DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
September 6th 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 6 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Thu 7 Assembly League - Beckenham,
Foxgrove Rd. BR3 5AS - 7.15 start.
The last race in the series this year. - Free to enter !
Open to all club members all standards and abilities.
Just turn up , wear your club vest and run !...

Tue 12 **Hill Session** - Opposite Sydenham Hill Station
7:15 for 7:30 start - no fee
NOTE: see below.

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Cross country information - ***Important make sure to read***
4 Fixture list, club champs, road, XC, etc
5 Race reports & results etc...
6 Parkrun results
7 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

12, 19 & 26th September sessions will be on the hill opposite Sydenham Hill station and there is no fee to pay.
7:15 for 7:30 start - see page 3 for location
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 Lucy Clapp, Hugh Balfour and Roberta Gaulandi 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

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

LUCKY VEST

tonight in the clubhouse -
Wear your Dulwich Runners vest or t-shirt 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 ros.tabor49@gmail.com

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 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.

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

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

Location for hill sessions 12, 19 & 26th September
Hill path opposite Sydenham Hill Station on College Road

The cross country season starts in October with races taking place on most Saturdays until mid February.
Here is some key information for the benefit of both newly joined members and regulars.

Surrey League
We compete in the Surrey League and this is the club's main priority. There are 4 fixtures during the season starting on 14 October with the women at Reigate Priory Park and the men at Wimbledon Common. Further details on times, location etc. will be posted by your captains nearer the time.
Details on other Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible. Our men were relegated to Division 2 last season, but will need to maintain their excellent turnouts and performances to be sure of returning to Division1.

Distance
The men's Surrey League races are around 8km, while the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, ranging from around 8km in the autumn to 12km and over for the men later in the season, but normally not more than 8k for the women.

Scoring
In the Surrey League, the first 5 women for the club and the first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible. But cross country races are not elite and are suitable for runners of all abilities. They are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance, from which you will reap benefits over a wide range of races. The hill sessions on Tuesday nights in September will help, and there are likely to be other hill sessions during the season.

Surrey League entry
For the men's Surrey League there is no need to enter in advance or pay; simply turn up on the day in good time to register and warm up (though your captain will find it helpful to know your availability in advance in order to help with the online declarations). For the women's Surrey League, runners have to be entered in advance. The women's captains will contact everyone for availability. It is free for all runners.

Other Races
In addition to the Surrey League there are a number of other cross country races, almost all of which take place on Saturdays. For those who are keen, it is possible to find a race on most Saturdays during the season. Races include the county champs (including Masters), London champs, 2 South of Thames races, South of England and National champs, which take place at Parliament Hill Fields in February. There are also a number of other races for Masters. See the fixture list in Shorts for details.

Cross country champs
Once again, we will be holding a cross country champs. Details are yet to be finalized but are likely to include the 4 Surrey League events, the South of Thames 5 miles and the National champs, with 4 events to qualify including 3 Surrey League races.

Entry for other races
For virtually all races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email, requesting those interested in participating to put their names forward in advance of a deadline, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear
You can often get away with road or trail shoes in early season races, but as the ground becomes heavier, cross country spikes or fell shoes become necessary.

Contacts
For further information please contact your captains at:
dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk

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	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**
	13	Surrey League 3	women	Wimbledon Common	
	20	Vets AC Champs		Wimbledon Common	**tbc**
	27	South of England Champs			**tbc**
Feb	10	Surrey League 4	men	Lloyd Park	
	10	Surrey League 4	women	Richmond Park	
	24	National Champs		Parliament Hill	
Mar	17	BMAF Champs		Forres, Scotland	

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

This is the final race of this summer's Assembly League series. The turnout for the last race at Victoria Park was disappointing even allowing for those away on holiday, so let's put this behind us and show we mean business by turning up in numbers at Beckenham on 7 September, and note the earlier start time of 7.15pm

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.

Quebec Marathon

Sunday 27th August 2017

A well organised, yet nothing to write home about expo near our hotel on the edge of Old Quebec. Leann got the urge for a late entry for the 10k; the $90 entry quickly quashed that. The only thing I really wanted to confirm was the shuttle pick up location at some ungodly hour on race morning.

