SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 19th 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 19 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 25 **Track sessions with Steve Smythe**
Ladywell track see below
Start 7:15pm, 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
3 Cross Country Fixtures & DR social events
6 Race reports etc
7 Beckenham Assembly league results
9 Wednesday night running map

And much more !

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

A brief look ahead

Oct 20 Cross country league starts, details
Nov 18 Epsom 10 - final club champs event
full fixture list & info page 2

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An email with the title ***unsubscribe*** to the same address will remove you from the list.

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

DULWICH TRACK SESSIONS

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

Tuesday track sessions are now in full swing at Ladywell. http://goo.gl/maps/92zNw
Around 20-30 club members attend these over a wide range of speeds. The sessions are between 7.15pm and 8pm and members should aim to get there to warm up at around 7pm

Steve Smythe says "thanks to those who contributed towards a generous gift for organising the weekly Tuesday club track sessions and for those who did attend a thankyou drink last Saturday."

NEW RUNNERS ROTA

Many thanks to Graham Laylee 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**

Charlie Lound	**19/09**
Mike Mann	26/09
Martin Morley	03/10
Olivier Montfort	10/10
Andy Murray	17/10

Caroline and Francois are visiting !

They will be here from Fri 5th Oct to Wed 10th.

Caro will be running at the Brockwell Parkrun on the Saturday and her and Francois will be helping out at our 10k on the Sunday !

They cant make it for the Wednesday club night as they are returning to France earlier that day, but she did tell me they are looking forward to seeing you all if you can make it on Saturday and or Sunday.

LUCKY VEST

September winner was Lloyd clater.

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
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 is 1 event left of the 8.
To qualify it will have been 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 Epsom 10 on 18th november. ***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***

Wednesday Running Maps

On page 9 in SHORTS you will find a copy of the map for this weeks Wednesday night 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.

CROSS COUNTRY FIXTURES 2012/13

Date		Race	Venue
Sep	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	The County Showground at Detling
	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
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

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**

Flat to rent

A Dulwich Runner has a lovely onebedroom flat in Thicket Road overlooking Crystal Palace park to rent. It would suit an individual or a couple. Please phone Clive on 07881 622575 for further details

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

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

BRADLEY WIGGINS

Well nothing to do with him really but now I have your attention!
WANTED a second hand starter bike for my son who following a succession of running injuries wants to give road cycling a go. Road bike required with a 54 / 56 cm frame. If you have one to sell please contact :
Colin Frith at nilocfrith@aol.com or 07714844839

Finland

Our 19th year trip takes place this year to Finland from 12th to 16th October.
Thirty eight of us going this year.
Can everyone going on the trip be sure to attend the Club on Wednesday 3rd October to collect this year's trip memento.
Looking forward to the frozen north.
Cheers - Steve Wehrle

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

STREATHAM COMMON 6 XC, 29 SEPTEMBER

With our traditional mob match at Reigate not taking place (though hopefully being re-arranged for the end of the season), and the first Surrey League match not until 20 October, the cross country season gets off to a slow start this year.

However all is not lost for the enthusiasts amongst you with the annual Streatham Common 6 taking place on 29 September. The race starts at 11am on Covington Way and you can either enter in advance by visiting the HHH website or on the day. ***Mike***

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*

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.

This weekend: South of England Relays:Aldershot
Saturday: the women's team looks like being seniors: Charlie, Emily, Mel and Kim. Vets: Clare, Andrea, Ola, Ros
Sunday: senior team: Charlie L sorting. M50: A team: Tony, Adrian, Nick, Colin. B team: Steve S, Neville, Andy, Mike M

Cory writes…When I came to you a many years ago I was really overweight & had appalling technique. You all took me in and gave me advice & lots of encouragement. For that I am truly grateful. I was invited over to Denmark by Nike to run the Copenhagen Half Marathon and after all these years of trying I finally got my Sub 2. I finished in 1.53.02 (8.34) beating my previous PB of 2.06.34 (9.35) by nearly 14 minutes.

Someone how Ii managed to get a 10k PB on route, so happy would be an understatement for how i felt when i crossed the line. A Great race, great course and great support.

Without you all at Dulwich I may well have given up a long time ago so thanks again. I'm doing the Amsterdam Half in a few weeks so I'll let you know how I get on. Thanks Again Cory...

