SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 20th May 2012

These are your SHORTS, Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

- THE COMING WEEK –

Wed 20 **Dulwich Runners Midsummer 5k - If you wish to help be in Dulwich Park for 7pm-**

There will be no club run tonight

Fri 22 **Club Mile: Mark Hayes Memorial Mile**
Dulwich College Track 7 for 7:15 start

The mile race is named after a former Dulwich Runner, Mark Hayes. His widow and children will be at the race and will present the prizes. Instead of the usual £1 track fee, we ask you to donate what you can, which we will give to Karine, in Mark's memory and we are going to the Alleyn Head afterwards for drinks

Tue 04 **Track Session with Steve Smythe** **see below**
Dulwich College Track 7 for 7:15 start
fee £2 pay to Steve

For previous editions of SHORTS go to:
http://www.dulwichrunners.org.uk/newsletter.html

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

In your *SHORTS* this week !

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4 Race reports etc
4 Southern Vets League

And much more !

DULWICH TRACK SESSIONS

Improve your speed & strength over all distances. Tuesdays with Steve Smythe are suitable for all abilities.

Please start warm-up at 7pm and the session will actually start about 7.15pm on the grass with the last 30 minutes on the track

Cost is provisionally £1 as long as you pay on the night, £2 if don't pay on night. Subject to change if track hire costs aren't covered

LUCKY VEST-

June winner was Tiarnan O'cleirigh.

Don't forget , 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 £5 in the clubhouse that evening.

NEW KIT ***NEW KIT*** ***NEW KIT***

We now have new vests and short sleeved T shirts for men and women. I'll bring them down to the club tonight

Vests £18 - T shirts £20

Ros

---------- *EVENT HORIZON* ---------

A brief look ahead

Jun 22 Club champs 1mile, Dulwich track
Jul 5 Battersea Park Assembly League
Jul 12 Club champs 2mile, Dulwich Park
full fixture list & info page 2

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so don't forget to pay when you sign in. Thanks. - Ros

NEW RUNNERS ROTA

Thanks to **Vicki Fong** for taking out new runners last week. If you are listed to take out new runners, please can you 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. Thanks. – **Ros**

No Club Run – Dulwich 5k – Marshalls Needed 20/06

Jozef Danko	27/06
Mike Dodds	04/07
Mel Edwards	11/07

DULWICH RUNNERS

Midsummer 5k
Dulwich Park
Wed 20th June
7:45pm

There will be no club run this evening so If you can help with marshalling the race it will be greatly appreciated.
You'll need to be at the start for around 7pm
let me know: barry@1bg1.com
Thanks to those that have already volunteered

CLUB FIXTURES 2011/12 - Club Champs , XCountry, etc.

Date			Event		Venue
Jun	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	5	Battersea Park Assembly League		Battersea Park start 7:30
	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k	S	Elmbridge
Aug	Thu	2	Dulwich Pk Assembly League		Dulwich Park start 7:30
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
	Thu	6	Beckenham Assembly League		Beckenham start 7:15
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

2012 Club Champs races in red S=Short L=Long

Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

MEN'S SURREY LEAGUE CROSS COUNTRY 2012/13

Dates and provisional venues have been agreed for next season's Surrey League cross country. These are:

20 October, Lightwater
10 November, Roundshaw Down
12 January, Cranford
9 February, Wimbledon Common

Mike

WOMEN'S SURREY LEAGUE CROSS COUNTRY 2012/13

Dates and venues have been confirmed for the women's fixtures as:

20 October, Roehampton Vale
1 December, Epsom Downs
12 January, Mitcham Common
9 February, Denbie's Vineyard

All fixtures will start at 12 noon with the exception of the Epsom Downs match, which will start later (time TBC)

Mel & Sue

Mark Hayes Memorial Mile – Club Championships, Friday June 22

Please put the date in your diary and support the event. Everyone is welcome. Mark was a former club championships mile winner who a few years ago sadly passed away far too early and his wife Kareen and his children will be in attendance to give out the medals and trophies.

This year's race has moved to a Friday but the distance remains at a mile and it's the same Dulwich College venue and hopefully the usual good weather and great atmosphere. Traditionally the event attracts over 50 club members of various abilities and there is usually 4 of 5 races split by time or age group,ie: those running four minutes something won't be in the same race as those running 7, 8 or 9 minutes.

We also will have the traditional children's race (probably 600m).

If you intend racing, please inform stevesmythe2006@yahoo.com so we can work out prospective numbers and races and who will go in what race. Ideally also provide a rough time. If you subsequently can't do it, please let him know

DULWICH RUNNERS 2012 CLUB CHAMPS

See fixture list for races and dates etc.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events.

