DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
August 16th 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 16 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 22 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
3 Fixture list, club champs, road, XC, etc
4 IAAF report
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.

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

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

Sep 7 Assembly League - Beckenham (tbc)

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

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.
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

Andy Murray	**16/8**
Barrie John Nicholls	23/8
Claire Steward	30/8
Ebe Prill	06/9

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.

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

I've entered a team into the Ragnar White Cliffs Relay

https://www.runragnar.uk/event-detail/relay/whitecliffs
on the 23rd and 24th September.
It's a 10 person 170 mile relay that I've run before in the US and it's a great event. We're still looking for two more team members to run around 20 miles each (spread across three legs).
Please email me on abazin@iee.org if you're interested.
Alex Bazin

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	
Aug	16	Cambridge Harriers Open/BMC		Eltham	
	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		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 £rd 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

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)

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.

IAAF World Championships London

August 10

I have been to every World Athletics Championships since Athens in 1997 as a writer/reporter though my first major athletics championships as spectator was the 1977 World Cup in Dusseldorf and the 1978 European Championships in Prague. I do feel lucky now being able to get a good seat and not have to pay for it. For the London Olympics I did have to pay (a fortune) and go back to being a spectator as media places were limited but there was no problem in getting accreditation for London 2017 and it was a great championships, enhanced by capacity crowds that were enthusiastic, knowledgeable and fair (apart from booing one person).
Since 2001 in Edmonton Canada, one constant at the Championships has been the Media 800m race.

Each time I've got slower - mostly because of age but also seemingly have been less able to do training and have had summer niggles. Edmonton 2001 2:15.11; 2Paris 003: 2:15.81; Helsinki 2005: 2:27.0; Osaka 2007: 2:29?; Berlin 2009: 2:30?; Daegu 2011: 2:35?; Moscow 2013: 2:40.27; Beijing 2015: 2:44.20, I'm guessing on the 2007-2011 times at moment because they aren't on my Power of Ten profile.

This year having not been able to run since my calf went again at the VPH Assembly League, I didn't enter for the first time in 16 years but then a few days before I saw something about being able to be put on a reserve list for the 17 heats and I thought I could always jog around in 3:30 and at least race on the Olympic track. if I got the chance On the day before I got the less than great news they had found a spot and a few hours before the race I had to go to Central London for a special presentation with Seb Coe for those international journalists who had been to more than 10 World Championships. It was tempting to stay as they had a special chef brought in for the dinner but they were late and had to choose between eating and running so I left as soon as I got my certificate. The heats weren't seeded and I was the 14th heat and some heats were worryingly quick with 1:55 wins and a 3:30 would have been last in many. I couldn't risk more than 50m warm-up in case it went before as I at least I wanted to start it.

We get the cameras and introductions just like proper runners with the usual stadium announcers and I vaguely heard something about my marathons and having been at lots of world championships. As the gun went, it was a relief to see a few were slower, and I found I could run nearer 6-minute mile though I could feel I wasn't running properly. At 200m, I was bang on 45 seconds and thought I could try to hold the pace though was finding it hard work with the slight limp and expected it twang as it did in Victoria Park. At 600m I had dropped off the pace a bit and I made an attempt to pick up in the last 200 and did and could feel the calf tightening but thought I had the target time but missed it by 0.34 seconds.
ht 14: 7th/10: 3:00.34.

The calf was worse after, but not as bad as a few weeks earlier but I couldn't properly run again for another 5 days. There was a nice surprise a few days later in seeing the result - not the time which is a pace quite a bit slower than a few of my marathons - but my name appeared twice on the prize list and I won a bag for being second in my age group and a huge IAAF centenary history book for a kit award as the IAAF had picked up my old Puma vest as being different to most of the others wearing t-shirts.
I had not come close to winning any awards in the previous races but did when I did a huge PW.
At the moment not sure I will be in Doha 2019 but If I am, I will probably try and run and try and get there fit.

Steve Smythe

Blackheath & Bromley Open

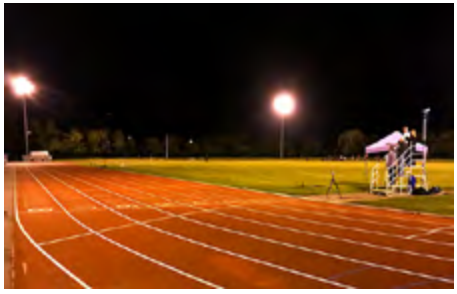
14 August

A few of us were at the Blackheath and Bromley Harriers Open on Monday for what proved to be a fun and busy session of Athletics for all ages.