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 15th

Mike F almost did a PB before running the relay in the afternoon. Ros had the second highest age graded score in Britain with her 93.01% in her trip to Cardiff. New recruit Sarah Cullen won at Greenwich while there was a fast run for Toby de Belder and PBs for Joe Brady and Mick Mead and James Burrows

Bromley

11 Mike Fullilove	19:05
280-ran	

Cardiff

71 Andy Murray	20.40
100 Ros Tabor 7W	21.28

Crystal Palace

8 Joseph Brady	19:33 (PB)
15 Steve Ackroyd	21:06
24 Bob Bell	22:18
26 Clare Wyngard 4W	22:41
27 Mike Dodds	22:53
35 Joanne Shelton 6W	23:53
36 Jozef Danko	23:59
49 Ameet Patel	25:00
95 ran	

Dulwich

8 Joseph Brady	19:33 (PB)
15 Steve Ackroyd	21:06
24 Bob Bell	22:18
26 Clare Wyngard 4W	22:41
27 Mike Dodds	22:53
35 Joanne Shelton 6W	23:53
36 Jozef Danko	23:59
49 Ameet Patel	25:00
95 ran	

Crystal Palace Canter 5K 11 Sept.

1 Neville Webb	20:23
2 Ola Balme	20:31
6 Graham Laylee	23:23
8 Ros Tabor	26:01

Kent Champs, Erith – U13 and Masters

Gold for Tony. Medals for Alex Elms and Duncan and two good runs from Oscar

Parkrun news

22 Sep - first Burgess Parkrun
6 Oct - No Dulwich Parkrun
Check for confirmation with the event websites

Greenwich

16 Sarah Cullen 1W	21:58 (PB)
99 ran	

Hilly Fields

7 James Burrows	20:37 (PB)
65 ran	

Orpington

Chris Vernon writes… A huge field assembled for the first Orpington Parkrun. Set in Goddington Park which had been immaculately manicured for the occasion! The course is fairly flat and mostly on grass so is liable to be muddy in the Winter.

A three lap course meant the leaders came thundering past us during lap two. Compliments to the team for a well organised event with an amusing welcoming speech from the Race Director and prompt accurate results.

Surprisingly for such a local run, Sue and I were the only Dulwich vests in the field, oh and I nearly forgot Mr Wehrle in his day glow Orpington top.

97 Steve Wehrle	27:46	
123 Chris Vernon	30:32	2nd MV 65
151 Sue Vernon	33:31	2nd FV 65
163 ran - winner 16:53		

Wimbledon common

118 Barrie John Nicholls	23:44
146 Lindsey Annable	24:32 (course PB)
327 ran	

Maidenhead Half-Marathon, Sep. 16

Shona gained one of her best wins in defeating Belgrave's 2:42 marathoner Sam Amend though as the race hasn't got a UKA permit, it won't count as an official PB though it was her fastest time.

19 Shona McIntosh 1W 77:51 (77:49 chip)
39 Steve Tranter 80:39 (80:35)

ASSEMBLY LEAGUE, Beckenham, September 6

Steve Smythe writes…Results on day in but still don't have the overall results but we definitely won the women's league on the day and overall did well in the men's race.

Wayne benefitted from the runners going off course as he was close to the then women's leader Clare Elms who called the runners back. He was caught late by two Kent runners and finished third. Ed Hill, Tony Tuohy (who ran quite a bit extra going wrong) and Alastair Locke completed the A team scorers.

Clare's foot injury slowed her badly over the second half and a strong finishing Shona came through to a clear win and Clare hung on for third. Catherine in fifth completed the very easy women's winning team. Andrea, Ola and Kim were the winning B team.

3	Wayne	Lashley	16:38
9	Shona	McIntosh 1W	16:53
12	Ed	Hill	16:55
22	Tony	Tuohy	17:26
24	Clare	Elms 3W	17:33
26	Alastair	Locke	17:35
39	Colin	Bailey Wood	18:01
43	Robin	Nash	18:12
48	Catherine	Lee 5W	18:27
49	Mike	Fullilove	18:28
52	Joe	Brady	18:42
54	Duncan	Hussey	18:45
63	Andrea	Pickup 7W	19:05
65	Hugh	Balfour	19:07
68	Ola	Balme 9W	19:19
69	Chris	Treble	19:20
75	Gary	Sullivan	19:43
79	Kim	Hainsworth 14W	20:06
81	Mel	Edwards 15W	20:12
86	Mick	Ward	20:41
87	Andy	Murray	20:53
89	Ros	Tabor 18W	21:02
90	Duncan	Wilson	21:11
93	Martin	Morley	21:25
103	Graham	Laylee	21:49
111	Louisa	Pritchard 27W	22:14
117	Claire	Steward 30W	22:34
126	Barry	John Nicholls	23:41
133	Lindsey	Annable 37W	24:24
136	Kev	Wood	24:42