After the one and two mile races we have the Elmbridge 10k on 22 July. The race has a limit of 700 entrants and nearly 300 have already gone, so get in your entries soon! - ***Mike Mann***

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.

Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.

Just give me your name by 7:10

Don't just sit there salivating…join in ! - **Ros**

POST CLUB CHAMPS SOCIALS

As an added incentive to participate in club championship races, post race refreshments are taking place after two of the summer races.

Following the Mark Hayes mile club champs at Dulwich College Track on 22 June, we are planning to adjourn to the Alleyns Head pub nearby, and after the Dry Hill 10 in Lingfield on 2 September a pub lunch is being organised (look out for further details of this nearer the time). ***Mike Mann***

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked below with *) are also designated as the county championship race for that distance.

Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:

Kent: http://www.kcaa.org.uk/road%20races.htm

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

At the time of writing there are still places available for the Harvel 5 and Dorking 10

Kent Grand Prix and Championship Races

15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

13 May	Sutton 10km
10 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
11 August	Wimbledon 5km *

FRIDAY Track Sessions
Dulwich College Track
7pm for 7:15 Start

Please remember this is aimed at all levels so that whatever your current pace is this will help you to improve and gain those PB's we all love

No previous track experience required just a desire to improve your running. Changing and toilet facilities available. Approximately 1 hour duration with focus on improving **your** speed and technique. £2 track fee on the day.

This is the ideal time to start track work if you have done a spring Marthon and looking at 10K's etc

Martin Morley

Ola Balme
Sports & Therapeutic Massage

For muscle strain, sporting injury treatment and prevention.

What could you benefit from?

- Deep Tissue Massage
- **Massage to alleviate muscle fatigue**
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- ***Maintaining your fitness and well-being***

Ola is an experienced Sports Massage Therapist and club runner.

For inquiries or to book an appointment, please call

020 8678 7205

0750 655 4004

ola.balme@btinternet.com

ASSEMBLY LEAGUE:

The Assembly League is an informal series of races, open to all club members in which we compete against other local clubs.

Each race is around 5k. You don't need to register or pay to run, just turn up.

Next race is at Battersea Park on 5th July at 7:30pm. Details to follow.

5 Jul	Battersea Park	7:30
2 Aug	Dulwich Park	7:30
6 Sep	Beckenham Sports Club	7:15

Charlie Lound

Race Reports & Results

parkrun 5km Results for June 16th

Banstead
2 Tony Tuohy 17:49
210 ran

Bromley
Another PB for Mike Fullilove
12 Mike Fullilove 19:01 (PB)
56 Martin Morley 21:56
273 ran

Brockwell
A win for Nicola.
19 Mark Foster 21:30
21 Andy Murray 21:36
22 Nicola Richmond 1W 22:07
56 Ros Tabor 11W 25:07
90 Michelle Lennon 32W 27:55
146 ran

Crystal Palace
Another win for Ola.
12 Ola Balme 1W 20:53
21 Bob Bell 22:29
31 Jozef Danko 23:58
40 Jane Harbage 7W 24:54
48 Clare Osborne 10W 25:57
54 Ameet Patel 26:27
93 ran

Dulwich
10 Mike Mann 19:41
14 Rob Cope 20:25
20 Ajay Khandelwal 21:32
30 Mike Dodds 22:07
31 Graham Laylee 22:35
2W/33 Clare Wyngard 22:45
34 Paul Hodge 22:46
48 Mick Mead 25:46
77 Susan Vernon 23W 32:06
82 ran

Staplehurst 10K - 2012 results Sunday 17th June 2012
13 Michael Fullilove 39:41
32 Joseph Brady 42:54
70 Martin Morley 47:09

Sri Chinmoy 5K, June 18
9 Tony Tuohy 16:44
19 Shona McIntosh 2W 17:34 (PB)

Kent School Track Championships, Year 7 800m final, Ashford, Kent
In gusty conditions, there seemed little need for brass and wind section playing "Ghostbusters" trackside. Timing the final push for the line was key, such was the strong headwind in the final straight.
4 Oscar Hussey 2.39.2
8 ran

Southern Vets League, Bromley, June 15
Clare didn't win the 200m but took the 1500m comfortably allowing Andrea to lead over the first half. Andrea was running for rivals Blackheath rather than Cambridge who she used to run for on the track and the club that Clare and Ros run for. Andrea ran her best time this year. Ros won the W50 1500 easily.

Nicola Richmond made a good track league debut. She did well in the 200m and 1500m, setting a PB, and then combined with Clare to be part of the winning 4x400 team as Cambridge narrowly won the match. Steve Smythe ran his fastest1500m of the year but pulled a hamstring in the last 50 metres.