As is pretty popular for medium city-sized marathons, they quell their numbers with additional race distances. I was told up to 10,000 runners over the weekend taking part in the marathon, half, 10k, 5k, even a kids' 2k. They'll be offering track distances next!

So after the 4:30 alarm and successful pick up, we were off to Levis, the south side of the St Lawrence river. Chilly morning of about 10C but clear blue skies might have seemed ideal until it heated up to north of 20C in the second half. I was under no illusion that setting off with the 3:15 pacer was never going to end well. My training hampered with a calf injury from mid July, and only managing a half marathon distance run the previous weekend.

My plan was simply to run within myself, and not aggravate anything. I knew fitness would be my downfall. And sure enough, ran out of gas in the final third.

The race itself was pretty. After a wide road start, everyone finding their positions, we were shortly onto a cycle path down towards the river edge. It was not much more than 3m wide but with only 1000 runners, there wasn't too much jostling. This path continued for about 10km along the river, passing some pretty impressive houses. We moved away from the water briefly along a lovely tree lined neighbourhood (more impressive houses) and up the main climb of the race.

The climb was to take us up to the old iron bridge over the St Lawrence. 28km. Tiredness set in. I did my best to keep trotting but inevitably the recovery walks at the water stations were appreciated. The run into Quebec City was also gorgeous; now with the water on the right and manicured park to run through.

Other than at the water stations (every 2km) there was limited yet enthusiastic crowd support, until the last 3km and getting into the city. The finish was a great human chute by the old market alongside the docks. I had to put my foot down in the last 750m to break 3:30 - so tank not completely empty. Good. Some decent miles, no injury flare and fired up for Oslo next month. Maybe I'll run the full distance!

Along way to go for a marathon is Quebec. And not necessarily one that high on a marathoner's bucket list; the medal is literally plain. Except for me it was my "Q" marathon. ***Toby de Belder***

185 Toby de Belder 3:29:56
1042 finishers

Baby Mace - race report

The training to get baby fit had gone as well as expected with some running up until 30 weeks, from then on swimming really was the most comfortable exercise. At 37 weeks a forced taper began as I sprained my ankle whilst kite flying with our 3 year old. The combination of an extra 15kg and the hormone relaxin in my joints was the perfect storm for a second degree sprain. Disappointingly this was the day before we were supposed to go to the World Champs to see Mo in the 10,000m, so leg elevated on the sofa became my new seat.

Convinced that this baby was going to keep us waiting I kept up swimming – terrifying Teresa by doing lengths at the pool in Crystal Palace at 40+ weeks. Turns out a long swim and dinner out is the perfect big event preparation as later that night it began.

On Saturday 26th August I had a race day breakfast of porridge, honey and raisins. After a couple of calls with the midwife home birth team and was appointed Jamie – one of the few male midwives in Lewisham. He would come to the house when my splits (contractions) were 3 in 10 (3 every 10 mins) and yes I did use my Garmin to time them. It was a far faster labour than with our first – more of a half than a full marathon. An hour after the midwife arrived at 1057 baby Anwen Eileen Mace (7lbs 3) was born in the birth pool in our kitchen. All the swimming had clearly paid off.

We were able to have a recovery lunch at home before our eldest returned with granny.
I'm looking forward to getting back to Tuesday nights and feeding Anwen up so she can wear her baby clothes kindly bought by you all at the club.

Elkie Mace

Southern Vets League Final Ashford

3 September

In my last track meeting of the season, I competed in the 1500m and was drafted in to run the 400m. My 1500m in which I narrowly secured third M60 place was comparable to earlier efforts this season, but my 400m just over 30 minutes later was some 3 seconds down on previous races. With depleted numbers,I was one of a number of HHH middle distance runners brought in to compete against long sprint specialists and although it worked out ok in the qualifying matches, I was out of my depth in the final, finishing some 12 seconds behind the leading bunch and switching off in the home straight. ***Mike Mann***

1500m 5:33.23
400m 80.14

Seven Oak 7 mile

28th August 2017

Again returning to traditional races, I thought I would try this one after a few years absence. This tough event used to be a popular with Dulwich Runners and was at least on one occasion a club championship event. I recall that back in the day that the challenge for me was an aim to get around in just over 7 minute mile pace. However, a few years on and I thought around the hour was a sensible target . I had forgotten how hilly this event was and due to my well documented achillies , calf and hamstring problems I cannot cope with hills. It was also even at 10.30am very hot. so that's all my excuses lined up!

