DULWICH RUNNERS

SHORTS

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

Tue 05 Hill Session - Crystal Palace - on grass.
NOTE: see below.

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Fixture list, club champs, road, XC, etc
5 Race reports & results etc...
8 Parkrun results
9 This Wednesday run map

And much more !

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

You can follow us on

TRACK SESSIONS

Tuesday 5th September will be a hill session on the grass at Crystal Palace and then 12, 19 & 26th September sessions will be on the hill opposite Sydenham Hill station.
Map page 3

Track sessions will recommence at Crystal Palace in October.

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

Sep 7 Assembly League - Beckenham

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

NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.
Thanks go to Barrie John Nicolls and Jim Dowsett 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

Claire Steward	**30/8**
Ebe Prill	06/9
Ian Sesnan	13/9
Jo Shelton - Pereda	20/9
Tom south	27/9

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 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)

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.

SHORTS!

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

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

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

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

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

Crystal Palace grass hill session Tuesday 5th Sept.- red X marks meetng place on grass just by the metal fence

Hill path opposite Sydenham Hill Station on College Road
12, 19 & 26th September

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	
Sep	7	Assembly League		Beckenham	
	10	MT 5 mile race, organised by TH&H		Wimbledon Common	
	16/17	Kent Masters Champs (track events)		Erith	
	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	Richmond Park	
	11	Surrey League 2	women	Nonsuch Park	
	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		2018		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	

Kent AC is today delighted to open entries for the inaugural Ladywell 10000m. on the 3rd September
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:

open to all members of all abilities

Sep	7	Beckenham	7.15

HQ Beckenham Cricket Club, Foxgrove Road

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

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)

You are advised to enter these 2 events as early as possible as the entry limit for the 5 mile MT race is quite low and the Sittingbourne 10 is likely to be popular as it is a Kent Grand Prix race.

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.

Ultra Great Britain 200 19th-22nd Aug.

The Ultra Great British is a 200(ish) mile race that follows the transpennine trail from Southport on the north west coast over the pennines to Hornsea on the north east coast. The trail is multi-terrain, including paved disused railway lines, canal paths, gravelly tracks, grass and an unwelcome stretch of muddy bog. There are 15 checkpoints along the way – some of which are at village halls, including four halls to which runners can send a drop bag and there's a cut-off of 100 hours.

I first heard about the race after moving to Liverpool last year and had half an eye on doing it in 2018. However, a month before race day I learnt that next year the race would be moving to Scotland … and so I entered three weeks before the race, having never run further than a marathon before. I got in a 30 miler the following day but then concentrated on all the non-running prep needed as it wasn't worth the risk of doing any longer runs. I knew my main challenges would be navigation, pacing and nutrition.

Just under 100 runners had entered but only 70 odd made the start line. We set off at 6am in Southport and the wind was howling until we moved away from the coast but then had heavy showers on and off. The first 63 miles were largely uneventful as we ran south to Liverpool before heading east along the

River Mersey to Widnes and Latchford Locks. Despite running as slowly as I could, I found myself near the front at the beginning and enjoyed chatting to a group of guys, two of who would go onto jointly win the race in under 48 hours! By the time we reached CP6 (mile 45) at Latchfords Locks, the field was strung out and by CP7 (mile 52) I was on my own.

CP 8 (mile 63) was in a village hall in Didsbury where we were met by our first drop bag. After a brief stop for some food (cold beans straight out the tin) I was ushered out the door by a volunteer who'd seen another woman run past (a Scottish and GB international runner who would go onto finish 1st lady and 3rd overall). I managed to catch her up as she was run-walking but it soon became clear that she wasn't interested in a chat and was pulling away from me on the hills. I decided to let her go as a sudden wave of tiredness and despondency hit me (aka the 'black dog' of ultra running). I phoned my mum for a pep talk, ate some Turkish Delight, and had a little cry before giving myself a kick up the bum and resuming running. I'd recced the section from Didsbury to Broadbottom prior to the race as this was a section where lots of people got lost last year. I still managed to get a bit confused in Stockport town centre – much to the amusement of a group of men standing in a pub doorway – but managed to reach CP9 (mile 81) at Broadbottom around 10pm. After a short stop for food (more beans – hot food options proved to be a bit limited if you don't eat wheat) I decided to try to push onto CP11 approx. 20 miles away where my next drop bag would be waiting. In hindsight this was a big mistake!

