SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 19th June 2013

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
Thu	**20**	**Club Champs 2 mile** - Dulwich Park Open to all members - and afterwards join us in The Crown & Greyhound
	21	**Track session** **CANCELLED**
Tue	**25**	**Track session with Steve Smythe** - £1 fee **Dulwich College Track** - 7 for 7:15pm start

In your SHORTS this week !

3 Fixtures, Club champs, Assembly League etc
5 Race reports, results etc
5 The Hurt....well it hurt !
8 Wednesday night running map

And much more !

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

A brief look ahead

full fixture list page 3

Jun	20	2 miles Club Champs, Dulwich Park
Jul	4	Battersea Pk Assembly League
Jul	12	1 mile Club Champs, Dulwich Track

DULWICH TRACK SESSIONS

Dulwich College Track

Tuesdays with Steve Smythe

Improve your speed & strength over all distances. suitable for all abilities.
Arrive at 7 for warm-up then a prompt 7:15pm start
Remember it's only a £1 but if you don't have the money on the day, you have to pay £2 next time!

Tuesday Track
A record 44 attended Tuesday track on June 18 even though 11 who came the week before didn't attend.
Over 80 have now attended a session at one stage. Remember it's just a £1 but £2 has to be paid the following week if you don't pay on the night.

Fridays with Martin Morley

Arrive at 7pm to warm up for 7:15 start. Duration approx 1 hour. - £2 for Adults £1 for Children.
All abilities are welcome, if you have never run on a track before this is your opportunity to come and see what it is like. Any questions then please come and speak to me.

Thursday: Club 2 mile Championships

Meet at start of parkrun/Assembly League close to Queen Mary Gate

So we know numbers and have an idea of how to split the races – there will almost certainly be two races, one at 7.30pm and one at 7.45pm.
If you intend to run, please let Steve know
Steve Smythe stevesmythe2006@yahoo.com

WEDNESDAY NIGHT £1 RUNNING FEE

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

NEW RUNNERS ROTA

Thanks to **Andy Murray** for taking out new runners last week.
If you are on the list, 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 as early in advance as possible . Thanks. – Ros

Olivier Montfort	**19/06**
Barrie J Nicholls	26/06
John O'Byrne	03/07
Clare Osborne	10/07

Wednesday Night Map

Click above to go to the map for this weeks Wednesday night runs.
Copies will be at the clubhouse, but it would help if you can print your own 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

5k Guide Runner needed

A registered blind woman runner has contacted us. She wishes to run our Midsummer 5k on 27 June in about 28 minutes and needs a guide. No experience necessary apparently - she will just stay in contact with the right arm of the guide runner.
If you can do this - race entry would be free - please contact Ros.
Ros Tabor - Ros@28kerfield.freeserve.co.uk

DULWICH RUNNERS

CLUB CHAMPS 2013

Races still to come in this year's club championships.

- 20 Jun 2 Miles, Dulwich Park
- 12 July 1 Mile, Dulwich College Track
- 1 Sep Lingfield (Dry Hill) 10
- 5 Oct Trail race, Lloyd Park parkrun

The usual rules apply with the 8 races split into long and short categories. The marathon, half marathon, 10 miles and 10K will be classified as long and the remainder short.

4 races to qualify, including at least one from each of the 2 distance categories.
Mike Mann (on behalf of ADSC).

ASSEMBLY LEAGUE 2013

For those new to the club, this is a series of 6 races roughly 5k in distance open to all members free of charge.

The races are normally held on the first Thursday of the month from April to September, July and August races will start at 7.30, with a 7.15 start for the September race .
Dulwich Park and Battersea Park are 5k in length, Beckenham around 4.5k and Victoria Park at 5.5k.
The remaining fixtures this season are as follows:

4 July	Battersea Park - 7:30 start
8 August	Victoria Park, Hackney - 7:30 start
5 September	Beckenham - 7:15 start

Further information on venues and times will be provided nearer the time. ***Mike Mann***

London Marathon 2014 Good for Age entries

The system of 'good for age' entries has changed. Entry will be via the VLM website and proof of previous qualifying result and proof of age will need to uploaded in scanned pdf format.

The qualifying times (some of which have been revised since last year) and details of how to enter are given at web address: http://tinyurl.com/k8kw8hn

Which informs you '.....return to this page on **24th June 2013 t**o enter, via a link hosted on this page. Applications must be made no later than the **8th of July at 5pm**, late applications will not be accepted under any circumstances.

