SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 5th September 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 05 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Thu 06 **Assembly League, Beckenham 7:15 start 7:15**
http://goo.gl/maps/OKv5y **details**

Tue 11 **Track sessions with Steve Smythe**
Ladywell track see below
Start 7pm, fee £2:40(tbc) pay at reception on entry

Past issues of SHORTS can be found at:
http://www.dulwichrunners.org.uk/newsletter.html

In your *SHORTS* this week !

2 Fixture List
2 Reigate mob match cancelled
3 Cross Country Fixtures & DR social events
6 Race reports etc
9 Wednesday night running map

And much more !

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

A brief look ahead

Sep 06 Beckenham Assembly League
Sep 15 Reigate Mob Match **cancelled**
Sep 20 Cross country league starts, details
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 please don't forget to pay when you sign in. Thanks. - Ros

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.

NEW RUNNERS ROTA

Thanks to all those that took 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**

Chris Loizou	**05/09**
Graham Laylee	12/09
Charlie Lound	19/09
Mike Mann	26/09

DULWICH TRACK SESSIONS

The session at Dulwich on Tuesday August 28 was the last at Dulwich this summer.
On Tuesday September 11 we return to Ladywell track starting at 7pm
http://goo.gl/maps/92zNw
Improve your speed & strength over all distances. Tuesdays with Steve Smythe are suitable for all abilities.

Wednesday Running Maps

On page 9 in SHORTS you will find a copy of the map for this weeks runs.
Although there will still be some available at the clubhouse , it would help if you can print your own copy 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 them in the clubhouse.

LUCKY VEST – 5th September

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 the £5 cash prize 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. - Vests £18 - T shirts £20
Waterproof Jackets £25
Available most Wednesdays at the club – Ros

CLUB FIXTURES 2012/13

Date			Event			Venue
Sep	Thu	6	Beckenham Assembly League http://goo.gl/maps/OKv5y			Beckenham start 7:15
Oct	Sat	20	Lightwater XC	start 3pm	M	Lightwater
	Sat	20	Roehampton Vale XC	start 12noon	W	Roehampton Vale
Nov	Sat	10	Roundshaw Down XC	start 3pm	M	Croydon
	Sun	18	Epsom 10		L	Epsom
Dec	Sat	1	Nonsuch Park XC	start TBC	W	Sutton
Jan	Sat	12	Cranford XC	start 2:30pm	M	Cranford
	Sat	12	Mitcham Common XC	start 12noon	W	Mitcham Common
Feb	Sat	9	Wimbledon Common XC	start 3pm	M	Wimbledon Common
	Sat	9	Denbies Vineyard XC	start 12noon	W	Dorking

2012 Club Champs races in red S=Short L=Long
2012/13 Surrey League Cross Country M= Men W=Women
The men's Cross Country races start at 3pm, apart from the January race which starts at 2.30pm and the womens fixtures usually start at 12 noon with the exception of the womens Epsom Downs match, (time TBC)
XC Captains: Men - Mike Mann mcmann90@yahoo.co.uk Women: Mel Edwards & Sue Cooper dulwich.womenscaptain@yahoo.co.uk

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

DULWICH RUNNERS
2012 CLUB CHAMPS

See fixture list for remaining races and dates etc.
There 1 event left of the 8.
To qualify it will be necessary to have completed a minimum of five events.
Nov 18 the Epsom 10 - ***Mike Mann***

REIGATE MOB MATCH - cancelled

Unfortunately it has not been possible to schedule our traditional cross country mob match at Reigate Priory this year because of conflicting events in the race calendar. We hope to arrange the fixture next year, but if mid September is busy again, we may need to look at alternative dates such as mid August, or possibly late October. *Mike Mann*

CLUB CHAMPS

We have already taken a decision to remove the Cabbage Patch 10 from this year's club champs as it clashes with a men's Surrey League match that weekend.

It was provisionally proposed to replace it with the cross country mob match at Reigate, but this was not ideal as the date has yet to be fixed and the distance is only 5 miles. We have investigated various alternative races, but in many cases the dates were unsuitable. By far the best option is the Epsom 10 which takes place on 18 November and was used as a club champs race last year, so we have designated this as the replacement club champs race. As yet the race has not been heavily advertised, but entry forms will be included in Shorts as soon as they are available.