Due to ongoing roadworks CP10 had been brought forward to Padfield (approx. mile 86). After a couple of wrong turns, I reached the CP feeling good and would have walked through if a volunteer hadn't insisted I at least take a banana with me. Shortly after, I turned onto the Longendale trail – what would be the first long off-road stretch and in pitch black darkness with just my headtorch for light. The grass was wet and slippy so I decided to walk until I got to more even ground. Once again, I was met by a sudden wave of tiredness and decided to take advantage of the walking by eating the banana and some other snacks. I continued to feel tired so planned to just keep walking until I perked up. However, I then started to experience increasingly severe stomach cramps (an ill timed IBS attack) that continued for the next 10 hours and coincided with crossing the peaks. Navigation became difficult due to the dark, tiredness and pain and I found myself lost on the peaks above the Woodhead tunnels, heading towards 'marker tape' tied to branches in the distance that turned out to be leaves on plants. Having been looking mainly at my feet, I got a surprise when I looked up and saw the light of my headtorch reflected off dozens of eyes … sheep! Giant sheep! Oh no, just cows …

Eventually, I saw the headlights of two runners on the correct trail and managed to get back on course before ambling on. As dawn broke, my spirits lifted slightly and I was back onto the roads, which made things slightly easier although my stomach cramps then returned. The next 6 miles took me maybe 4 hours or more as I had to keep stopping due to the pain and by the time I got to within a mile of CP11 (mile 103) at Penistone I was only managed 20m without stopping. Two lovely volunteers came out to walk me into the CP where I was ushered into a quiet room to sleep. After 80 mins sleep I felt much better and fed with porridge, a roll and flapjack, I set off on the next section of 26 miles (in hindsight – another big mistake of not sleeping and eating more!)

I managed to get into a jog before going off course and adding a few extra miles on. I felt ok until 7 miles in when again tiredness hit along with the realisation that I hadn't eaten anywhere near enough to refuel from the previous 103 miles, let alone to get through another 26+. Cue more walking, a quick cry and munching through the contents of my bag. With a bit of jogging, I managed to overtake a few runners and catch up with two lovely guys (one who'd run the length of the UK and Malawi and raised over £30k for charity, the other wearing a full-on Scooby Doo costume for charity).

We jogged-walked together for a few hours until darkness approached and I couldn't keep up with their walking pace. My watch had died after 20M and the stretch to CP12 (mile 130) Bentley seemed to take an eternity. I was so tired I could barely see, the stony path jolted my sore feet and ankles so my walking pace was slower than 2mph and I was just about quicker by adopting a shuffly-jog (which apparently made it look like I was running backwards!). My eyes and brain began to play tricks on me, ranging from mistaking trees and posts for people to 'seeing' a full-on rave at the side of the trail! With 3-4 miles to go I was passed by a support crew jogging out to meet the runner behind me. The runner shortly caught me up but I couldn't keep pace except for when my occasional stretch of shuffling coincided with her taking a break. Thankfully, one of her support crew came back out and walked the final mile with me otherwise I might still be out there.

After some instant porridge and a few hours' kip on a chair, I woke to find my feet and ankles were so painful and swollen I could barely stand, let alone walk. I contemplating a DNF as I munched some oat biscuits but having removed the orthotics from my trainers, I managed to get into a hobble and decided to attempt walking to the next CP (mile 143) at Sykehouse. After a mile or so of walking, I was surprised to find I could jog slowly and reached CP13 in approx. 4 hours. I debated having a short nap but decided on just refuelling so that I could get as much of the next section of 28 miles done before nightfall. Having resumed jogging, I was feeling fairly positive for the first 18 miles – I was joined by a local runner for a bit and later popped into McD's (it's obligatory, apparently) – but as tiredness and nightfall crept in, the end stretch again felt like an eternity.

