SHORTS

Dulwich Runners AC
Weekly Newsletter
August 27th 2014

These are your SHORTS,
Please send your reports, running news & anecdotes to:
shorts@dulwichrunners.org.uk
DEADLINE 17:30 TUESDAY

- THE COMING WEEK –

Wed 27 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sun 31 Seven Oaks 7 - club champs race

Tue 03 **SEE NOTE BELOW** - 7 for 7:15pm start

In your SHORTS this week !

3 Fixture list, club champs,XC, road, track etc
4 Race reports & results
7 Parkrun results
8 Wednesday night running map

And much more !

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

TRACK SESSIONS

Tuesdays with Steve Smythe

The summer sessions at Dulwich track have now come to an end, but for the next few weeks we will be convening at the usual place near the track before jogging up the road for some hill reps on the path close to Sydenham Hill station. We will be moving back to Crystal Palace track late September/early October.
Watch this space for further details

EVENT HORIZON

A brief look ahead

full fixture list **page 2**

Aug	31	Seven Oaks 7 - club champs race
Sep	4	Assembly League - Beckenham
Oct	11	Surrey League Cross Country - mens & womens

LUCKY VEST

August winner - James Burrows

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.
Vests £18 each and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk
for all other club kit please see **page 3**

NEW RUNNERS ROTA

Thanks to **Joseph Brady and Natalie Davys** 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**

Steve Cook	**27/08**
Paul Devine	03/09
Mel Edwards	10/09

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered 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 !

Rehydration !

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

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 Run - Map

Click above for this weeks Wednesday night map, which is on the last page of Shorts.
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

CLUB CHAMPS RACE THIS SUNDAY
SEVENOAKS 7
RACE ENTRIES AND POST RUN PICNIC

This Sunday is our penultimate club champs run – the Sevenoaks 7.
Billed as an undulating course on track and grassy path this should be is guaranteed to be a fun course if a little slippery looking at the weather forecast for the week (still, good for practicing the downhill technique).
But, at the time of going to press, the sun looks like it will be shining for Sunday.
If you haven't yet entered be sure to sign up now.
We have around 30 entrants from the club at the moment but it would be great to see some of our new members sporting their club vests at the race too!

Come and join us for a post-race picnic in the park as well.
Bring along some homemade sarnies or grab something nearby (plenty of supermarkets close to Race HQ) and enjoy an afternoon in the sun.
There are changing rooms and showers at the race HQ should you want to freshen up before cracking open the Pimms.

Race HQ: Sevenoaks Rugby Club, Plymouth Drive, at the top of Seal Hollow Road near the centre of
Sevenoaks TN13 3RP
Car Parking: There is limited parking available at the Race HQ. However, there is ample FREE parking available at Buckhurst Lane near the Leisure Centre off Suffolk Way TN13 1LW
There is a connecting footpath to Race HQ at the side of the Leisure Centre.

The Race HQ is a casual 30min walk from Sevenoaks train station.
Alastair Locke

Dulwich Runners 2014 Fixtures

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesday club night.

Date		Race			Venue
Aug	31	Sevenoaks 7		(medium)	Sevenoaks
Sep	4	Assembly League	3miles		Beckenham - 7:15 start
	13	Will Bolton Relays			Sparrows Den
Oct	11	Surrey League 1	mens		Newlands Corner, nr Guildford
	11	Surrey League 1	womens		Richmond Park
	18	Surrey Masters Champs			Richmond Park
	19	Cabbage Patch 10	(alternative to Rye 10)	(Long)	Twickenham
Nov	1	Reigate Priory Relays			Reigate Priory Park
	8	Surrey League 2	mens		Ham Lands, nr Richmond
	15	London Champs			Parliament Hill Fields
	22	South of Thames 5 miles			Wimbledon Common
Dec	6	Surrey League 2	womens		Nonsuch Park, Cheam
	6	Kent Masters			Sparrows Den
	13	South of England Masters			Horspath, Oxford
	20	South of Thames 7.5 miles			Farthing Down, Coulsdon
Jan	3	County Champs			Various venues
	10	Surrey League 3	mens & womens		Wimbledon Common
	24	South of Englands Champs			Stanmer Park, Brighton
Feb	7	Surrey League 4	mens		Lloyd Park, Croydon
	8	Surrey League 4	womens		Farthing Downs, Coulsden
	21	National Champs			Parliament Hill Fields

SURREY LEAGUE & OTHER CROSS COUNTRY FIXTURES

Dates and venues have been agreed for next season's men's Surrey League matches as well as a number of other fixtures.