LUCKY VEST

The June winner was Kevin wood
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 on the spot in the clubhouse that evening.

NEW KIT NEW KIT NEW KIT

new mens and womens vests and T- shirts,

Hoodies	£15 each
Vests	£18 each
T- shirts short sleeved	£20 each
T- " long sleeved T's	£22 each
Waterproof Jackets	£25 each

Available Wednesdays at the club – Ros

Masters Fixtures

These are the main British Masters fixtures.
The main club event will be the BMAF Road Relay Championships, where we have done well in recent years.

There are M35, M45, M55 asnd W35 and W45 and W55 events and we could have teams in all of them. Last year we won the W45s and medalled in the W55s and were well up in the M45s (6th) and M55s (4th) and should do even better in 2013 and could do well in the W35s and M35s too

Jun 23	BMAF 10k track women's Champs.	Oxford
Jul 27/28	BMAF 10k track men's Champs.	Oxford
Aug 18	BMAF 10km Champs., Pollok Ctry. Pk.	Glasgow
Sep 4/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs. Port Allegre	Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Colwyn Bay

DULWICH RUNNERS 2013/14 FIXTURES

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesdayclub night. Assembly league & Southern League XC races are free and open to all club members and no advance entry is needed,

Date		Race			Venue
Jun	20	2 Miles	(club champs)	S	Dulwich Park
Jul	4	Battersea Park Assembly League			Battersea Park
	6	Open track meeting			Norman Park
	8	Open track meeting			Norman Park
	12	1 Mile	(club champs)	S	Dulwich College Track
	27	Open track meeting			Tooting Track
Aug	8	Victoria Park Assembly League			Victoria Park, Hackney
	12	Open track meeting			Norman Park
	17	Open track meeting			Norman Park
	24	Open track meeting			Tooting Track
Sep	1	Lingfield (Dry Hill) 10	(club champs)	L	Lingfield (Dry Hill)
	5	Beckenham Assembly League			Beckenham Sports Club, Foxgrove Rd
Oct	5	Trail race, Lloyd Park parkrun	(club champs)	S	Lloyd Park
	19	Surrey League Cross Country		Men	Richmond Park
	19	Surrey League Cross Country		Women	Lightwater
Nov	9	Surrey League Cross Country		Men	Wimbledon Common
Dec	7	Surrey League Cross Country		Women	Farthing Down
Jan	11	Surrey League Cross Country		Men	Reigate Priory (DR to co-host)
	11	Surrey League Cross Country		Women	Putney Vale
Feb	8	Surrey League Cross Country		Men & Women	Lloyd Park

Wednesday Apres-Run Carbo Loading !

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

Arrives around 9 and the 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 and money by 7:10

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

TRACK MEETINGS

Blackheath & Bromley Open, Norman Park, June 10th

The first open graded track meeting has a 800m, 400m, 1500m and 3000m and quite a few club runners took part last year.

The races are graded by time. Nb it is best to enter in advance as it's £6 on the day and £4 in advance bbhopen@gmail.com

http://www.bandbhac.org.uk/other%20t&f%202013.html

Both Herne Hill Harriers and Blackheath & Bromley Harriers are holding a series of open track meetings this summer on the following dates.

19 June	Tooting Track	**Cancelled**
8 July	Norman Park	
27 July	Tooting Track	
12 Aug	Norman Park	
24 Aug	Tooting Track	

Surrey League XC

Men's and women's fixtures are now included in the fixture list. Further details, times maps etc will be posted nearer the race dates

These league races are open to all club members of all abilities and are free to run, and you need to run in a club vest

Mike Mann

Kent Grand Prix and Surrey Road Leagues

As well as the races we select for the Club Championships and the Assembly League races, listed elsewhere in Shorts, we also take part in the Kent Grand Prix and Surrey Road Leagues.

Some of these are designated County Championship races for the given distance, for runners that are suitably qualified. In addition, all runners can accumulate points over the season to compete in the league by age category.

For more details see the following links:

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

Surrey Athletics:http://www.surreyathletics.org.uk/road/league

Charlie Lound

Kent Grand Prix		Surrey Road League	
23 Jun	Beckenham 10k	23 Jun	Richmond 10km
21 Jul	Mount Ephraim 10k	13 Jul	Elmore 7 miles
1 Sep	Kent Coastal Marathon	21 Jul	Elmbridge 10km
22 Sep	Tonbridge 1/2M	11 Aug	Wimbledon 5km
tbc	Sittingbourne 10m		

Rapha Women's 100?