W35: 200m:
3 Clare Elms 30.4
W35 1500m:
1 Clare Elms (Camb H 5:11.1
2 Andrea Pickup (B&B) 5:19.2
W50 1500m: 1 Ros Tabor (Camb H 6:11.8
4x400 1st Camb H (Nicola third leg, Clare last leg) 4:40.6
1ns M50 Steve Smythe 5:00.5
1 ns 200 Nicola Richmond 34.0
1 ns 1500: Nicola Richmond 5:32.

McCain Young athletes League, Walthamstow, Sunday June 17
Making his full league debut, Alex Elms had his best run to date. Up against London Schools cross-country champion Noah Armitage Hookes, he followed his Cambridge Harriers clubmate who started very fast. The pace slightly slowed at 800m and then his rival tried accelerating on the last lap.

Alex tracked him and kicked past 80m out to win by two seconds and take 10 seconds off his PB. Alex's time in breezy conditions, puts him, in the top 10 British Under 13s and makes him the fastest 11 year-old in the country but within two seconds of the fastest.

1 Alex Elms 4:41.40 (tbc)

London Schools Championships, Mile End, Tuesday, June 19

Representing Southwark and with again Armitage Hookes as a team-mate, this was a more competitive race than the League with a much bigger field. His team-mate, who had been well clear of Alex at the Southwark championships, was under orders not to do all the work like Sunday and try different tactics and try and add the London track title to his cross-country one .

He followed Alex who took it easy on the first half and then briefly went ahead as the early front-runners slowed. 600m out Armitage Hookes made a furious burst. Alex was able to cover it and kick past down the straight and despite the slow early pace, the time was still around 4:45 and was a new championship record as he won his first London title in style.

1 Alex Elms 4:45 (tbc)

Vets AC 5 Mile Champs,. Battersea, June 19

Tony Tuohy won in 28.18 though he mistakenly stopped for 20 seconds or so having done only 2 laps of Battersea Park before someone pointed out he had another lap to do!

Watford Open, June 13

1500m: 6th Debbie Niccol 4:26.04 (PB)

Last Minute Calling playing Friday 29th June at the William IV, 116 Croydon Road, Elmers End, Beckenham BR3 4DF. Local pub, free entry!
http://www.randompubfinder.com/pubmap.php?Name=William_IV,_116_Croydon_Rd,_Elmers_End,_Beckenham&Pub=725
No, I've never heard of them either, and I'm playing for them. That's because they didn't exist until five minutes ago – I got a call to help out playing for a scratch band as the pub needed someone for the above date at short notice. The guitarist and bass chaps are working out a set that includes some of the usual pub-rock as well as tracks by Kings of Leon, Scissor Sisters, The Police, Nickelback, etc. – so I'd better learn some.

Exciting, edge-of-your-seat, totally unrehearsed live music guaranteed – what could go wrong? To find out, come and see!

Tony 'Thundersticks' Tuohy.

10K Running Study

My name is Lars Guren and I am an MSc student at the University of Roehampton.

The reason I am sending you this email is because I need participants for my dissertation. Many studies have investigated the effect of carbohydrate ingestion on running performance, and found a positive effect, however, recently some studies have indicated that merely rinsing the mouth with a carbohydrate solution may also have a performance benefit.

Therefor, I aim to investigate the effect of rinsing a number of carbohydrate solutions in the mouth on 10 k running performance. The project will specifically investigate the effect of carbohydrate content in the drinks that is being rinsed. The reason for sending you this email, is that I need participants for this study, and would really appreciate if some of your members would be interested in participating in the study.

The following requirements needs to be fulfilled to enter this study:

- You need to be a male between 18 and 50 years old
- You need to have at least 2 days with endurance training a week
- You need to have been running on a regular basis the last 2 years
- You haven't had any serious injuries the last year
- You do not have any serious health problems

Excluding criteria:
You will be required to complete a heath-screening questionnaire prior to
testing. If you have any underlying health issues, you will not be eligible
for this study.
If you participate in this study you will:

- Get a free VO2max test
- Get a chance to get nutritional advice

If you say yes to participate in this study, you will have to attend 4
sessions in the laboratory at University of Roehampton. The first session
will last for approximately 4 ½ hours, and the other sessions will last for
approximately 3 hours.

If you have any questions or want to participate, please do not hesitate to contact me on gurenl@roehampton.ac.uk

Thank you!

Kind regards -
Lars Guren Email; gurenl@roehampton.ac.uk
Telephone; 07765557615

University of Roehampton
MSc Sport & Exercise Physiology