SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 11th July 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	**04**	**Club Night**, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7 for 7:15 start. Showers, Bar
Thu	**12**	**Dulwich Runners Club Championship 2mile** **Dulwich Park**
Fri	**06**	**Track Session with Martin Morley details** **Dulwich College Track 7 for 7:15 start** **fee £2 pay to Martin**
Tue	**10**	**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

In your *SHORTS* this week !

2 Fixture List
4 Race reports etc
6 Battersea Assembly League results
8 Wednesday Night Map to print

And much more !

---------- EVENT HORIZON ---------

A brief look ahead

Jul 12	Club champs 2mile, Dulwich Park
Jul 22	Elmbridge 10k , Club champs race
Aug 02	Dulwich Park Assembly League

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.

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

Friday Track Sessions. Unless we manage to have 10+ people attending it will not be financially viable to continue

If you wish to see these track sessions continue you need to make the effort to attend – ***Martin Morley***

LUCKY VEST

July winner was Jo Shelton

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

NEW RUNNERS ROTA

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**

Mel Edwards	**11/07**
Jo Hewett	18/07
Roy Hibberd	25/07
Pail Hilton	01/08
Emma Ibell	08/08

Wednesday Running Maps

On page 8 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.

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

Date			Event		Venue
Jul	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

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 start at 12 noon with the exception of the Epsom Downs match, (time TBC) **Mel & Sue**

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***

CLUB CHAMPS

Since selecting the Cabbage Patch 10 on 21 October as one of our club champs races, the first men's and women's Surrey League cross country fixtures have been scheduled for the day before, which is later in October than usual.

Having these two events in one weekend is likely to have an adverse effect on turnout for this important Surrey League match, so we have decided to remove this race from the club champs. We are looking at alternative races to replace the Cabbage Patch. The most promising one looks to be the cross country mob match at Reigate Priory. The date has not yet been fixed but is likely to be Saturday 15 September. Further details will be posted when available.

The next club champs race is the 2 miles at Dulwich Park on Thursday 12 July. This will start at around 7.15, but further details will be posted in Shorts.

If you have not yet entered for the Elmbridge 10k on 22 July, it is recommended that you do so soon as it is filling up. Entry forms are available at the club on Wednesday nights for the Dry Hill 10 on 2 September. There are plans to go to a local pub afterwards (watch out for further details nearer the time). ***Mike Mann***

Entry forms now available

The DRY HILL 10, which is a Club championship race,.

I have left some at the Club, which are headed Lingfield Running Club. It is on the 2nd September and is a multi terrain event.

Alternatively 'google' Lingfield running club and enter online. It's usually a fairly small field of entrants. There are a couple of wonderful hills and paths across fields etc. whilst it is multi terrain it is nowhere as difficult as the Eridge 10 which many of you have done.

After the race I have booked the OLD CAGE pub in Lingfield for lunch. They do roasts for £7.95,(beef/pork or chicken), or veg roast for £6.95 but **must** know numbers in advance and food choices.

I will therefore compile a list of who wants lunch and will require a £5 deposit in advance. Please therefore let me have names and £ over the next few weeks .

Steve.Wehrle@immediate.co.uk

Steve Wehrle

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**

Dulwich Runners 2012
Annual General meeting

I realise that as we all continue to enjoy this glorious summer the club AGM will be one of the last things on your minds. However I ought to point out that the Committee has had to put back the originally expected date for the 2012 AGM by one week to Wednesday 24th October to ensure that Graham Laylee, our Treasurer, can attend.

There is a requirement that the AGM takes place during October and we also try to avoid clashing with school half term. On that score please note that the autumn half term in 2012 is a bit later this year, actually in the following week, so will not clash with this new date.

The venue will be our usual Wednesday meeting place with food provided and most of us doing a slightly shorter run to enable a 9.00 p.m. start. I'll be putting out the usual notices about the agenda and inviting nominations for Committee posts nearer the time.

For the time being, though, I'll let you get back to that wonderful sunshine out there.

Mike Dodds
Club secretary

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.

Details to follow.

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

Charlie Lound

TRACK RACES

For track race regulars and those wishing to try their hand at it, there are a few track meetings coming up over the next month. The next HHH open meeting takes place on the afternoon of 21 July, and soon after there is a Rosenheim League meeting at Tooting track on the evening of 25 July, where it is possible to enter as a guest.