The next club champs race is the Lingfield (Dry Hill) 10 on 2 September (see separate notice, entry forms available at the club). ***Mike Mann on behalf of ADSC***

Dulwich Runners Race Clock needs a new home.

The Dulwich Runners Race clock raises much needed funds for the club and it needs a new person to take over the management of the rentals as I have limited time to do it anymore.

It doesn't take up too much time, all of the documents are on-line and it is relatively straightforward now. I can show you how it all works, the forms (all electronic) and if need be can fill in occasionally when you are away. Let Ros, Graham or me know if you are interested.

Giles Gibson giles@originaltg.com

CROSS COUNTRY CHAMPS

We are planning to hold a cross country champs once again for the forthcoming season. To qualify it will be necessary to complete 4 of the following 6 races - The 4 Surrey League matches, the South of Thames 5 miles at Reigate on 24 November and the South of England champs at Parliament Hill on 26 January.

The prize categories will be the same as last season - the 3 leading men and women and first M40, M50, M60, W40 and W50. In addition there will be a captain's award. Our traditional mob match with Reigate will not be taking place this autumn. It may be rescheduled for February/March but this will not be confirmed in time to include this race in the club champs. ***Mike Mann***

CROSS COUNTRY FIXTURES 2012/13

Date		Race	Venue
Sep	15	Blackheath & Bromley relays	Sparrow's Den
	23	Striders Croydon Switchback	Lloyd Park
Oct	13	Surrey Masters	Richmond Park
	20	**Surrey League 1**	Lightwater (**m**) - Roehampton Vale (**w**)
Nov	3	Reigate Relays	Reigate Priory
	10	**Surrey League 2 (men)**	Roundshaw Down
	17	London Champs	Parliament Hill
	24	South of Thames 5 mile	Reigate Priory
Dec	1	**Surrey League 2 (women)**	Nonsuch Park, Sutton
	8	Kent Masters	Tunbridge Wells
	8	Dysart/ Ellis Cups	Richmond Park
	8	Masters & Inter County champs	TBC
	15	South of Thames 7.5 miles	Richmond Park
Jan	5	Surrey County Champs	Lloyd Park
	5	Kent County Champs	Dartford
	12	**Surrey League 3**	Cranford (**m**) - Mitcham Common (**w**)
	19	Vets AC Champs	Wimbledon Common
	24	South of England Champs	Parliament Hill
Feb	9	**Surrey League 4**	Wimbledon Common (**m**) - Dorking (**w**)
	23	National Champs	Sunderland

This table includes information currently available on cross country fixtures for the forthcoming season.

Although it includes most races that will be of general interest, it is incomplete with some dates to be decided and some fixtures missing, but will be updated as further details become available.

Separate reminders about individual fixtures, including start times, distances and transport information will be provided in Shorts in advance of each event.

Many of the events listed other than the Surrey League matches require entries in advance and only those pre-entered will be eligible to run.

Please look out for requests for entries from your cross country captains and make sure that you respond in time as the closing dates for some races are well in advance of the event. ***Mike Mann***

Dulwich Runners A.C. - Social Calendar 2012

Event	Date	Details
Assembly League: Beckenham	Sep 6	Please join us for a few post race beverages at the Beckenham Cricket Club http://www.beckenhamcricketclub.co.uk/find.html
Dulwich 10k	Oct 7	tbc - ideas are welcome - picnic weather permitting?
Curry Night	Nov 14	Details to be confirmed closer to the time.
Dulwich Runners Christmas Party	Dec 15	The Plough, Lordship Lane Please keep this date free! Tickets and further details to follow in September.

And of course not forgetting the now legendary "Dulwich Runners Apres Cross Country Rehydration Sessions" or DRACCRS for short !, on Saturdy evenings after league cross country events (see fixture list for dates) held at local "refreshment spas" locations to be confirmed prior to each event , everybody is welcome running or not.
Questions, suggestions etc to dulwichrunners@gmail.com

ASSEMBLY LEAGUE – only one left this year !