107 Colin- I don't like hills- Frith 63.27
219 finishers
Winning time 41.12 ; First Female 46.40

Kent AC Ladywell 10000

3 September 2017

A new event from Kent AC, the Ladywell 10000, was not lucky with the weather but the beer, cake and plenty of support and good atmosphere on offer more than made up for that. Six 10000m track races might not sound like a riveting day out but Kent managed to make something of it – as Highgate have with their successful Night of the 10000 PB's – and the runners in the final race provided some showstopping times to top it off.

My time in the penultimate race was not quite what I would have hoped for when I first entered but I was happy enough after a slow return to fitness from injury. I knew I wouldn't keep up with the pacemaker (5k in 16:10) so the plan was to try and hang on at the back and run 80 second laps until I couldn't; I found good company for the first 5k but couldn't hack a slightly faster pace then put on by Kent's Che Compton which meant a lonely (and slower) second half. A quick last couple of laps brought me in for a track PB if not an overall 10k PB. Thanks to all for their support on the night.

Race 5
14 Tim Bowen 33:26.88

parkrun September 2nd

Amager Strandpark
46 ran

Pos	Gen		
20	19	Nicholas Brown	24:12

Banstead Woods
217 ran

Pos	Gen		
7	7	Tony Tuohy	19:19

Beckenham Place
169 ran

Pos	Gen		
11	1	Lucy Elms	19:55
86	74	Peter Jackson	26:14

Bexley
398 ran

Pos	Gen		
12	12	Michael Fullilove	20:18

Brockwell
329 ran

Pos	Gen		
58	2	Lucy Clapp	22:09
69	6	Lucy Pickering	22:26
136	25	Claire Barnard	24:46
199	48	Natalie Davys	26:57
236	62	Sharon Erdman	28:06

Cannon Hill
633 ran

Pos	Gen		
97	6	Susan Cooper	22:11

Crystal Palace
272 ran

Pos	Gen		
5	5	Tom Wilson	19:32
6	6	Justin Siderfin	19:36
20	20	Hugh Balfour	21:34
23	2	Belinda Cottrill	21:42
28	3	Ola Balme	22:05
38	35	Andy Cottrill	22:38
48	4	Yvette Dore	22:47
70	64	Michael Dodds	23:23
76	8	Joanne Shelton Pereda	23:43
100	14	Clare Wyngard	25:00
139	27	Claire Steward	26:50
270	96	Penelope d'Arcy Graham	49:14

Dulwich
340 ran

Pos	Gen		
25	24	Francis Macdonnell	19:34
38	4	Ellie Balfe	20:05
71	66	Graham Laylee	21:40
104	97	Edward Lockhart	22:58
115	108	Simon Harding	23:16
132	122	Mark Muffett	23:52
228	182	Mick Mead	27:55

Lymington Woodside
116 ran

Pos	Gen		
12	2	Katie Styles	22:01

Hilly Fields
291 ran

Pos	Gen		
14	14	Gary Sullivan	19:52
19	19	Stephen Smythe	20:32

Moors Valley
356 ran

Pos	Gen		
1	1	Andy Bond	17:07

Old Deer Park
152 ran

Pos	Gen		
67	12	Lindsey Annable	26:57

Orpington
177 ran

Pos	Gen		
32	27	Colin Frith	23:59

Peckham Rye
239 ran

Pos	Gen		
6	6	Mark Callaghan	18:56
7	7	Charles Lound	19:03
8	8	Tom Tabori	19:04
21	21	Ebe Prill	20:24
25	1	Michelle Lennon	20:38
40	36	Alistair Clarke	22:11
46	42	Oliver Bottle	22:30

Riddlesdown
207 ran

Pos	Gen		
41	4	Ange Norris	23:57

South Norwood
103 ran

Pos	Gen		
24	3	Laura Vincent	23:39

Southwark
324 ran

Pos	Gen		
177	44	Kaylee Coxall	26:31
308	182	Chris Vernon	39:07
311	128	Susan Vernon	39:55