The last Blackheath & Bromley open meeting of the summer takes place on the evening of 13 August, and the final HHH open meeting is on the afternoon of 18 August. See HHH and Blackheath & Bromley websites for further details or have a word with me. ***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

22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

14 July	Elmore 7 miles
22 July	Elmbridge 10km
11 August	Wimbledon 5km *

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

For all levels, whatever your current pace, 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. - **Martin Morley**

Club Championship 2Mile

Please confirm if you wish to take part -only the following appear to have confirmed they wish to run.

Charlie Wood
Rob Cope
Paul Devine
Colin Bailey-Wood
Ebe Prill
Andy Murray
Ola Balme
Ian Sesnan
Claire Steward
Ros Tabor
GrahamLaylee
Mick Ward
Bob Bell
Barry John Nicholls
Clare Wyngard
Mike Dodds
Lindsey Annable
Steve Street
Chris Vernon

Anyone intending to compete should e-mail stevesmythe2006@yahoo.com so we have an idea of how many races we will have and wear the split will be in each race

Race Reports & Results

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

Battersea Park 10k 7th July 2012

8	Tony Tuohy	35.16
33	Scott Hemmens (Now 1st claim))	39.44

Battersea Park 5k

Omiited in last weeks Shorts.

Paul Devine	18:50 (PB)

Self-Transcendence 5k Battersea Pk 02.07.12

Three of us ran this as a sort of warm-up three days before the Assembly League on a similar course. However, it was cool and wet. 161 ran. ***Andy Murray***

11	Tony Tuohy	17:02
30	Scott Hemmens	19:35
39	Andy Murray 3M50	20:16

Cycling news

Alex Elms finished second in the National Road Race Cycling Championships at Gravesend

CRYSTAL PALACE CANTER, 3 JULY

Results over this up and down course, recently extended to 5k. ***Mike Mann***

1	Mike Mann	20:35
4	Graham Laylee	23:37
5	Jo Quantrill (2nd claim)	23:54
6	Ros Tabor	24:29
7	Jill Easty	26:07

Mike Mann

Rosenheim League, Battersea, July 4

Conditions were almost perfect and Clare Elms came within a second of her PB with a 2:16.35 800m beating 2:11.9 runner Susie Bush to be first woman.

Race 2

1W Clare Elms	2:16.35

Race 3

4 Mike Mann	2:33.39 (1M60)

5km Results for July 7th

Will Davis won Crystal Palace while there were PBs for Ebe, Rob, Joseph and Paul H at Dulwich and good debuts for Edward and Hugh while Bob B and Mike D came close to their bests.

Brockwell

Brockwell

35 Mark Foster	19:49
84 Graham Laylee	22:16
110 Anna Thomas 19W	23:44
42W/155 Michelle Lennon	26:39

199 finished

Bromley

4 Duncan Hussey	18:42
23 Oscar Hussey	20:23
61 Martin Morley	21:49

300 finished

Crystal Palace

Another solid win for Will

1 Will Davis	18:23
5 Steve Ackroyd	20:40
10 Bob Bell	22;11
25 Claire Steward 6W	24:26
27 Paul Keating	24:39

71 ran

Dulwich

5 Edward Hill	18:27
7 Ebe Prill	19:16 (PB)
12 Rob Cope	19:55 (PB)
13 Hugh Balfour	19:56
15 Joseph Brady	20:10 (PB)
26 Jozef Danko	21:32
28 Ian Sesnan	21:37
32 Mike Dodds	22:00
34 Paul Hodge	22:17 (PB)
45 Clare Wyngard 2W	23:44
56 Mick Mead	26:12

93 finished

Richmond

34 Andy Murray	21.30
93 Ros Tabor W10	23.54

271 ran

Lloyd parkrun (30th June 2012)

Will racked up his 50th parkrun with another win

1 Will Davis	19:03

BLACKHEATH & BROMLEY OPEN MEETING 9/07

It may have felt like an October day, but at least the rain held off and there was no wind for the latest in this Monday night series of meetings.

There were 6 800m races and they all turned out to be good races, so some of the grading was a liitle odd (3 M60s including myself were put in separate races but finished with similar times; it was a pity we were not all put in one race). In race 2, Duncan Hussey misjudged the start by 30 minutes, so with little warming up was surprised to record his second fastest time of the season.

Mike Mann , running in race 3, achieved his objective of a near 2:30 time, and his fastest time of the season outdoors; a 3 second improvement on his time 5 days earlier. Oscar Hussey in race 5 had an excellent run with much more even pacing than on previous occasions, coming through from the back of the pack to record a 2 second pb. Finally Francesca Pickup in race 6 ran well, though tired in the second lap as the result of a tough aquathon the previous day.

