of curtsying. We were chatting to a lady who had had spinal surgery herself, inspired by the Princess. We all agreed a bend of the knees and a 'downwards bob' would about do it.
When Princess Eugenie finally appeared, she took time to speak to everyone and particularly spent a while with some current patients. She then unveiled the plaque and delivered a speech which seemed quite off the cuff but nonetheless heartfelt.
It was great to be able to view the new extension and see both Jose's and the DR name on the list of contributors. Seeing some of the inpatients, many of whom were young men who had suffered sports injuries, was a reminder of poor José's fate and of just how lucky we are to be still running or even have our full mobility. One of the patients, who had lost mobility from her torso downwards, said the focus for her life now was about what she can do and not what she can't. A lesson for us all perhaps.
Lindsey Annable

Assembly League – Victoria Park

RACE START – 7:30pm **Race route plan – 3.5 mile**



Nearst station is Hackney Wick overground on the North London Line which has underground connections at Highbury and Islington & Stratford.

COURSE: 1 SMALL LOOP (RED) + 1 LARGE FIGURE-OF-8 LAP (BLUE). Total distance: 3.5 miles approx.

DULWICH RUNNERS 2017/18 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**

2017		Race		Venue	
Jul	27	Assembly League		Victoria Pk, Hackney	
Aug	16	Cambridge Harriers Open/BMC		Eltham	
	21	Blackheath & Bromley Open		Norman Park	
	26	HHH Open		Tooting Bec	
Sep	7	Assembly League		Beckenham	**tbc**
	10	MT 5 mile race, organised by TH&H		Wimbledon Common	
	10	Kent Masters Champs		Bromley	
	24	SEAA Road Relays		Crystal Palace	
Oct	1	Sittingbourne 10		Sittingbourne	
	14	Surrey League 1	men	Wimbledon Common	
	14	Surrey League 1	women	Priory Park Reigate	
	21	SEAA Relays		Wormwood Scrubs	
	21	Surrey Masters,		Richmond Park	**tbc**
	28	BMAF XC Relays		Long Eaton	
Nov	11	Surrey League 2	men	Priory Park, Reigate	
	17	November British and Irish Masters		Derry, Northern Ireland	
	18	London champs		Parliament Hil	
	25	England Masters Inter-Area		Bournemouth	**tbc**
	26	South of Thames 5		Beckenham	
Dec	2	Surrey League 2	women		**tbc**
	2	Kent Masters			**tbc**
	9	SEAA Masters XC		Horspath, Oxford	
	16	South of Thames 7.5		Aldershot	
2018					
Jan	6	Surrey and Kent Champs			**tbc**
	13	Surrey League 3	men		**tbc**
	20	Vets AC Champs		Wimbledon Common	**tbc**
	27	South of England Champs			**tbc**
Feb	10	Surrey League 4	men	Lloyd Park	
	24	National Champs		Parliament Hill	
Mar	17	BMAF Champs		Forres, Scotland	

2017 CLUB CHAMPIONSHIPS

10	Sep	Thames Hare & Hounds MT 5m, Wimbledon Common	**L**
1	Oct	Sittingbourne 10	**L**

Note that the 5 mile MT race will be classified as a long race (L)

ALGARVE RUNNING CHALLENGE

This year's Algarve Running Challenge takes place between 1 and 5 November in Monte Gordo, Portugal. As usual there will be 4 races spread over 5 days, finishing with the traditional Spain to Portugal race of around 11 miles. There's also plenty of opportunities for local sightseeing, running on local woodland trails, cycling and swimming in warm autumn weather. For further details please contact me.
Mike Mann

Kent AC is today delighted to open entries for the inaugural Ladywell 10000m.
An opportunity to run 25 glorious laps and set a new 10000m PB in Ladywell Arena in late summer.

online entry here: https://www.entrycentral.com/ladywell10000

All entries will initially be applications which then get approved once entry performances have been verified.
Open to everyone who can run under 55mins for 10km. Races will be seeded to ensure athletes run in races suited to their ability.

Assembly League Races

These races 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.
Venues are provisional as follows:

July	27	Victoria Pk, Hackney	7.30	**open to all members of all abilities**
Sep	7	Beckenham	7.15	

Details of Assembly league 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, near bandstand in centre of park (no HQ)
O2, on riverside east of North Greenwich station (no HQ)
Beckenham, HQ Beckenham Cricket Club, Foxgrove Road, start at SW entrance, park at the end of Beckenham Place Pk Road

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

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.

HHH Open Meeting

22 July

My outdoor season continues to be a bit up and down.. After a reasonable run in the SOAR Mile the previous evening, probably my best this season over the shorter track distances, this 800m, intended as a sharpener prior to the European Masters in Aarhus, was a "down" as my time was barely faster than my 800m split in the mile.

