SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 21st August 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 21 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 27 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.
4 Race reports & results
7 Wednesday night running map

And much more !

Click below to
SUBSCRIBE or UNSUBSCRIBE

You can follow us on

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 £1 but if you don't have the money on the day, you have to pay £2 next time!

EVENT HORIZON

A brief look ahead

full fixture list page 3

Sep	1	Lingfield (Dry Hill) 10 - Club Champs
Sep	5	Beckenham Assembly league
Sep	21/22	Aldershot Relays

NEW RUNNERS ROTA

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

Claire Steward	**21/8**
Stephen	28/8
Cameron Timmiss	04/9
Tony Tuohy	11/9

LUCKY VEST

August winner - Nicola Mcivor

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,

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each

Available Wednesdays at the club – Ros

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**

Wednesday Night Runs Map

Click above for this weeks Wednesday night map.
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 it in the clubhouse- Thanks

DULWICH CHARITY 10K - SPONSORS NEEDED

On 6th October we will be organising the 28th running of this race which over the years has raised over £90,000 for local charities. This is the one occasion in the year when the club does its bit for the community and this is supported by the Mayor who will be in attendance to start the races.

There is a high quality 10k race with 500 entries, (course record 29.22), a 2 mile junior race and a very popular 1 mile family fun run. We hope all members will get involved in some way. Please approach your boss and friends with a businesses or shops, for sponsorship which can range from prizes, cups mementoes and even the Portaloos. The more we raise the more goes to the charity of the year, The Hollington Club for Young People in Camberwell.

Chris Vernon (vernonrun@aol.com)

Wednesday Apres-Run Re-hydration !

Come up to the bar and have a drink and a natter with us , it's a great way to get to know fellow runners (hot drinks also available)

Carbo Loading !

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

Dulwich Runners Christmas Party Saturday, 14th Dec 2013 The Cambria,Herne Hill Road

Hi All,

Its never too early to think about Christmas, Santa and his Elves are always watching.....With that in mind please keep free Saturday 14th December free in your diaries.
This year we are holding our Christmas festivities in the upstairs function room of The Cambria on Herne Hill Road.

Please check out (and join if you've not already done so!) the Herne Hill Forum for information on this fab location:

http://www.hernehillforum.org.uk/category/venue/cambria

More details and ticket information will follow when the first autumn leaf falls..... - **Suz**

HELLO

We are in need of plenty of marshalls for the Dulwich Charity 10km on Sunday 6th October.
Please give up a couple of hours of your time to ensure the smooth running of our 27th event.
Please e mail me, or let me know at the Club that you are willing to help out

Cheers -**Steve Wehrle -** Steve.wehrle@immediate.co.uk

Dulwich Runners Club Champs 2013

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

- 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).

As some of you may know, we're leaving the big smoke in a couple of weeks and moving to Somerset.

We've lived in Peckham Rye for six years and we'll be taking with us many happy (and some more lung-busting, leg-screaming) memories of our time with Dulwich Runners.
A huge thank you for making us feel so welcome from the start and supportive throughout – we've been proud to compete in Dulwich colours at so many races over the years. Please do keep in touch and we look forward to seeing you at races in the future!
Catherine & Chris
catherinesianlee@googlemail.com
christreble@gmail.com

Dulwich Runners 2013/14 Fixtures

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

Date		Race			Venue
Aug	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
	14	Will Bolton XC Relays			Sparrow's Den
	21/22	Womens/Mens (including Vets) SEAA Relays			Aldershot
Oct	5	Trail race, Lloyd Park parkrun	(club champs)	S	Lloyd Park
	12	Surrey Vets XC			Petersham, Richmond Park
	19	Surrey League Cross Country		Men	Richmond Park
	19	Surrey League Cross Country		Women	Lightwater
	20	Cabbage Patch 10			Twickenham
Nov	9	Surrey League Cross Country		Men	Wimbledon Common
	16	Dysart/Ellis Cups (XC)			Petersham, Richmond Park
	16	London XC Champs			Parliament Hill Fields
	23	South of Thames 5m XC			Streatham Common
Dec	7	Surrey League Cross Country		Women	Farthing Down
	7	Kent Masters XC Champs			Danson Park, Bexley
	21	South of Thames 7.5m XC			Wimbledon Common
Jan	4	Surrey XC Champs			Denbies Vineyard
	4	Kent XC Champs			Hythe
	11	Surrey League Cross Country		Men	Reigate Priory (DR to co-host)
	11	Surrey League Cross Country		Women	Putney Vale
	25	South of England XC Champs			Parliament Hill Fields
Feb	8	Surrey League Cross Country		Men & Women	Lloyd Park
	22	National XC Champs			Nottingham