The organisers said that it was one of the biggest pre-registered attendances in years and the schedule took a beating as endless 100m and 200m dashes took their toll on the schedule. There were some seriously quick athletes with a 10.91 100m noted early on. Moving on to the longer distances Lucy Elms and I both took part in the 800m.
Lucy's race (Heat 3) was very tactical with a slow first 400m affecting everyone's time. People had obviously watching the World Athletics too closely.

I didn't have an official 800m time since school sports day back in the Britpop era so I wrongly corrected the organisers prediction of my race time and was put in a slower race than I should have been in! I set out on what proved to be a solo time trial of 69s and 71s laps for a time of 2:20 all awhile thinking surely someone would come thundering past on the last 100m!

As the organisers and to be honest everyone wanted to go home at 21:43 the mile was a 21 runner free for all. The crowd kept the pace down to an 80s first lap and a combination of tiredness and being overtaken by a runner who decided that they then wanted to slow down limited me to a time just outside my SOAR PB. Mike, Ellie and Lucy Clapp also kept the Dulwich Flag flying with times around the 6 minute mark.



Tony Tuohy was there cheering us on but I don't think he did any races.

Jonathan Whittaker

Heat 3 - 800m

12 Lucy Elms	2.27.63

Heat 4 - 800m

1 Jonathan Whittaker	2.20.03

Mile

9 Jonathan Whittaker	5.10.46
18 Eleanor Simmons	6.01.09
20 Lucy Clapp	6.16.83

BBC Regents Park 10km

1st August 2017

This biannual event used to see a large contingent of Dulwich Runners but numbers were reduced to three for this year's summer billing. Steve W made a welcome appearance up in the big smoke as he was honoured with race number 1, having been instrumental in setting up the event. The other members of the team were Barrie and Paul.

This event has been held since 1984 and is in fact the one of the oldest races in the park. It follows a 3-lap course as per the club championship race earlier in the year. The weather for the race is often unpredictable with previous showings having seen rain of biblical proportions to stifling heat. This edition enjoyed reasonably temperate conditions and the rain for once held off.

Barrie lead in the team with a good effort just outside 50 minutes. Paul was extremely pleased to run his fastest 10km for a while of around 55 minutes. Steve was beyond the hour but enjoyed the event nonetheless. The race was won in a time of 36:40.

As tradition would have it many participants including team DR adjourned to a local hostelry to sample a few beverages before the evening was out. By all accounts a good evening was had by all.

Lindsey Annable

Barrie John Nicholls	50:22
Paul Hilton	55:21
Steve Wehrle	64:10

parkrun

August 12th

Abingdon
327 ran

Pos	Gen		
10	10	Jonathan Whittaker	19:20

Bexley
379 ran

Pos	Gen		
9	9	Michael Fullilove	20:34

Bromley
466 ran

Pos	Gen		
274	201	Chris Goodman	29:00

Burgess
384 ran

Pos	Gen		
154	135	Andrew Hollister	23:47
189	31	Tess Le	25:05
222	182	Paul Keating	26:19
224	42	Claire Steward	26:20
375	245	Chris Vernon	40:05

Beckenham Place
153 ran

Pos	Gen		
24	24	Michael Mann	22:12
76	68	Peter Jackson	27:04

Clair
141 ran

Pos	Gen		
33	2	Eleanor Simmons	23:58

Crosby
119 ran

Pos	Gen		
13	1	Ange Norris	20:28

Crystal Palace
248 ran

Pos	Gen		
1	1	Lewis Laylee	17:49
10	10	Tom Wilson	19:40
19	1	Michelle Lennon	21:13
43	39	Graham Laylee	23:07
56	50	Michael Dodds	23:46
58	52	Andy Cottrill	23:53
61	7	Clare Wyngard	23:57
63	56	Ian Sesnan	24:00
71	64	Bob Bell	24:17
114	23	Joanne Shelton Pereda	26:10
162	124	Barry Graham	28:46
207	144	Patrick O'connor	32:08

Dulwich
314 ran

Pos	Gen		
3	3	Edward Chuck	16:55
8	8	Timothy Bowen	17:51
38	38	Francis Macdonnell	20:12
69	4	Lucy Clapp	22:01
95	88	Mark Muffett	23:17
247	177	Paul Devine	30:27
271	189	Ajay Khandelwal	32:28

Hastings
210 ran

Pos	Gen		
23	21	Nicholas Brown	21:46

Hilly Fields
249 ran

Pos	Gen		
16	16	Gary Sullivan	20:22

Hull
446 ran

Pos	Gen		
69	65	Paul Hodge	22:45

Malling
206 ran

Pos	Gen		
7	1	Tereza Francova	20:59

Mile End
415 ran

Pos	Gen		
107	18	Ros Tabor	22:16
122	101	Andy Murray	22:44

Orpington
141 ran

Pos	Gen		
26	21	Colin Frith	24:28

Peckham Rye
215 ran

Pos	Gen		
14	2	Helen Lister	20:07
74	16	Clare Cummings	23:16
94	21	Claire Barnard	24:19
106	82	Thomas Macey-Dare	24:46
129	35	Emily Warburton-Brown	26:15