The penultimate 5 miles were on overgrown grass, which became increasingly slippy as the rain started, and were interspersed with locked gates that had to be climbed over – plus a flock of sheep sat on the trail, who were spooked by my headtorch and stampeded (thankfully away from me!) I really struggled with my painful ankles and my headtorch kept dimming despite changing the batteries. I was overtaken by several runners – striding by confidently with their walking poles swinging – and was hugely grateful to catch up with one of them as we went onto road/tracks for the last 5 miles. She was struggling with motivation so was happy to slow down to have company. I was struggling with my brain – I kept seeing squashed baby frogs on the path, which (mainly) turned out to be leaves (I'm still traumatised). We arrived at CP14 (mile 171) in Broomfleet at 2:30am – tired, cold, hungry and fed up – but were met by fantastic volunteers who fed us and showed us to our 'beds'.

A couple of hours' nap and some more instant porridge and it was time to set off for the last two sections of approx. 30 miles in total. I was hopeful that even by walking I could reach the finish by evening as my Mum had surprised me the previous day by saying she would meet me at the finish. The next section of 13 miles to CP15 (mile 184) under the Humber Bridge involved more uneven grass, more sheep, uneven gravel, a little section through some woods and a village before an unwelcome narrow trail with a steep drop on one side, before finally reaching a flat path. One of the volunteers jogged out to walk me in and I stopped briefly for a drink and a chat, if only for some company to break up the monotony of walking alone. Another two miles of walking, and I managing a bit of walk-jogging before nipping into McD's for some nuggets (if they're good enough for Usain Bolt…)

Feeling revived after eating something more substantial, I managed a bit more jogging into Hull and beyond. Getting tired, I resumed walking and checked on Google maps to estimate how much

further I had left ….12 miles!
That really took the wind out of my sails and I spent the next 6 miles trudging along a rather uninteresting stretch of trail. I was slightly buoyed by a sign saying 6 miles to Hornsea and once I got to approx. 4 miles left, I stuck some music on (wish I'd done that earlier) and got my arms swinging. About a mile later, I was surprised by the race winner popping out on the trail to offer me some water, food and encouragement. He confirmed that it was 3 miles left, which spurred me on further. I enjoyed the last three miles – in the knowledge that I was actually going to finish – and was determined to get there before dark, if only so I didn't need to dig out my headtorch. I was met at the end by my mum, the amazingly supportive race director, a few volunteers and a couple of locals who my mum had stopped as they walked by with their fish & chips!

Despite some really hard patches along the way, overall I really enjoyed the event and am glad I took on the challenge. Quite possibly, it would have been easier if I had run further than 30 miles before the event but the DNFs from the race included some very experienced ultrarunners. I certainly learnt some lessons about the need to eat real food (and more of it) and rest – and being prepared to spend a lot of time walking. The volunteers were superb – they really couldn't do enough to help – from feeding us, charging phones/watches, filling water bottles to offering pep talks and blister aid. Huge thanks to everyone who sent me a message along the way!

30/6W Mel Edwards 86:43
1st man 47:05
1st lady 53:34
43 finished

August Bank Holiday Cakeathon 26.2m

A spur of the moment decision to run, but through the mist rolling off the Medway, I found myself at the start line for my third cakeathon on a course that I hadn't done before. It was 6 laps which can best be described as up for the first half and a fantastic 2 mile descent at the end.
As it's a timed event, with the option to finish at the end of each lap, I had a mental wobble half way round, but thanks to what I can only describe as bullying by my fellow runners, I was encouraged to do one more lap and then I couldn't exactly stop at lap 5. Not my best time, didn't even fancy any of the cake on offer, but given a goody bag of cake, which I am still working my way through.
Oh, apparently placed 2nd!

