SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 18th 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

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

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

In your *SHORTS* this week !

2 Fixture List
4 Race reports etc
6 Club Champs 2mile results
7 Just what you need for a British summer !
8 Wednesday Night Map to print

And much more !

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

A brief look ahead

Jul 22 Elmbridge 10k , Club champs race
Aug 02 Dulwich Park Assembly League
Sep 02 Dry Hill 10m Club champs
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

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

Thanks to **Mel Edwards** 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**

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

RUN1600 RUN1600 RUN1600

Wednesday 15th August will be Dulwich Runners' 1600th Wednesday run!

To mark the occasion there will be some free raffles, and I can tell you one of the prizes will be a free club membership for next year !
We shall also be taking some group pictures of you all outside the clubhouse to go on the clubs website, so please wear your club kit if you can.

And if anybody fancys making some cakes, hint hint for after the run I'm sure they will go down a treat !

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

Date			Event		Venue
Jul	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

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 Elmbridge 10k on 22 July - please submit your entries if you have not already done so. This will be followed by the Lingfield (Dry Hill) 10 on 2 September (see separate notice, entry forms available at the club). *Mike Mann on behalf of ADSC*

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

Committee vacancy - Club Secretary

I will almost certainly be taking up a job in Brussels during the autumn, most likely around the time of the 2012 AGM, see separate notice, and won't be able to continue doing the job properly from there (although I won't be disappearing entirely from the scene by any standards).

The club therefore needs to recruit a new secretary and, whilst practically all of the club posts are up for re-election in principle at the AGM, this one is a definite vacancy.

I'd be delighted to have a chat with anyone who might be interested about what's involved. It really doesn't involve any special skills nor is it hugely onerous. It's largely a case of arranging, recording and following up the, roughly quarterly, committee meetings as well as the AGM, of course.

In addition there is some handling of small amounts of correspondence with England Athletics, the local associations, other clubs etc. - whatever drops into the dedicated secretary's mailbox, basically - and participating in general committee discussions and business.

Nothing's offered in return other than the satisfaction of carrying out a core role in ensuring that Dulwich Runners remains the welcoming, forward looking and successful outfit that we all know and love. What more is there to ask for?

Mike Dodds

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

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**

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

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.

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

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ASSEMBLY LEAGUE
2 AUGUST DULWICH PARK

As you will have seen from Shorts, the next Assembly League race (2 August) will be in Dulwich Park, organised by Dulwich Runners.

The course will be similar to the one used by parkrun (approximately 3 laps of the road).

This is a great opportunity for members who have not yet participated in the Assembly League to experience the camaraderie of an interclub event.

All levels of runner take part, men and women together, and it's free!

Just turn up at the start and pick up a number. Last week at the event organised by Serpentine, at Battersea Park, they had 30 runners - let's see if we can beat that.

We shall also need a few people for marshalling, especially at the finish. If you are able to help, can you let me know. - Thanks - Ros

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.

parkrun 5km Results for July 14th

Brockwell

A win for Ola.

12 Ola Balme 1W	19:56
13 Mark Foster	20:09
34 Mike Dodds	22:31
37 Graham Laylee	22:52
44 Clare Wyngard 9W	23:39
59 Nicola Hill 12W	25:02
63 Michelle Vernon 13W	25:27
100 Chris Vernon	32:19
108 finished	

Crystal Palace

25 Bob Bell	22:22
41 Jane Harbage 6W	24:41
72 David Harbage	27:37
105 ran	

Dulwich

Pbs for Ebe and Ian

6 Ebe Prill	19:05 (PB)
17 Matt Kerr	20:55
20 Ian Sesnan	21:23 (PB)
56 Stephanie Burchill 15W	26:34
92 finished	

Greenwich

4 Andy Murray	20.50
11 Ros Tabor 2W	22.50 (in fell shoes !)

Riddlesdown

Ange Norris 1W	21.03
Jo Quantrill: (2nd claim)	22.42

Southern Athletic League, Sutcliffe Park, July 14

Clare ran her fastest 3000m for 2 years and Nicola ran a PB, worth about 30 seconds better than her 2 mile race on Thursday.

3000 A: 1 Clare Elms	10:17.2
3000: B: 1 Nocola Richmond	11:35.2

Southern Vets League, Erith, July 16

Clare and Ros easily won their sections and Clare from 30m back on the last leg of the relay to win by over 100 metres but Cambridge fell a single point short of winning the match and the overall league.
Nicola set a PB 800 in the open race.