Basically Rapha want to get lots of women to ride at least 100km on July 7th, to mark 100 years of le Tour and also that they are sending 100 women to the Etape which is on the same day somewhat further south than SE22...
If anyone is interested in coming, they can email me on shona.c.mcintosh@gmail.com
See also: http://www.rapha.cc/womens100

Cheers! - Shona

Spoilt for choice – two gigs
One down one to go

On Saturday 22nd June I'll be back with **Saucy Jack** (slightly lighter but still raucous enough – rock/pop/ soul from The Eagles, Beatles, Stones, Monkees, Thin Lizzy, Steve Harley, Van Morrison, Free, Gerry Rafferty, as well as various rock 'n' roll and soul classics), this time at the Chatterton Arms, 41 Chatterton Road, Bromley BR2 9QW, start 9pm.
http://tinyurl.com/o3ap4ka

So as usual if anyone fancies a bit of proper live music with big guitar solos and the odd bit of heavy-handed drumming – you know where to go!

Tony 'Thundersticks' Tuohy – Has-Been rock star *(OK, never-was rock star, just don't get me started)*

Steve Cook has booked another session at the Herne Hill Velodrome for Dulwich Runners on Saturday 13 July at 7:30 p.m. Any of you who have been before or anyone who would like to give track cycling a try please let Steve know by emailing him at stevecook6@gmail.com
The Velodrome will provide the bikes. You do not need any special gear just shorts, Tshirt and trainers are fine if you don't have the Lycra.
For more details::
http://www.hernehillvelodrome.com/starting/faqs/

"The Goonies"
Lunar Cinema
Battersea Park,
Saturday17th August

Dear All,
With the sun finally coming out to play it's time to plan some outdoor activities which include sitting around and munching on pop-corn to refuel and give some balance to our hectic running schedules

The Goonies
(12, 1985, 114mins)
Doors open 7pm
Performance starts 8:15pm
Tickets: £12.50
http://tinyurl.com/busnfz2

I can increase on this number, but need a show of hands for those that would like to come and can commit to a ticket. email me at **susan.cooper@hsbc.com**

or send me a text inluding your name, on ***07967 953628*** asap so I can secure the booking. - ***Sue Cooper***

LADIES NOW SUMMER IS HERE YOU NEED A DULWICH RUNNERS CROP TOP!
LIMITED SIZES - £5 TO CLEAR…….contact Ros

Race Reports & Results

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

The Hurt 24k Sat 15th June

Alastair Locke wrote...

Now I tend to avoid events with names like "The Anihilator" and, "Corporate Ego Trip Mud Run 5km" but I'd done a 10km put on by the allabouttriathlon team early last year and found it really well laid on and the organising team to be a friendly bunch so I thought I'd let the name slip on this one and give it a go...and the inner masochist didn't need much convincing.

This was my second attempt at surviving The Hurt, so called as you trudge up and stumble down a windy route of surprisingly muddy trails through Hurt Wood in deepest Surrey, and because it does...hurt. The middle of nowhere location meant an early start and as I got on the bike at 6am it did cross my mind that I could just go and do a park run, no one would have to know but once on the train heading south through the fields on a train full of the dregs of the Friday night clubbing scene I started to look forward, naively, to the run.

The Hurt offers a single 12km lap or a 2 lap 24km option with around 200 people opting for the 12km and about 60 or so signing up for the 24km, including me.

At the start there was a mixed bag of club runners and keen local runners but with a time of 2hrs4mins and a 6th place from last year's effort at the run I was expecting a solid result, especially with a year of track and 2 marathon's under my belt. Conditions were ideal with the rain and wind holding off and the odd glimmer of sun breaking through the clouds.

The course packs it all in with a sharp climb of about 200metres coming less than 1km in before a technical root ridden decent, a 800m or so gentle uphill and then something I can only compare to the hill opposite Sydenham Hill station but with mud , roots and rocks.

This was roughly the theme for the rest of the lap with the exception of a delightful climb around km6 where there was nothing to do but walk up and an evil 1km energy sapping uphill around the 9.5km mark.

About half way round the field had settled down, having two runners in sight ahead and one behind and this is how it stayed until the end of the first lap when the two ahead ran for the line and I took to the turn around loop taking a deep breath and grabbing a gel before heading out for the next lap.