2 Tom Wilson 4:18:22

parkrun August 26th

Banstead Woods
197 Ran

Pos	Gen		
3	3	Tony Tuohy	18:39

Beckenham Place
134 Ran

Pos	Gen		
3	3	Stephen Smythe	19:52

Bexley
375 Ran

Pos	Gen		
13	13	Michael Fullilove	20:23

Brockwell
248 Ran

Pos	Gen		
37	34	Mark A Foster	20:58
83	11	Clare Cummings	23:20
88	76	Simon Harding	23:45
141	29	Hannah Harvest	26:34

Bromley
524 Ran

Pos	Gen		
97	87	Colin Frith	22:54
109	98	Chris Goodman	23:13

Burgess
289 Ran

Pos	Gen		
288	100	Susan Vernon	49:55

Crystal Palace
218 Ran

Thanks to all of the Dulwich runners who swelled the ranks of the Crystal Palace parkrun for my 250th (including Clare Elms and Ros as spectators). Special thanks to Tom Wilson, Barry Graham, Simon Lang, and the rest of the organising team who arrived on site to find that using the normal course was out of the question due to preparations already underway for the Bank Holiday motor racing event.

In the 40 minutes available they managed to improvise a 3 lap course - instead of the customary two and a bit laps – which included taking in the previously unused area immediately around the dinosaur lake. Just in case anyone's looking closely at the times it all came out at around 5.3k, so very close to the target under the circumstances. Tom may use it again next week for his own 250th maybe adjusting it to get even closer to the target distance if he's feeling kind to us.

Anyway, just goes to show that there's still at least one terrific team operating out of Crystal Palace!

Mike Dodds.

Pos	Gen		
1	1	Steve Rolfe	19:11
6	6	Tom Wilson	20:24
8	8	Alexander Dodds	20:28
35	2	Ola Balme	23:12
40	4	Belinda Cottrill	23:30
47	42	Graham Laylee	23:59
59	7	Yvette Dore	24:39
61	54	Andy Murray	24:52
62	55	Michael Dodds	24:54
69	11	Clare Wyngard	25:19
83	16	Joanne Shelton Pereda	25:59
181	53	Penelope d'Arcy Graham	34:30
212	140	Chris Vernon	43:37

Dulwich
251 Ran

Pos	Gen		
3	3	Edward Chuck	16:43
8	8	Daniel E F Mann	17:35
9	9	Timothy Bowen	17:41
13	13	Paul Devine	19:06
21	20	Francis Macdonnell	19:53
32	31	Paul Vivash	20:46
47	45	Rob Cope	21:30
174	132	Mick Mead	28:25

Hastings
296 Ran

Pos	Gen		
25	22	Nicholas Brown	20:59

Hilly Fields
203 Ran

Pos	Gen		
11	11	Gary Sullivan	20:04

Huddinge, Sweden
36 Ran

Pos	Gen		
7	7	Ian Lilley	25:39
28	13	Carolina Lilley	32:54

Malling
151 Ran

Pos	Gen		
9	2	Tereza Francova	21:05

Old Deer Park
97 Ran

Pos	Gen		
15	15	Barrie John Nicholls	24:12
51	7	Lindsey Annable	29:05

Orpington
179 Ran

Pos	Gen		
165	105	John O'Byrne	39:43

Peckham Rye
179 Ran

Pos	Gen		
1	1	Andy Bond	16:56
23	3	Emma Ibell	21:24
33	28	Alex Bazin	22:08

South Norwood
111 Ran

Pos	Gen		
1	1	Stephen Davies	17:33
4	4	Alastair Locke	18:38
10	1	Helen Lister	20:07
61	51	Peter Jackson	27:22