ASSEMBLY LEAGUE 2013

For those new to the club, this is a series of 6 races (one left)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.
Dulwich Park and Battersea Park are 5k in length, Beckenham around 4.5k and Victoria Park at 5.5k.
The remaining fixture this season :
5 September Beckenham - 7:15 start
Further information on venues and times will be provided nearer the time. - ***Mike Mann***

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***

Striders of Croydon AC Switchback 5 Sunday 29 Sep 10.30am

5 mile, multi-terrain race around Lloyd Park and Addington Hills
It's a perfect warm up to the cross country season.
debra.c.bourne@gmail.com
http://www.stridersofcroydon.org.uk
entry forms available in clubhouse

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

Charlie Lound

Kent Grand Prix		Surrey Road League
1 Sep	Kent Coastal Marathon	all races now completed
22 Sep	Tonbridge 1/2M	
tbc	Sittingbourne 10m	

Masters Fixtures

These are the main British Masters fixtures.
The main club event will be the BMAF Road Relay Champs, 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

Sep 4/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs. Pt Allegre	Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Colwyn Bay

Race Reports & Results

If it's not a club champs race, local parkrun or other major club race which Steve Smythe kindly finds & collates results for, then it's highly unlikely that your results will be in SHORTS, so to ensure they do, please send them in. And if you can write a report even better. All road, fell, XC, Tri results etc, are welcome

Media 800m race, Moscow, Augsut 15

Steve Smythe – I was attending my ninth successive World Athletics Championships and just as has there been since my third one, the organisers put on a media 800m as they had in Edmonton, Paris, Helsinki, Osaka, Berlin and Daegu.

I had only run half a dozen times in the previous 10 weeks and was still suffering a hip and back injury, but decided I couldn't miss opportunity to run 800m on the same track that Ovett and Coe went 1-2 in the Olympic 800m 33 years earlier even if I probably woldn't be able to break thre nd might be a whole minute down on my best.

The media event had 13 different races and somehow I must have been seeded as per previous races when I was fit and I ended up in one of the faster races. There were only 2 other Brits in it including the Athletics Weekly Editor, who ran 1:54 in the distant past and the BBC Statistician Mark Butler, who has done all the previous 800m races too.

Mark was also coincidentally in myPB 800m race in the Kent Championships 30 years earlier when I had caught him on the line. My hip didn't feel great in the first 100m when I hung on at the back of Mark and a German runner and it felt very uncomfortable pace wise even if it was the speed I used to run half-marathons at.

By 200m the hip was actually bearable but the lack of fitness wasn't. I hung grimly on to the pair at the back of the race and just about stayed there. At 600m, I did think in my 2000 plus previous races, I had never been last and made a big effort though Mark kicked away, though the hip started hurting a bit, I managed to just edge past the German to beat him by a few feet.

I was quite pleased with my time even if it was slower than my first 800m as an 11 year-old and my slowest ever. Though I was 9th of 10 runners in my race, I did finish a slightly more respectable 48th out of 120 runners overall.
Race 10: 9th Steve Smythe 2:40.27

Lanzarote Training week

Clare Elms had a busy time in Lanzarote. All races held in very hot and windy conditions.

5km race10/8
Alex Elms 18:28
Clare Elms 18:30 (helping Alex)

Duathlon12/8
1stW Clare Elms 52:01(run 9:33, bike 32:01, run 10:28)

Aquathlon 12/8
1stOverall Clare Elms15:09 (swim 3:44, run 11.23)

Triathlon 14/8
1stW Clare Elms 56:49 (swim 6:37 bike 32:34 run, 17:39

5km race 17/8 Clare Elms 18:09

Aquathlon 19/8
1st Clare Elms 13:26 (Swim 3.39 run 9.48)

Aquathlon 19/8 Team Elms 2nd Overall 2nd team
Clare Elms swim 3.21
James Elms 9:53 total 13:14

5k Results, Sat 17th August

Brockwell

CHRIS'S 100TH PARKRUN - Chris Vernon will be doing his 100th parkrun at Brockwell Park on 24th August and would love to see as many as possible to support him.

36 Cameron Timmis 21:23
50 Graham Laylee 22:01
148 ran

Crystal Palace

28 Martin Morley 23:43
62 Jane Harbage 12W 28:36
84 ran

Dulwich

Mel was 2nd but set another PB and there were also PBs for Paul, Mike and Sam.