Richmond
402 ran

Pos	Gen		
96	89	Barrie John Nicholls	23:55

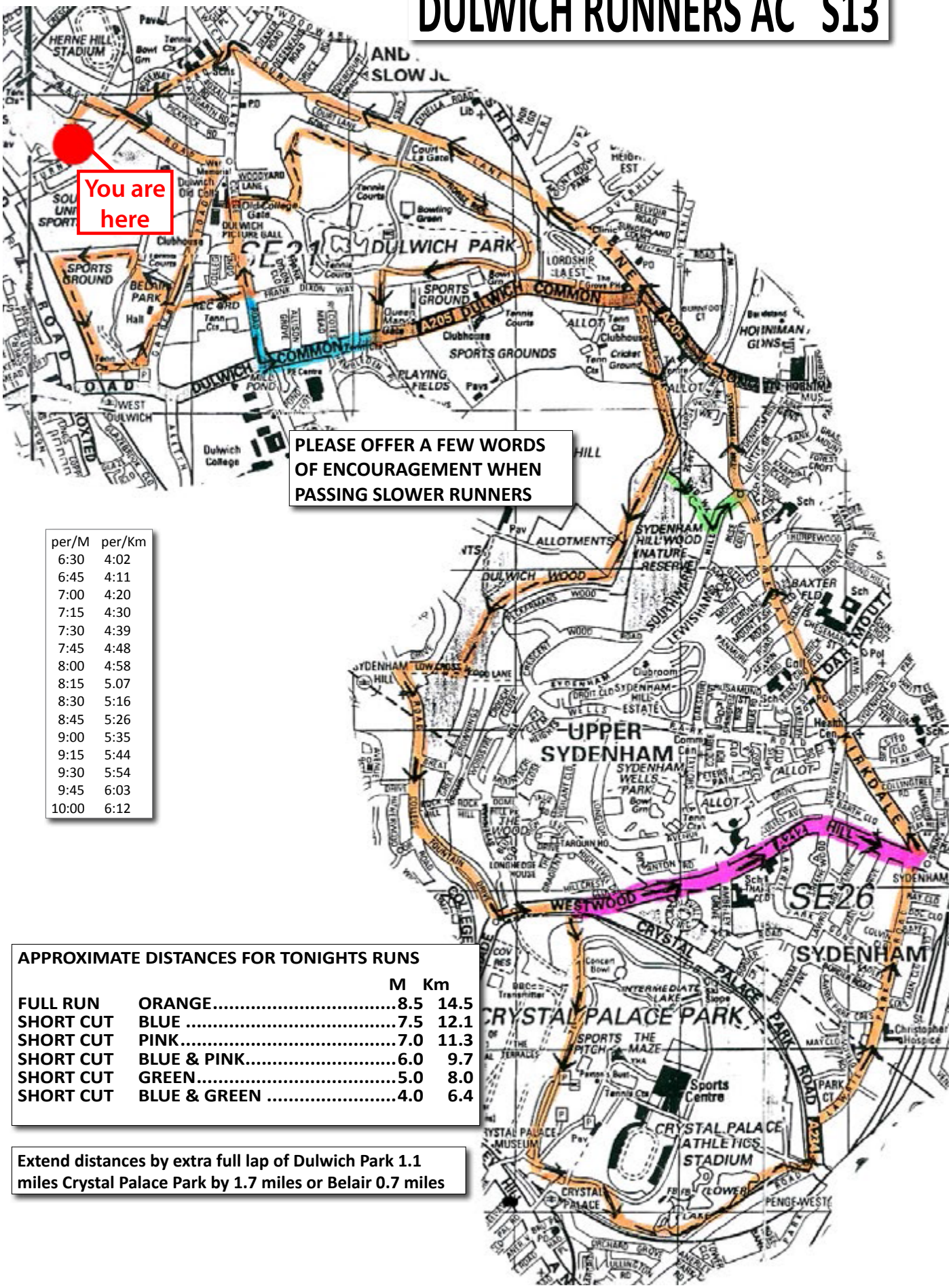
South Manchester
284 ran

Pos	Gen		
29	2	Fiona Askew	20:51

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 S13



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	8.5	14.5
SHORT CUT	BLUE	7.5	12.1
SHORT CUT	PINK	7.0	11.3
SHORT CUT	BLUE & PINK	6.0	9.7
SHORT CUT	GREEN	5.0	8.0
SHORT CUT	BLUE & GREEN	4.0	6.4

Extend distances by extra full lap of Dulwich Park 1.1 miles Crystal Palace Park by 1.7 miles or Belair 0.7 miles