Wakefield Thornes
258 Ran

Pos	Gen		
60	9	Claire Barnard	24:36

Western Springs
82 Ran

Pos	Gen		
25	20	Nick Bell	24:44

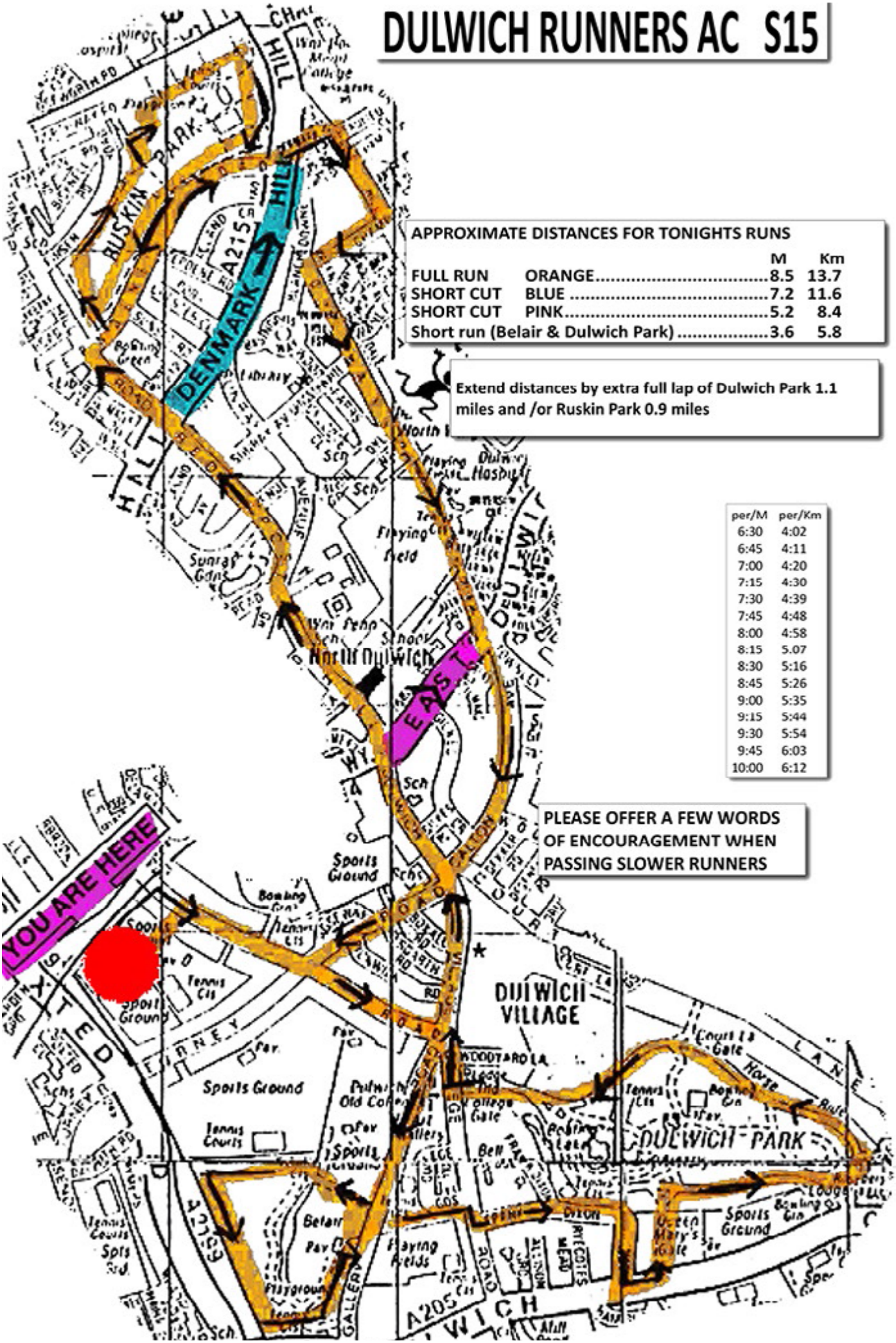
Weymouth
451 Ran

Pos	Gen		
53	4	Michelle Lennon	20:53
273	69	Sharon Erdman	29:05

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 S15



APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	8.5	13.7
SHORT CUT	BLUE	7.2	11.6
SHORT CUT	PINK	5.2	8.4
Short run (Belair & Dulwich Park)		3.6	5.8

Extend distances by extra full lap of Dulwich Park 1.1 miles and /or Ruskin Park 0.9 miles

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

PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT WHEN PASSING SLOWER RUNNERS