It was, thankfully almost a very quiet, lonely 2nd lap as I was in no state to pick the pace up. I'd been told there were a couple in front but they were nowhere to be seen and I knew there was someone not too far behind but they weren't in view either so I decided to settle in, remember that this was just a training run and plod on till the finish.

Despite a huge temptation to walk up the final long uphill I was more focussed on wanting to finish and get it over with so kept on trudging up finally crossing the line in around 2hrs 9 mins.

Quite disappointing given that it was 5 mins slower than last year but thankfully I was told that they'd changed the course since last year and this was enough for me to convince myself that it was definitely a lot tougher than last time out.
2hrs 9 mins (provisional) 3rd man and 4th overall with a pot of jam to take home.

parkrun 5km Results, Sat 15th June

Brockwell

49 Cameron Timmis	21:33
129 Michelle Vernon 31W	26:19
172 Chris Vernon 31:33	
187 ran	

Bromley

7 Duncan Hussey	18:42
40 Kim Hainsworth 2W	20:22
117 Martin Morley	23:11
199 Claire Steward 29W	25:40
393 ran (2nd most ever)	

Burgess

34 Barry Graham Evans	25:37 (1M65

Crystal Palace

30 Jo Shelton 6W	24:40
52 Ameet Patel	26:01
59 Paul Hilton	27:12
96 ran	

Dulwich

16 Paul Devine	19:21
18 Lewis Laylee	19:38
20 Paul Hodge	19:42 (PB)
27 Sam Crump	20:04
37 Duncan Wilson	21:02
39 Kevin Murphy	21:19
41 Graham Laylee	21:32
49 Ajay Khandelwal	22:21
65 Mick Mead	25:18
74 Stephanie Burchill 10W	25:45 (1W55)
117 ran	

Greenwich

13 Andy Murray 21:35
52W/127 Denise Brady 35:45
134 ran

Hilly Fields

*Ebe Prill writes.....*the rematch between Rob and me after my crushing defeat in the assembly league race. We both agreed beforehand to "only go 90 %", but then Rob went off after James with what felt at least like 99%. I was a bit more cautious this time (feeling Friday's track session by Martin "I want to hear that lactate building in your muscles" Morley in my legs) and kept well behind Rob on the first lap of this hilly course.

In a reverse of Dulwich it was Rob who tired a bit this time, and in lap two I went ahead and started overtaking the runners left between me and James. James though ran like a man pursued (which he was!) and had an excellent race, keeping just ahead of me in a strong finish, achieving a PB by more than 30 seconds!

James, myself and Rob finished one after the other in positions 7, 8 and 9. Kevin came in 12. in a good time, but a bit slower than his previous best. Mel had another very good run, being first woman by quite a margin and equaling her previous PB.

Jozef completed the Dulwich bunch in 18th position in his maiden run on this course, coming back from injury and completing his 98. parkrun. He will make his 100th before he sadly leaves for Slovakia!

7 James Burrows	19:31 (PB)
8 Ebe Prill	19:33 (1st time, 1VM50))
9 Rob Cope	19:42 (1st time, 1VM40)
12 Kevin Chadwick	20:04
15 Mel Edwards 1W	20:21 (equal course PB)
18. Jozef Danko	21:44 (1st time)

Lloyd Park

A text from the fringes of Lloyd park to 'Mum and Dad's taxi services' led to an eleventh hour switch of venue for our Saturday morning entertainment

As 'first timers' here (for parkrun, anyway) it was a chance to check out the course for the 'trail' race in the Club Champs although the going may be a bit softer by October than it was on Saturday.

This parkrun is considerably bigger than it used to be in the quite recent past – it already gets a bit congested in places and will be even more so when we all arrive to swell the numbers - and so Clare was really pleased to be the first woman outright.

She managed to overhaul a couple of rivals as they faded on the second of the two testing laps helped, not inconsiderably, by yet another ding-dong battle with her husband.

Then, after a decent warm down, it was time to get back into the car and fulfil our parental duties……

30 Mike Dodds	23:26
33 Clare Wyngard 1W	23:41
127 ran (96M/31F)	

Orpington

Clare won the women's race but narrowly lost out on winning overall by two seconds which was also the margin she missed her own course record by with her 55th successive parkrun victory.