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. http://goo.gl/maps/OKv5y

6 Sep Beckenham Sports Club 7:15

Charlie Lound

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**

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

Kent Grand Prix and Championship Races | **Surrey Road League and Championship Races**

All events now completed

14 Oct	Maidstone Half

Joydens Wood 10k & 5k - Sep 16th

Some of you have done this race in previous years.

http://www.southernrunningguide.com/race_listings.php/16/09/2012/joydens_woods_10k_and_5k

Switchback 5 Sunday 23 Sep 10.30am

low-key 5 mile, off-road race run by Striders of Croydon around Lloyd Park and Addington Hills on **Sunday 23rd September at 10.30am.** It's a perfect warm up to the cross country season.

It's great value at only £6 (+£2 on the day) if unattached. Finishers receive a free gift and free tea and cake at the Striders' clubhouseentry forms and details

from http://www.stridersofcroydon.co.uk

or you can enter online

via http://www.runnersworld.co.uk/switchback

South of England Relays, Aldershot: Women & Women Vets September 22, Men Sunday September 23

The Club will be making an effort to put out strong teams in the senior women, senior men, veteran women, and M40 and M50 events. The men's race is 6Km and the women's 4km.

There is no limit to numbers and for instance we could put out 3 teams in the M50s at almost the same strength as the team that have been close to medals in the past. We will shortly be in touch with potential scoring runners

The M50 squad :

Tony Tuohy, Nick Brown, Adrian Greer, Colin Bailey Wood, Steve Williams, Neville Webb, Mike Mann, Mike Fullilove, Gary Sullivan, Steve Smythe, Andy Murray have confirmed availability - hopefully more to follow and we could have three teams.

please contact: stevesmythe2006@yahoo.com
if interested in competing in the M50 or women's teams here or contact Charlie Lound if interested for the senior men and M40 squads.

Will Bolton Relays, September 15

The club will field teams at Blackheath Harrier's Will Bolton Relays at Sparrows Den.

The men's and women's races are 4 legs of 4km and it starts at 2.45pm and it's a good fun event that will help to pick teams for the following week's relay. Runners of all abilities and ages can take part.

Contact stevemythe2006@yahoo.com if interested in taking part.

Southern Road Relays, Aldershot M50 team, September 23

We also hope to field a men's team and M40 team. Of the M50s, so far Tony Tuohy, Nick Brown, Colin Bailey Wood, Steve Williams, Mike Mann, Steve Smythe have confirmed they are ok to run and we should have at least two teams. There is no limit on numbers. Ayone interested contact stevesmythe2006@yahoo.com

Women/Vets Team, September 22

So far Clare Elms, Charlie Wood, Kim Hainsworth, Ola Balme, Emily Gelder, Nicola Richmond, Mel Edwards have confirmed they can run. Any other women interested, please contact stevesmythe2006@yahoo.com

Kent County Championships U13 Boys Pentathlon Tonbridge 27th August

7 Oscar Hussey 1,112

12 entrants

Much more competitive than last year, particularly with a guest who had flown in from the Isle of Man who at 1,808 points narrowly missed achieving the highest points score in the UK this year. In an event which is more focused on field events, Oscar set a good points score just narrowly missing out of the 1,200 points score needed for the UK ranking lists.

Not having had any specific training for many of events, it was a case of talking to officials and seeing what other competitors did. Funnily enough, if practice attempts had been taken into account, Oscar would have achieved his target and certainly the three hour wait between the end of long jump and the start of the 800m didn't help as his high jump was a little too rushed and he was eliminated quickly. Best events were Hurdles and Long Jump.

75m Hurdles	15.22s	PB
Shot 3.25Kg	5.10m	PB
Long Jump	4.21m	PB
High Jump	1.15m	
800m	2.41.64	

Training partner required

I'm training for the Royal Parks Half Marathon at the beginning of October and would like to get in some long runs (10 miles or so) on a Sunday and would love some company if anyone else is interested - ideally a long/gentle Sunday morning run.

Pace would be 8.30 ish min miles... I think

Email me if you are interested in joining me next weekend, or another weekend after that. I live in Peckham but anywhere near Brockwell lido is a good starting point for me too.