5 Paul Devine 17:55 (PB)
16 Mike Fullilove 18:40 (PB)
21 Sam Crump 18:53 (PB)
22 Mel Edwards 2W 19:07 (PB)
36 Ajay Khandelwal 20:21
38 John Fletcher 20:33
75 Christian Moody 23:21
166 ran

Hilly Fields

3 Alastair Locke 18:17 (PB)
9 Ian Lilley 19:39
14 Kevin Chadwick 21:10
82 ran

Old Deer Park Richmond

It was the third anniversary of this small parkrun in Richmond and the numbers had swelled to the giddy heights of 59! The race director welcomed us all and announced for the anniversary we would be running the course in the opposite direction to normal.

On what is a never deemed a fast course with six tight turns on each of the three grassy laps, Barrie stormed to an overall parkrun PB. I felt somewhat off colour and thought I was going faster than my time but at least was up on my March run here.

14 Barrie John Nicholls 23.27 (course debut & p/run PB)
27 Lindsey Annable 24.56 (course PB, 1VW 45-49)
59 ran

Orpington

25 Colin Frith 24:37
85 ran

Riddlesdown

Rarely Angie didn't win but she smashed her PB and broke 20 for the first time.

14 Angie Norris 2W 19:54 (PB)

In last week's parkrun results Mel Edwards is listed as running Crystal Palace twice! The second entry should have been for Jo Shelton - (7W/38 23:33)

TRACK ATHLETICS OPEN MEETING, 17 AUGUST

The final open meeting of the season held at Norman Park took place in breezy conditions, with the wind at its worst for the 1500m race. The races were rather better supported than the previous meeting in early July, but the wide range of abilities meant that few were competitive with the fields mostly well spread out.Earlier in the 800m, I went through the bell on target at 77 seconds but was unable to hold my pace in the final lap.

Tony Tuohy decided to experiment in the 1500m, running the first 700m hard , and trying to hold on. However not helped by a strong headwind in the home straight, he struggled afterwards and was well short of his BMC time a few days earlier. Alastair improved on his time earlier in the week and Ed Smyth in a rare venture onto the track was pleased to duck inside 5 minutes. I made a late decision to take part, finishing slightly faster than earlier in the week in a largely solo effort.

Later in the 3000m, my legs felt rather heavy and I gradually lost pace as the race progressed, finishing around 10 seconds slower than recent efforts. In the 5000m Alastair and Ebe were in a group of 4 in the early part of the race, maintaining a good sub 18 minute pace. Alastair held his pace well till the finish, overtaking a few in the process and posted an excellent time in his third race of the day (he ran a parkrun earlier). Ebe found the pace hard to maintain after 7k, but finished in a good time, not far outside 18 minutes. ***Mike Mann***

800m
Mike Mann 2:39.33
1500m
Tony Tuohy 4:37.86
Alastair Locke 4:55.10
Ed Smyth 4:59.43
Mike Mann 5:18.84
3000m
Mike Mann 11:26.01
5000m
Alastair Locke 17:44.42
Ebe Prill 18:04.13

Cambridge Harriers Open Eltham, 14. August

800 m race
8 Ebe Prill 2:30.06

I've just had this offer from a friend/ runner who is pregnant and looking to sell her rather nice bike - it may appeal to someone at the club...if you are able to circulate/ or know anyone looking for a bike. Her contact email is below...
Ajay

I'm going to put my lovely Boardman Women's Hybrid Comp (virtually identical to this: http://www.halfords.com/webapp/wcs/stores/servlet/product_storeId_10001_catalogId_10151_productId_777843_langId_-1_categoryId_165534) on Gumtree but thought I would ask around in the meantime.

It's never been ridden outside and I've also got an Elite Volare trainer that I can throw in: http://www.halfords.com/webapp/wcs/stores/servlet/product_storeId_10001_catalogId_10151_productId_223837_langId_-1_categoryId_229901
Contact - katyrutherford1@gmail.com
Katy

HOODIES

I am very sorry to tell you that the firm who supplied our hoodies has gone bust and can not meet the order.
I am negotiating with Ronhill (who make our vests), and I think will be able to make a similar hoody for a similar price, so those who have ordered will have one before the weather gets cold (again).
I have a list of those of you who have already paid. If you want a refund, let me know and I will pass your name to Graham who can issue a cheque. - Ros
Andy Murray/Ros Tabor
Andrew@28kerfield.freeserve.co.uk
Ros@28kerfield.freeserve.co.uk

You can follow us on

Are you a Veteran Athlete?