2 Clare Elms 1W	18:30
94 ran	

Riddlesdown

Ange's 45th parkrun win at Riddlesdown

12 Ange Norris 1W	20:37
79 ran	

Richmond

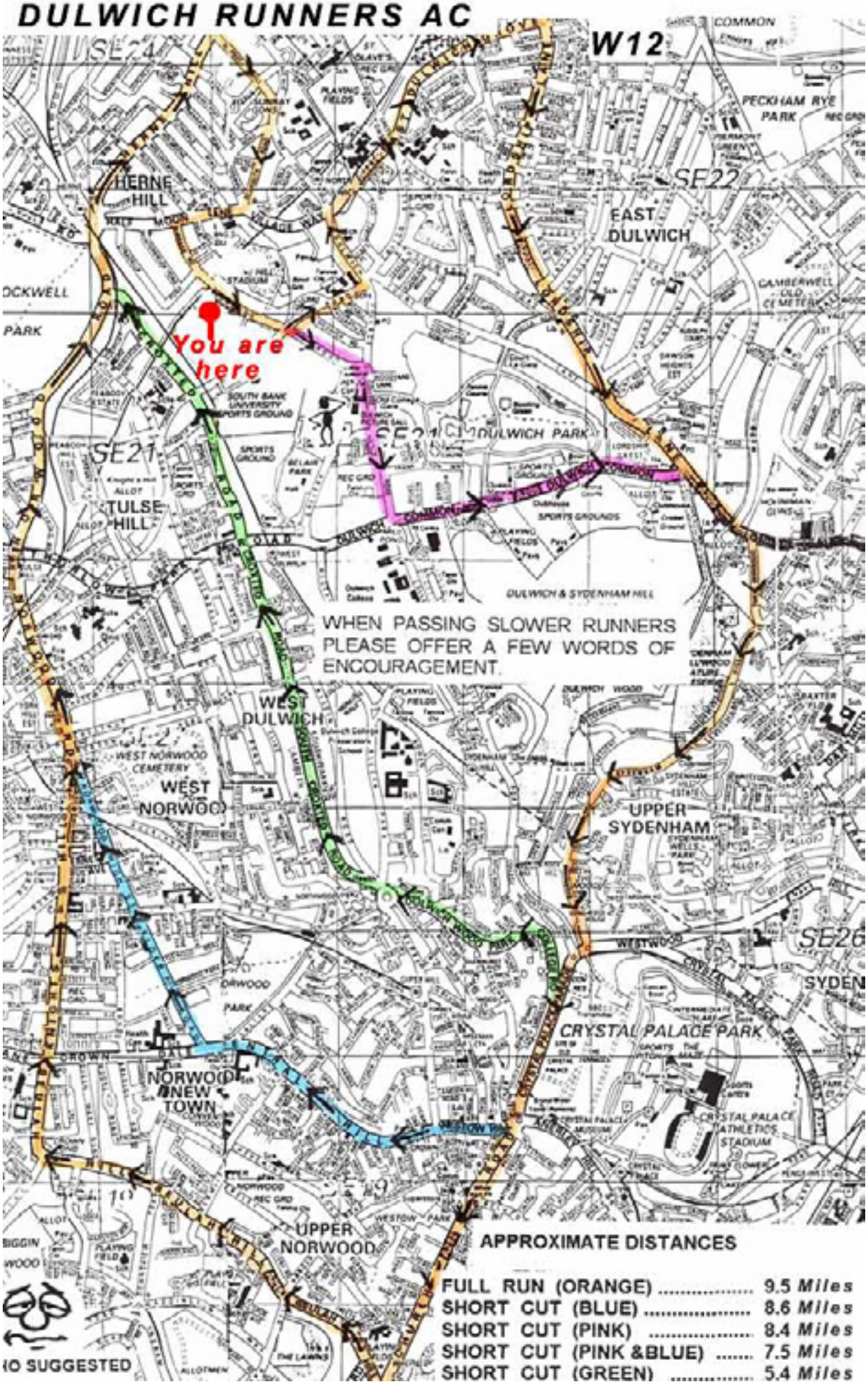
Barrie set a new PB for the Richmond course.

79 Barrie John Nicholls	23:37 (PB)
270 ran	

BMAF 5km Championships, Horwich, June 16

After too fast a start, Tony Tuohy suffered but came back well to just about snatch a bronze medal by three seconds in the M50 section.

3 M50 Tony Tuohy	16:51

You can follow us on

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