W35 800: 1 Clare Elms	2:30.1
W60 800: 1 Ros Tabor	2:59.8

Medley Relay: 1 Camb H (Clare 2:24 800)
Guest 800: 1 Nicola Richmond 2:42.8 (PB)

SOUTHERN VETS LEAGUE, BATTERSEA PARK, 16 JULY

WHEN I'M 64.....

...which corresponded to my age as of the day of the meeting as well as the number I was wearing. This was the last of the 4 Southern Vets League matches prior to the final in September on a breezy damp evening (so no change there), and for once I was competing as a M60 in both my races.

Unfortunately my 800m race was not combined with the M50s which resulted in me leading it throughout with a winning margin of 13 seconds, but at a very sluggish 1500m pace, only marginally faster than my 800m rep on the track last Tuesday.

The 3000m was a better race with everyone thrown in together. I maintained an even pace throughout, going better than the recent club 2 miles (not difficult) and finishing comfortably first M60, but my time was 15 seconds outside my season's best on the indoor track. ***Mike Mann***

800m	2:42.3
3000m	11:01 (tbc)

Dulwich 2M Champs, July 12

In awful wet conditions, fast running was difficult and the numbers were down on usual and the women's turn out was very poor.

Clare trying not to aggravate her foot injury that had kept her running since the previous Thursday held back but it still looked like she was the overall club champion but on checking it was close – she scored 91.33% to Ros's 91.31%!

Race 1

A good race saw Mick Ward and Ian Sesnan change the lead with Mick coming out on top. Ian was 11 seconds up on his past run.

1 Mick Ward M55 13:08
2 Ian Sesnan M55 13:11 (13:22 in 10)
3 Martin Morley M60 13:24 (13:00 in 11, 12:53 in 09)
4 Bob Bell M55 13:26
5 Cameron Timmis M40 13:36 (13:25 in 10)
6/1W Ros Tabor W60 13:40 (91.31) (13:29 in 11)
7 Chris Moody SM 13:50
8/2W Mel Edwards SW 13:50 (14:10 in 11)
9 Mike Dodds M50 14:03
10 Graham Laylee M55 14:26 (13:47 in 11, 13:14 in 10, 13:17 in 09
11 Barry-John Nicholls M55 14:39 (15:06 in 11, 15:14 in 10, 14:34 in 09)
12/3W Clare Wyngard W50 14:45 (14:03 in 11, 14:21 in 10, 14:37 in 09)
13/4W Lindsey Annable W45 15:23 (17:40 in 10, 14:58 in 09)
14 Steve Smythe M50 16:15 (11:42 in 11, 11:27 in 10, 12:27 in 09)
15 Steve Street M50 16:41
16 Chris Vernon M65 17:55 (17:35 in 11, 16:46 in 10)
Claire Steward W60 DNF

Race 2

Tony won comfortably though Wayne chased him through the first mile and easily beat his club best. Will Davis had a solid run.

Clare was easilt the quickest woman with a good run behind by Charlie W.

1 Tony Tuohy M45 10:35 (10:29 in 11, 10:22 in 10, 10:46 in 09)
2 Wayne Lashley SM 10:45 (11:05 in 11, 11:14 in 10)
3 Will Davis SM 11:01
4 Charlie Lound M45 11:11 (11:12 in 11, 10:40 in 10, 11:03 in 09)
1W/5 Clare Elms W45 11:17 (91.33) (10:31 in 10)
2W/6 Charlie Wood SW 11:27
7 Duncan Hussey M45 11:35(11:22 in 11, 10:57 in 10)
8 Colin Bailey-Wood M50 11:41
9 Ebe Prill M50 11:50 (12:09 in 10)
10 Scott Hemmens SM 11:53
11 Paul Devine SM 11:58
12 Mike Mann W60 12:03 (11:52 in 11, 11:19 in 10, 11:41 in 09)
13 Mark Foster M45 12:15 (12:13 in 11, 11:59 in 10, 11:50 in 09)
14 Joseph Brady M45 12:28 (13:27 in 11, 13:24 in 10, 13:23 in 09)
15 Rob Cope M40 12:29
16 Russell Daker M50 12:45 (12:32 in 11, 11:59 in 10, 11:59 in 10)
17 Andy Murray M55 12:52 (12:21 in 10, 12:46 in 09)
3W/18 Nicola Richmond W40 13:06 (13:07 in 11, 12:42 in 09))
19 Claire Steward W60 13:52 (14:05 in 11, 13:51 in 10, 13:51 in 09)