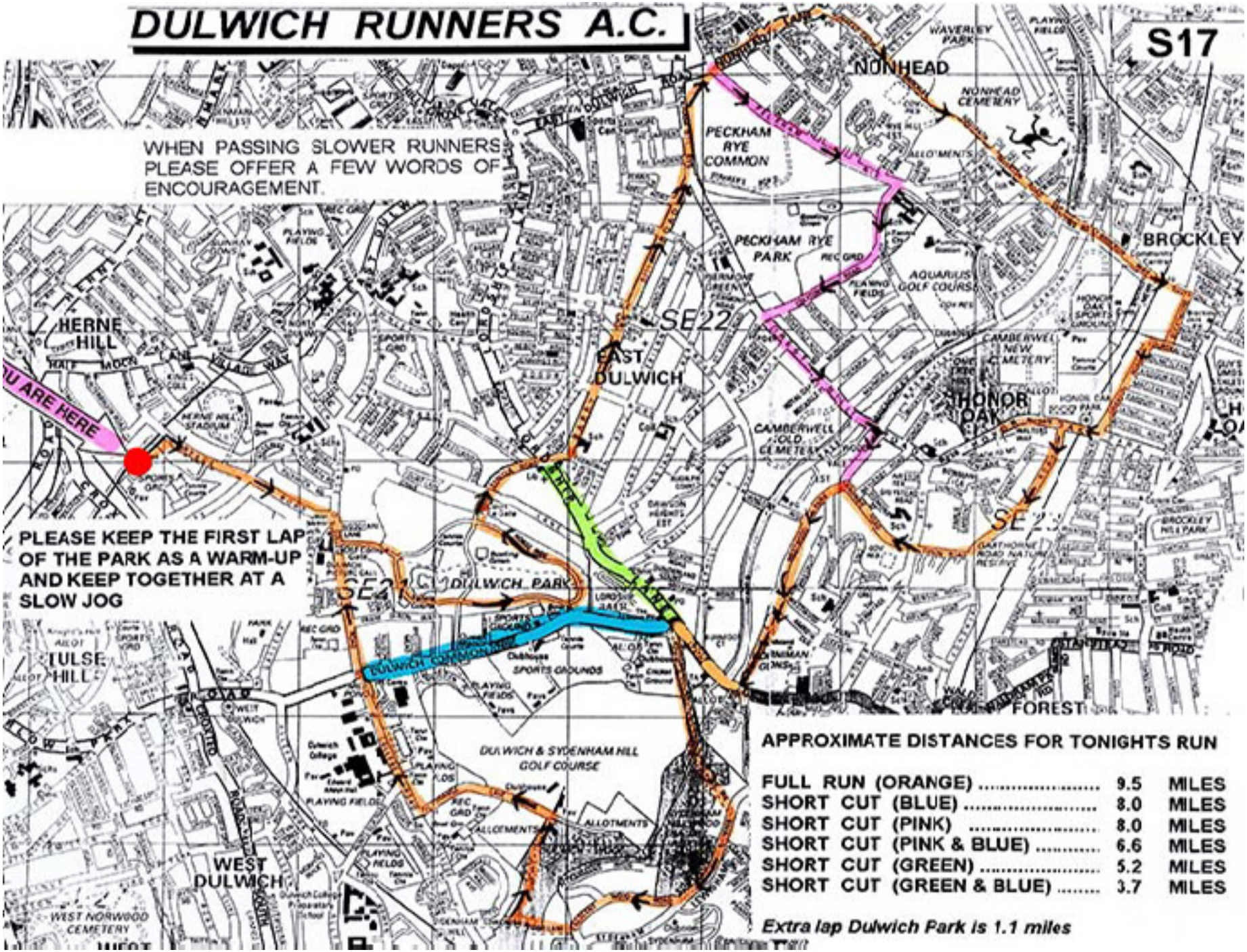
Older than 40 years of age?
Do you regularly run over 10km per week and have been doing so for more than 10 years?

Would you like to volunteer for tests on your heart?

The Centre for Inherited Cardiovascular Conditions and Sports Cardiology at St George's Hospital, in South London, is currently researching the cardiac effects of long term high endurance exercise in older athletes. We are enrolling healthy male and female volunteers with no history of heart disease, smoking or diabetes. The study involves three hospital visits each lasting 2 hours to St Georges Hospital, Lewisham Hospital (South London) and the Heart Hospital (Central London). Each volunteer will be offered an electrocardiogram, echocardiogram, cardiopulmonary exercise test (VO2 test), cardiac MRI, cardiac CT and a 24 hour heart monitor.
If you are interested and want to obtain a full information leaflet please contact:
Dr Ahmed Merghani amerghan@sgul.ac.uk 02087253951

St George's University of London

Participant Advert/Version 5 (05/07/2013)

Cardiac Risk in the Young

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