Later once the rain had set in for the afternoon, Katie Balme competed in the steeplechase, finishing in a creditable second place. At least the water jump should not have been too much of a shock to the system.
-Mike Mann

800m Mike Mann 2:52 (unofficial)
1500m Steeplechase Katie Balme 5.21

Myra Garrett 10k Danson Park

23/07/17

As with the previous week's Elmore 7, this was another race that I had not run for a while. Surrounded by a large clan from Orpington Road Runners - it was their club championship- I tried to target 5 minute per km pace. However I just fell outside 50 mins.
138 Colin Frith 50:23
277 ran

Also a correction from last week's Elmore 7, Jo Quantrill remains a second Dulwich Runners and she has been second claim since 1996.

Durham City 10k

19 July

Ideally would have liked to dip under 50 minutes but not too bad on a twisting, sometimes congested course. Durham's hugely picturesque, of course, in a steep sided valley and with a medieval street plan which is fine from a tourist perspective - never been?, then stop reading this rubbish and go there immediately! - but does not make for a fast course with the finish for each of the two laps here up a brutal hill from the river Wear to Palace Green and the Cathedral.

It was all very nostalgic too with memories coming back from over 30 years ago of Clare and I doing the Durham City relays for the club where we met up the road in Newcastle followed by Sunday lunch on my very best behaviour at Gilesgate vicarage while the Reverend Canon and Mrs Wyngard weighed up their prospective son-in-law. Clare wasn't with me on this occasion as I had dropped her off on the previous day to embark on a cycling tour of Northumberland and the Scottish borders with Steve and Aileen Cook et al. but I was joined by my nephew who works close by.

326 Mike Dodds 50:21
(nearly 1600 finishers)

SOAR mile - Club Champs - 21/07/2017

		points in age category m/f								age grade	club champs awards
		m s	m40	m50	m60	f s	f40	f50	f60+	points	
Timothy Bowen	4:42.2	50								798	1st man
Stephen Davies	4:51.9		50							858	2nd man
Shane O'Neill	4:55.6	49								753	3rd man
Greg Hills	5:04.3	48								737	1st senior man
Tony Tuohy	5:08.5			50						860	1st m50
Jonathan Whitaker	5:10.3	47								743	
William Cotter	5:17.7		49							776	1st m40
Justin Siderfin	5:21.5		48							755	
Tom South	5:24.5		47							737	
Lucy Elms	5:29.8					50				779	1st woman
Gary Sullivan	5:35.0			49						819	Man age graded
Jim Dowsett	5:45.9		46							697	Captains' award
Selma Benattia	5:47.9					49				745	2nd woman
Matt Ladds	5:51.7	46								635	
Christina Dimitrov	5:52.7					48				717	3rd woman
Michael Mann	5:52.8				50					852	1st m60
Ebe Prill	5:59.8			48						737	
Helen Lister	6:00.4					47				704	1st senior woman
Ellie Balfe	6:01.5					46				705	
Alex Haylett	6:04.3	45								632	
Eleanor Simmons	6:09.3					45				713	
Michelle Lennon	6:14.1						50			799	1st w50
Anna Thomas	6:14.3					44				684	
Joseph Brady	6:19.9			47						675	
Ros Tabor	6:20.8								50	1,002	Overall age graded
Yvette Dore	6:22.2						49			735	1st w40
Ola Balme	6:22.8							50		781	
Lucy Clapp	6:23.9							49		799	Woman age graded
Andy Murray	6:30.7				49					734	
Barrie John Nicholls	6:52.9				48					688	
Ameet Patel	7:00.7			46						620	
Bob Bell	7:01.1				47					675	
Hannah Harvest	7:05.9					43				591	
Claire Barnard	7:16.9					42				577	
	34	6	5	5	4	9	2	2	1		

parkrun July 22nd

Bexley
369 ran

Pos	Gen		
2	2	Michael Fullilove	20:39

Brockwelll
220 ran

Pos	Gen		
35	1	Michelle Lennon	21:26

Beckenham Place
171 ran

Pos	Gen		
1	1	Stephen Davies	17:27
6	6	William Cotter	19:14
10	1	Selma Benattia	19:44
104	80	Peter Jackson	27:40

Burgess
274 ran

Pos	Gen		
4	4	Gregory Hills	18:07
267	175	Chris Vernon	39:25
273	96	Susan Vernon	52:09

Burnham On Crouch
179 ran

Pos	Gen		
2	2	Jonathan Whittaker	18:36

Crystal Palace
200 ran

Pos	Gen		
7	7	Tom Wilson	19:41
20	20	Andy Cottrill	21:28
21	1	Belinda Cottrill	21:29
57	49	Bob Bell	24:08
88	72	Ameet Patel	25:41
159	48	Penelope d'Arcy Graham	31:52

Daventry
225 ran

Pos	Gen		
27	26	Nicholas Brown	22:03

Dulwich
259 ran

Pos	Gen		
11	11	Edward Harper	18:08
30	1	Ellie Balfe	20:29
39	37	Jim Dowsett	21:28
168	130	Mick Mead	27:35