Overall race winner: Clare Elms
Fastest man: Tony Tuohy
Fastest woman (excluding above): Charlie Wood
Senior man: Wayne Lashley
Vet (excluding above): Charlie Lound
M50: Colin Bailey Wood
M60: Mike Mann
Vet woman (excluding above): Nicola Richmond
Senior woman (excluding above): Mel Edwards
W50: Ros Tabor
Age Geaded 2 (excluding above): Claire Steward
Age Graded 3: (excluding above): Ebe Prill
Captain's award: Ian Sesnan

Steve Smythe

Elmore 7, Chipstead, 14th July 2012

Wet weather resulted in a last minute change to the course meaning that the race was entirely on undulating roads with the organisers estimating it to be 200m short. Fortunately, the rain stopped just before the race start and conditions were pretty good, if a little wet under foot in places. Joe had a great run and was first of the Dulwich contingent home. Mick finished strongly and was pleased with his race.

I struggled a bit with my knee on the downhill stretches but was pleased to be able to just keep Mick in sight until mile 6. Claire took the prize for 1st W55 despite taking it easy in advance of a marathon the following day, with Martin finishing not too far behind having turned up just 10 minutes before the start.

Interestingly, both the 1st man and 1st woman were from the Mongolian Olympic marathon team who are apparently staying in Guildford in preparation for the Olympics.

62	Joe Brady	46:47
86	Mick Ward	49:22
95	Mel Edwards	50:04
106	Claire Steward 1W55	52:15
129	Martin Morley	54:31

(1st man: 34:10, 1st woman: 40:25, 257 finished)

Mel Edwards

Fairlands Valley Challenge (marathon)
15 July 2012

Claire Steward writes: A couple of weeks ago I was hunting around on the internet for a July marathon and came across this event hosted by Fairlands Valley Spartans in Hertfordshire.

The Challenge has walking and running options over 12, 18 or 26.2 miles, and 50k. I was very tempted by the 50k but as it was the day after the Elmore 7 (which I already entered) I decided to be sensible and go for the shorter option. The entry list included a number of my running acquaintances from Orpington RR and 100 Marathon Club so I had company for the drive there and the run.

Written instructions are provided for navigating the six stages starting from a school within a maze of small residential roads on the outskirts of Stevenage and following a circular route via five check points along footpaths, tracks, bridleways and lanes, through fields, woodland, meadows and villages, with the occasional short linking sections on bigger roads.

In places there was plenty of mud (over the top of shoes and socks) and surface water, and everyone was well-splattered by the finish.

There is a degree of camaraderie in these events that doesn't really exist in road races; it's more like an overlong Wednesday night club run than a race and I found myself with people of a similar pace, some of whom were familiar with the route, although we heard of a few who had missed a turn here and there. Moving at a steady pace and stopping at the check points for water, squash, jelly beans and bread pudding, I felt good until about 23 miles but by then I was in a group of about 8, and taking turns to lead we encouraged each other to the finish.

The course is slightly over-distance and the muddy conditions meant that the going was slower than usual according to those who had done it before, but the weather was perfect and miraculously rain-free. With hot showers, free barbecue (white bun, burger of dubious origin and plastic cheese – fabulous), and help-yourself tea, coffee, biscuits and crisps, the £12 entry fee was a bargain.

Provisional results:
28th out of 191 – 4hrs 31 mins
A total of around 500 runners and walkers completed the Challenge events

Just What You Need For A British Summer

New Dulwich Runners waterproof jackets now in stock.
Price only £25
I will bring them to the club this Wednesday
Thanks - Ros

DULWICH RUNNERS A.C. S7

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

Why not stay for a while after your run and get to know other members in the bar. Food available.

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	7.5	MILES
SHORT CUT (BLUE)	6.0	MILES
SHORT CUT (PINK)	5.0	MILES
SHORT CUT (GREEN)	4.0	MILES
SHORT CUT (YELLOW)	3.0	MILES

Extend distance by extra full lap of Dulwich Park 1.1 miles or / and Brockwell Park 1.7 miles

Enjoy your run