Men TEAM: 1 Kent 19; 2 Ravens 56; **3 Dulwich 57**; 4 VPH 78; 5 Beck 105; 6 Serop 106

Men B TEAM: 1 Kent 87; **2 Dulwich 159**; 3 VPH 184; 4 Ravens 185

WomenTEAM: 1 Dulwich 8; 2 Kent 28; 3 Eton M 45; 4 Beck 52; 5 Petts W 66; 6 Serp 77

Women B TEAM: 1 Dulwich 30; 2 Kent 57; 3 Eton M 83

Will Bolton Relays, West Wickham, September 16

Steve Smythe writes…We came a very close second in the women's race. Clare led the first leg by a huge 97 seconds.Andrea ran solidly on the second leg and lost just under half a minute of the lead. Ola started the third leg steadily and though picking up her pace well, she got caught in the final kilometre of her leg and at the final changeover we trailed by eight seconds.

After losing a few seconds in the first 400m, Charlie held the gap to around 60-80 metres all the way and we finished 12 seconds back. Interestingly, the winning Tonbridge team had an average age of 16 and ours was over 40.

Mel and Kim both ran well in the mixed team for whom Duncan Wilson had a strong finish and though we think he beat the Tonbridge mixed team by an inch, they gave the first mixed team to the other team but there wasn't a prize for it. Gary ran the first leg.

The men started strongly through Buzz, running strongly after his injury break in Australia. Adrian ran well – Mike M wasn't at his best after his holiday but Mike F probably had his best club race yet.

Men's Team: 14th
Buzz Shephard 14:19
Adrian Greer 15:46
Mike Mann 17:23
Mike Fullilove 16:07

Team 2nd women: 18th
Clare Elms 15:00
Andrea Pickup 16:54
Ola Balme 16:57
Charlie Wood 15:42

Mixed: 27th
Gary Sullivan 17:02
Kim Hainsworth 17:25
Melanie Edwards 17:51
Duncan Wilson 17:54

Individual
Steve Smythe 16:08

Farnham Pilgrim 1/2M - 16th Sep

Joanne Shelton writes... Could I beat Claire Steward two weeks in a row?

The race was the Farnham Pilgrim Half Marathon. The course was mainly off road and truly undulating. Although the terrain was quite varied, there were no bogs this week.

Myself and Claire started off together and made it through the first couple of miles quite quickly. There may even be a photo of us running side by side across Puttenham Common. Bless!!. On a downhill section, Claire pulled away a bit, the gap stayed at about 20 seconds for the next few miles until I fell over whilst taking a sharp right hand bend, there was nothing to trip on, my foot just slipped from under me.

I quickly got up again and managed to keep Claire in my sights for the next few miles. Almost catching up with her again at one point. Then not long after 9 miles everything started aching. My knees, ankle and shoulder started to stiffen up and gradually Claire pulled away from me whilst chanting 'I cant let Jo beat me again' to herself.

I knew I wouldn't be able to catch her so I settled into a slower pace and enjoyed the rest of the run. I really enjoyed the gentle downhill sections where overhanging trees made you feel as though you were running through tunnels.

There were also some amazing views of the Downs. The support along the route was quite good. Especially from the group of teenage walkers who you could hear cheering and clapping from a mile away. At the finish I was met by a worried looking Claire, and the usual brass band and cake.

Afterwards, myself, Claire and Jose headed off towards Guildford to catch the final stage of the Tour of Britain bike race. If you were watching closely on the television, you could spot the three of us from the overhead helicopter camera, standing by the road side just inside the 2 km to go sign.

22	Jose Barretta	1:37:51
80	Kevin Murphy	1:48:56
102	Claire Steward	1:51:50
149	Joanne Shelton	1:57:46

DULWICH RUNNERS A.C.

W4

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	10.0	MILES
SHORT CUT (BLUE)	7.5	MILES
SHORT CUT BLUE & PINK	6.5	MILES
SHORT CUT (GREEN)	4.5	MILES
SHORT CUT GREEN & YELLOW	3.2	MILES

Enjoy your run

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.