Fulham Palace
354 ran

Pos	Gen		
108	94	Barrie John Nicholls	23:30

Hilly Fields
199 ran

Pos	Gen		
9	9	Justin Siderfin	19:48
15	15	Gary Sullivan	20:38

Horsham
442 ran

Pos	Gen		
90	83	Gary Budinger	24:25

Leamington
415 ran

Pos	Gen		
112	96	Mark Muffett	25:20

Orpington
178 ran

Pos	Gen		
36	34	Colin Frith	24:26

Peckham Rye
177 ran

Pos	Gen		
1	1	Andy Bond	16:35
36	33	Paul Devine	21:51
40	36	Alex Bazin	21:59
106	23	Emily Warburton-Brown	27:05

Riddlesdown
176 ran

Pos	Gen		
16	1	Ange Norris	21:11

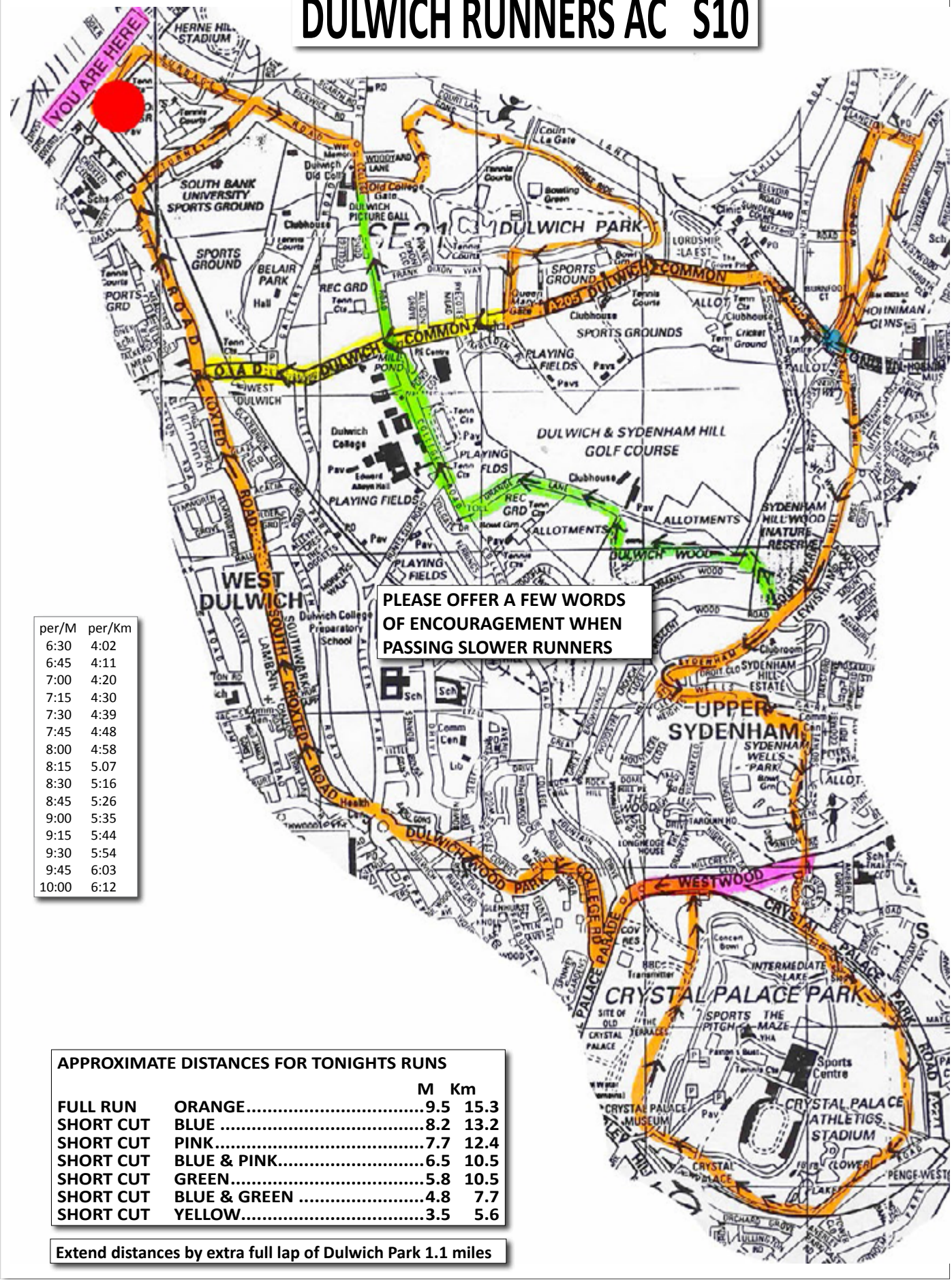
Tooting Common
453 ran

Pos	Gen		
146	125	Ian Sesnan	24:12

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 S10



PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT WHEN PASSING SLOWER RUNNERS

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	9.5	15.3
SHORT CUT	BLUE	8.2	13.2
SHORT CUT	PINK	7.7	12.4
SHORT CUT	BLUE & PINK	6.5	10.5
SHORT CUT	GREEN	5.8	10.5
SHORT CUT	BLUE & GREEN	4.8	7.7
SHORT CUT	YELLOW	3.5	5.6

Extend distances by extra full lap of Dulwich Park 1.1 miles