Thanks - Nicola - njmcivor@gmail.com

Race Reports & Results

Unless it's a club champs race, one of the more local parkruns or other major race, of which Steve Smythe kindly collates results for us, then it's highly unlikely that your results will be appear here in SHORTS
So to make sure your race results are mentioned please send them in and if you want to write a report to go with it even better.

5km Results, September 1st

Banstead
There were wins for Buzz and Angie and a few PBs
Banstead Woods

3 Tony Tuohy	17:39
129 ran	

Brockwell

44 Matt Kerr	21:24 (PB)
57 Graeme Campbell	22:11
58 Graham Laylee	22:21
84 Vicky Fong 13W	24:16 (PB)
177 ran	

Bromley

20 Mike Fullilove	19:38
53 Oscar Hussey	21:07
323 ran	

Crystal Palace

36 Jo Shelton 6W	24:00
43 Jane Harbage 11W	24:22
101 ran	

Dulwich

10 Adrian Greer	18:38
12 Scott Hemmens	18:59 (PB)
15 JospehBrady	19:07 (PB)
18 Neville Webb	19:20 (PB)
30 Kevin Murphy	21:21
33 Ian Sesnan	21:42
45 Claire Steward 6W	23:17
61 Mick Mead	25:24
69 Stephanie Burchill 12W	26:36
92 ran	

Greenwich

1 Buzz Shephard	18:00
64 Helen Warner 17W	28:57
94ran	

Richmond (25-08)

86 Barrie John Nicholls	24.36
93 Lindsey Annable 10W	25.13
243 ran	

Riddlesdown

1W/10 Angie Norris 1W	20:21
110 ran	

Parkrun news

15 Sep
- no Brockwell run due to Country Show
- first Orpington Parkrun
22 Sep
-first Burgess Parkrun
Check for confirmation with the event websites

Southern Vets League Final, Ashford, September 2

Despite sterling work by the three Dulwich members, Cambridge's women were fourth.
Clare and Nicola gained 1500 and 3000 double wins and got good points elsewhere though both really suffered from injury. Ros won over 800 and 3000. Mike competed for Herne Hill in the men

W35 400: 2 Clare Elms	66.4
W35 400B: 3 Nicola Richmond	74.4
W35800: 2 Clare Elms	2:20.1
W35 1500: 1 Clare Elms	5:01.0
W35 1500: 1 Nicola Richmond	5:29.7
W35 3000: 1 Clare Elms	10:49.0
W35 3000: 1 Nicola Richmond	11:59.2
W35 LJ: 6 Clare Elms	2.32
W35 TJ: 5 Ros Tabor	5.06
W50 1500: 3 Ros Tabor	5:57.4
W60 200: 4 Ros Tabor	36.4
W60 800:1 Ros Tabor	3:03.3
W60:3000: 1 Ros Tabor	12:58.9
M50 1500: 7 Mike Mann	5:10.7
M60 800: 2 Mike Mann	2:33.7
M60: 3000: 2Mike Mann	11:18.8

Lingfield Dry Hill 10m 02.09.12

(club awards except captain's award - still needs to be decided - are shown)

35 DR's entered this race, the 7th of the championship this year, and boosting the normal numbers by about 50%. Race HQ was the spacious hall of an epilepsy centre/school just beyond Lingfield village and racecourse on the Surrey/Sussex border.

We set off on quiet roads and then narrow paths on an out and back route that also featured 2 loops at 3-5 and 6-8 miles. The first loop featured a long up and then fast down on a bumpy path, with an even longer up (Dry Hill) to follow. Paths through woods and overcast conditions meant only rare views of the pleasant countryside.

The second half of the race was mainly flat or downhill but with a couple of slower sections uphill or through bumpy fields.

Our runners dominated the results, and included a course record from Shona as first woman, Tony as 1st m50, Charles as 1st m40, (those 3 first team), Charlie 3rd woman, Ola 1w45. Having tucked into the variety of cakes on offer at the prize-giving, we were awarded a Christmas cake (saved until Wednesday Ed) by the organisers for our large entry.