Tooting Common
560 ran

Pos	Gen		
1	1	Stephen Davies	17:36

Valentines
228 ran

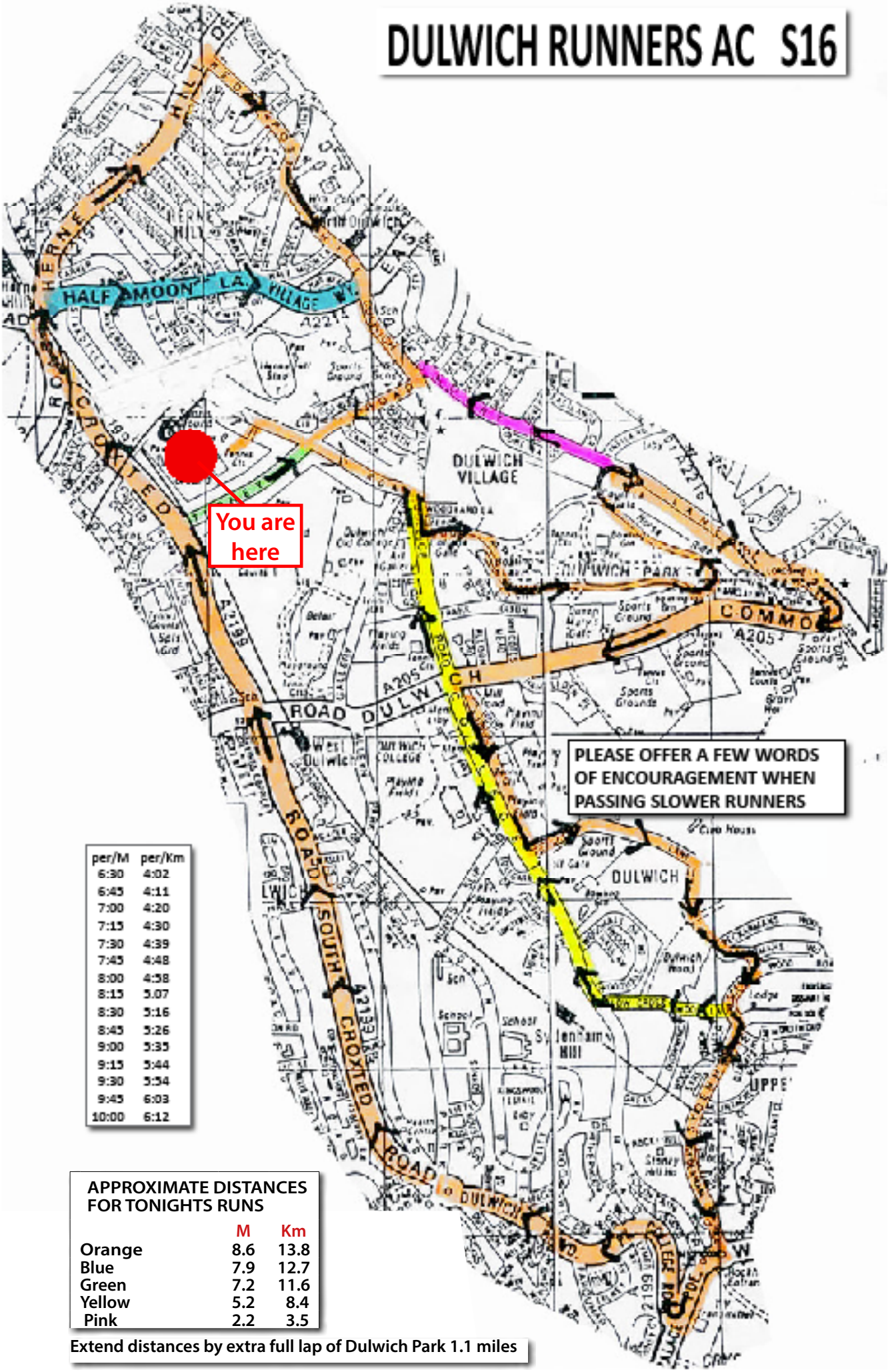
Pos	Gen		
24	1	Ros Tabor	22:38
25	24	Andy Murray	22:44

York
525 ran

Pos	Gen		
56	53	Rob Cope	20:45

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 S16



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
Orange	8.6	13.8
Blue	7.9	12.7
Green	7.2	11.6
Yellow	5.2	8.4
Pink	2.2	3.5

Extend distances by extra full lap of Dulwich Park 1.1 miles