The 1500m race later in the evening was less successful. In the second of 2 races, both Andrea and Mike were aiming to improve on recent times, but the race was not conducive to this. There was a frenetic first lap with both of us left at the back of the field early on. Although slowing afterwards, we both past a number of competitors as others slowed more markedly, but there were no runners to tag onto to maintain a sufficiently fast pace to record a decent time. So we were both left disappointed largely as the result of a poor race, but that quite often happens in meetings like this. ***Mike***

800m

Duncan Hussey	2:17.82
Mike Mann	2:30.38
Oscar Hussey	2:31.38

Francesca Pickup 2:55.28

1500m

Mike Mann	5:10
Andrea Pickup	5:19

(unofficial times tbc)

South of England Vets League, Ashford, July 2

Clare and Nicola gained maximum points at 3000m in the W35 race - Clare taking 12 seconds off Maria Heslop in the last 400m with Nicola winning her section by a minute while Ros won the W60 race.

In very windy conditions, Clare came within a second of her PB in winning the 400m in 63.8. Ros was 2nd W50 in 82.1.

W35: 3000A: 1 Clare Elms	10:39.0
W35: 3000B: 1 Nicola Richmond	11:55.6
W60: 3000: 1 Ros Tabor	13:11.9
W35: 400A: 1 Clare Elms	63.8
W50: 400: 2 Ros Tabor	82.1

Assembly League, Battersea Park, July 5

The first ever league at Battersea Park was well attended and it was an accurate measured 5km on a really good day for running.
Ben Fairhall ran a superb race to break the club 5km record with a 15:47 time.
Tony set a PB while Wayne Lashley was close to his best. Will Davis was the final scorer and may have also set a PB. The men's team finished third.
Clare Elms won the women's race taking 16 seconds out of the second woman on the final kilometre. Her time was her second best ever and puts her top of the national W45 rankings and was her fourth win in four days. Catherine Lee did her first short race for three months and came sixth while an unwell Andrea Pickup did well to finish just ahead of a big group of women and that ensured we won the team event.
The B team were Nicola R, Ros, who had her best race since the return from injury and was first W60 closely followed by Claire S. There were solid runs from Mel, Louisa P, Anna and Stephanie
Of the B team for the men Colin BW had his best run for many years, Mike M, who was first M60, Ebe, who did a PB and Ed S.
Hugh B and Joseph B were inside 20, Andy just outside.
Of the other men, Mick W ran very well and he was followed by regulars Martin, Ian, Graham and Kev.

5 Ben Fairhall 15:47 (Dulwich men's record)
13 Tony Tuohy M45 16:39 (PB)
1W/21 Clare Elms W45 17:19 (Dulwich W45 record)
24 Wayne Lashley 17:22
36 Will Davis 17:51
54 Colin Bailey-Wood M50 18:36
6W/63 Cath Lee SW 18:53
65 Mike Mann M60 18:58
68 Ebe Prill M50 19:02 (PB)
75 Ed Smyth 19:14
85 Hugh Balfour M55 19:43
91 Joseph Brady M45 19:55
10W/92 Andrea Pickup W40 19:56
96 AndyMurrayM5520:04
18W/109 Nicola Richmond W40 20:41
111 Mick Ward M55 21:08
121 Martin Morley M60 21:41
24W/126 Ros Tabor W60 21:47
127 Ian Sesnan M55 21:49
25W/129 Claire Steward W60 21:57
137 Graham Laylee M50 22:20
29W/138 Mel Edwards SW 22:24
31W/143 Louisa Pritchard W40 22:43
35W/150 Anna Thomas SW 23:19
164 Kev Wood M55 25:10
51W/176 Stephanie Burchill W55 26:30
185 finished (57 women)
TEAM
Men
Kent 1 2 4 7: 14 pts
Serp 3 8 16 24: 51 pts
Dulw 5 13 23 34 : 75 pts
VPH 6 22 30 33 : 91 pts
Beck 10 20 44 58: 132 pts
Ravens 19 37 41 63: 160 pts
Camb H 15 31 64 7: 182 pts
Eton M 18 4367 68:196 pts

B Team
Kent B 9 11 12 14: 46 pts
Serp B 25 26 28 35: 114 pts
VPHTH B 38 39 47 48 172 pts
Dulw B 50 59 62 69: 240 pts

Women
Dulw 1 6 10 = 17 pts
Serp 4 8 11 = 23 pts
Eton M 2 5 21 = 28pts
VPHTH 9 12 19 = 40 pts
Kent 3 17 34 = 54 pts
Dartf 7 26 49 = 82 pts
Beck 20 23 30 : = 63 pts
Serp B 13 15 36 = 64 pts
Dulw B 18 24 25 = 67 pts
VPHTH B 22 27 44 = 93 pts
Eton M B 28 39 43 = 110 pts
Petts W 14 48 56 = 118 pts