Half of us then went to the Cage pub in the village for a refuelling lunch. - ***Andy Murray***

Race Posn	Prize		Time	Age Grade	Champs	Club Award
4	1m50/team	Tony Tuohy	62.25	879	1m40	1st overall
5	1m40/team	Charles Lound	63.38	828	2m40	Fastest man
6	1w/team/cse rec	Shona McIntosh	64.22	841	1sw	Fastest woman
7		Edward Hill	65.49	740	1sm	1st Senior man
11		Joseph Brady	68.35	774	3m40	1st m40
13		Rupert Nash	69.08	699	2sm	
16	3w	Charlie Wood	69.31	779	sw	1st senior woman
18		Mike Fullilove	69.57	785	4m40	3rd age grade
20		Neville Webb	71.19	817	1m50	1st m50
21	1w45	Ola Balme	71.21	814	1w40	1st w40
28		Gary Sullivan	73.29	773	2m50	
30		Melanie Edwards	73.47	734	3sw	
31		Andy Murray	74.02	802	3m50	2nd age grade
36		Jozef Danko	74.48	648	3sm	
37		Paul Devine	74.58	650	4sm	
38		Steve Ackroyd	75.17	647	5sm	
42		Kim Hainsworth	76.21	709	4sw	
47		Robert Balzanella	78.23	617	6sm	
49		Christian Moody	78.53	628	7sm	
51		Duncan Wilson	79.3	685	5m40	
54	1w55	Jo Quantrill (2nd claim)				
57		Graeme Campbell	81.22	594	8sm	
58		Claire Steward	81.38	856	2w40/1w50	1st w50
59		Martin Morley	81.54	738	4m50/1m60	1st m60
60		Joanne Shelton	82.1	670	5sw	
68		Ameet Patel	85.43	630	6m40	
71		Barrie John Nicholls	86.42	678	5m50	
86		Lindsey Annable	91.41	628	3w40	
92		Steve Wehrle (60+)	92.45	670	6m50/2m60	
95		Michelle Allard	93.06	581	6sw	
97		Dave Feasey	93.39	576	7m40	
98		Sue Rowlands	94.28	615	4w40	
118		Chris Vernon	120.15	537	7m50/3m60	

It is free but you need to book

THE RUNNING SCHOOL

RUN BETTER! RUN FASTER!

Outdoor Running Technique Workshop

Thursday 13th September from 6.20pm – 8pm.

This is a Running Workshop which will teach you how to run BETTER and FASTER with the correct technique.

We meet at Body Logic Health Physiotherapy Clinic, 292 Battersea Park Road and we jog down to Battersea Park where the session will take place. Then we jog back to the clinic (with your AMAZING new technique!!) for a Video and Q & A session.

Open to Adults and Children (from + 6yrs).

Visit our website for further information http://www.body-logic.co.uk/running-school.html

Limited places available so give us a call on 0207 924 6068 or email on info@body-logic.co.uk to book in.

ALGARVE RUNNING CHALLENGE, NOVEMBER

For those of you who fancy some warm weather training and racing and escaping the often gloomy weather here, there is an opportunity this autumn. The Algarve Running Challenge takes place from 7 to 11 November and includes a cross country race, a mile on the track, a 10km forest trail race and a 10 mile road race from Spain to Portugal across the Guardiana Bridge.

The hotel is situated on the beach and there are excellent opportunities for training runs through pine woods, cycling and swimming in the sea or pool, or alternatively lounging on the beach for those wishing to chill out. Trips to some picturesque local towns nearby can be made on the local railway. As it off season the cost is very reasonable with the total including flights, bed and breakfast, evening meal and race entries amounting to no more than £550 per head for a 7 day stay, and less for a shorter trip.

The organisation of the races is by our own Steve Smythe, and Ros, Andy and myself are regular participants, so please contact one of us for further details or get a brochure from Track and Field Running Tours (www.trackandfield.co.uk) *Mike Mann*

DULWICH RUNNERS A.C.
S 14
PECKHAM RYE COMMON
PECKHAM RYE PARK
EAST DULWICH
CAMBERWELL OLD CEMETERY
YOU ARE HERE
SOUTH BANK UNIVERSITY SPORTS GROUND
DULWICH PARK
DULWICH & SYDENHAM HILL GOLF COURSE
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE..... 10 MILES
SHORT CUT (BLUE) ..... 8 MILES
SHORT CUT (PINK) ..... 6.5 MILES