Tonbridge AC Open Meeting - 2nd July

Race 3, 1500m
New PB for Oscar by 7 seconds

5 Oscar Hussey. 5:09:05 (PB)

BMC & Cambridge Harriers Open - 20 June

Race E 800m
Just a shade behind last month's time with a faster first lap resulting in a much tougher last 200m

3 Duncan Hussey 2:18:15

Race 3
In view of the next morning's race a steady run
5 Oscar Hussey 2:39:40

Sri Chinmoy 3*1 mile Relay , 25th June, Battersea Park

Excellent running from Tony who formed a team with his nephew and ran legs 1 & 3. Duncan formed a team with a couple of individuals one of whom he coincidentally bumped into on the Tour de France finish in Belgium a week later.

T Touhy 4:56 & 5:08
D Hussey 5:17

Duncan Hussey

The public unveiling of Burbage Road's first Blue Plaque this Wednesday morning at 11.30am. It's wonderful to celebrate this in the Olympic year and everyone is very welcome. The Edward Alleyn Club will be open for anyone who would like to buy drinks and snacks afterwards. Representatives from the Herne Hill Harriers, The Herne Hill Velodrome, The Dulwich Estate, local schools, The Dulwich Society will be attending.

Councillors, our own Dulwich Runners and the press have been invited. The film, Chariots of Fire, is shortly to be rereleased and there is a play based on the story running in the West End.

Best wishes, Louise Wood

On behalf of the Burbage Road Residents' Association

Dulwich "Chariots of Fire" Coach to get Blue Plaque

A blue plaque is being unveiled in a short ceremony at 11.30 on

Wednesday 11th July at

84 Burbage Road

All are welcome to come and celebrate a Dulwich sporting great.

Only think of two things - the gun and the tape. When you hear the one, just run like hell until you break the other.

The athletics coach Scipio Africanus "Sam" Mussabini (1867-1927) is to be commemorated with an English Heritage blue plaque at his former home at 84 Burbage Road. A pioneering figure in both professional and amateur sport in Britain, Sam transformed athletics. The house backs on to the Herne Hill Velodrome, where he worked as a cycling and athletics coach from the 1890s until his death and where he trained many medal-winning Olympic athletes.

Mussabini's innovative training methods led to his runners winning eleven Olympic medals, including five gold. He addressed every aspect of training, using scientific methods, and instilled powerful self-belief in his athletes. He is best known for coaching Harold Abrahams, who won gold in the 100m sprint at the 1924 Paris Olympics. Mussabini's vital role in Abrahams' success was later immortalised in the film *Chariots of Fire* (1981), in which he was played by Ian Holm. Mussabini also helped to ensure female athletes received high quality coaching. He told his athletes, "Only think of two things - the gun and the tape. When you hear the one, just run like hell until you break the other".

A couple of races /relays you may be interested in

if people wish to participate, it will be up to them to put together teams etc,, DR is not invoved as a club event

Saturday July 14

#RDCwest Presents #RDCMissionImpossible

In teams of 4, You have 3 hours to Walk, Jog or Run to a maximum of 50 Secret locations within a 1 to 4 mile radius of HQ.

(Online entry) http://rdcmissionimpossible.eventbrite.co.uk/

https://www.facebook.com/events/258198604284416/ (FaceBook Event Page)

or

Stragglers RIVER RELAY - Sunday September 9th 2012

Entries: You can register your interest in entering a team in the relay now!

For any entry form just send an e-mail to: kbc@blueyonder.co.uk

For additional information go to www.stragglers.org

Dulwich Runners A.C

S6

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	9.5	MILES
SHORT CUT (BLUE)	8.5	MILES
SHORT CUT (PINK)	6.5	MILES
SHORT CUT (GREEN)	4.0	MILES

The Running School Work Shop

The Running School at Body Logic in Battersea will be holding a 1 hour work shop in Battersea park on the 24th July. This work shop will focus on ideal technique for injury prevention and enhanced performance, places are limited to 25 people and will cost £5.
If anyone in your club is interested please contact us on 020 7924 6068 or e-mail info@body-logic.co.uk.
To find out more information on The Running School see our web site: http://www.body-logic.co.uk/running-school-prices.html.

Best Wishes

Amy
Physiotherapist and Running Coach

We are on Facebook. Join us now to be kept informed of any new developments and special offers: https://www.facebook.com/bodylogichealth

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