Please try to keep the Surrey League dates free, particularly if you are likely to be in the scoring (the first 10 runners in each team).

We are hosting the Surrey League fixture at Wimbledon Common and will be asking for helpers.

Since the National Champs take place in London this time, it is likely to be included as part of our own cross country champs.

ASSEMBLY LEAGUE 2014

For those that are new to the club these races are open to all standards and abilities, 5k, and free to enter, all you need to do is have a club vest, turn up and run. Any further information regarding these races it will appear here in Shorts.

Only one left this year:

4 Sept Beckenham 3 miles 7.15 start

DULWICH RUNNERS CLUB CHAMPS 2014

9 races in total split into 3 distance categories. To qualify it will be necessary to complete 5 races in total, including at least one from each distance category.

The structure of awards will be unchanged from recent years. Club vests are compulsory for all events other than the mile. You will need current club membership to qualify for points. **Mike Mann** (on belhalf of ADSC)

For those wishing to know the Clup Champs rules they are on the clubs website

Remaining events are as follows:

31 August Sevenoaks 7 (medium)

19 October Cabbage Patch 10 (Long) (Rye 10 alternative)

CLUB CHAMPIONSHIPS important update

The Committee decided to add the Cabbage Patch 10 on 19th October as an additional 10 mile race to the Rye 10. Times recorded at the Cabbage Patch will be adjusted to reflect the relative difficulty of the 2 courses and overall 10 mile results produced soon after 19 October. Runners who compete at both races will be credited with their best performance of the 2.

to enter:

http://www.sportsystems.co.uk/ss/event/Cabbage-Patch1012

SEAA Road Relays Aldershot, 20/21 September

We intend to enter senior and vets teams for these relays in Aldershot. For the women, both seniors and vets (40+) this is a 4 stage relay of just under 3.9km per leg taking place on Saturday 20 September. The men's relays take place on Sunday 21 September (6x6km for seniors and 4x6km for 40s, 50s and 60s). Teams will be selected shortly and we will be in touch soon. ***Mike Mann***

TRACK MEETINGS

For those of you interested in competing on the track, there are three open meetings still left, held at local venues during this season.

Open meetings, hosted by HHH are held at Tooting Bec on some Saturday afternoons.

27 Aug Norman Park
7 Sep St Mary's University, Strawberry Hill
10 Sep Parliament Hill

These meetings, where there are usually 800m, 1500m and 3000m races on offer, are ideal for those looking for improved times, having done some earlier races. Please contact me for further details. - ***Mike Mann***

WILL BOLTON CROSS COUNTRY RELAYS, SPARROWS DEN, 13 SEPT.

Could all those interested in taking part in these cross country relays at Sparrows Den please contact your captains, Mike Mann and Mel Edwards/ Anna Thomas to enable teams to be organised and entered in advance. ***Mike Mann***

Striders of Croydon's Multi-terrain race

Switchback 5 28th September.

We have kept the entry fee low - £6 for affiliated runners before race day – but still provide a goody bag including free tea and cake.

Details and entry from are here :
http://www.stridersofcroydon.org.uk/?page_id=4005

Online entry forms are here :
http://www.runnersworld.co.uk/events/registrationinfo.asp?sp=&v=2&EN=84639&ms=

GREEN BELT AND WELSH CASTLES RELAYS

It's a long way to go until these relays take place next spring, but we would like to encourage as many club members as possible to take part in 2015. We had very positive feedback from those of you in the 2 teams that completed this year's Green Belt Relay and it was great to see so many newly joined members participating.

A number of you were keen to take part in both events next year. It was disappointing that we were not able to field a team for the Welsh Castles Relay; we were just a few short of a full team of 20. We would particularly like to promote this for 2015 and make every effort possible to field a complete team.

We have just been informed of the date which is 13/14 June, a week later than usual, so please try to keep that weekend clear if you are interested; it is a highly enjoyable running and social weekend. The date for next year's Green Belt Relay has not yet been set but it is likely to be either 16/17 May or 23/24 May. ***Mike Mann***

DULWICH RUNNERS CLUB KIT

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

Hoodies are now available. There are a few left in each size .
Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk

Race Reports & Results

To be sure your race results/reports appear in SHORTS you must send them in. barry@1bg1.com
All road, fell, XC, Tri results etc, are welcome .

BMC/Cambridge Harriers Open, Eltham, Wed 20th August

With only a month or so left of the track season, Dulwich would-be track stars are still turning up in droves at local meetings in the never-ending search for personal and season's bests. Out of seven trying here, five were a bit off the pace but there was one PB in the mile and a notable debut at 800m……..

BMC/Open 5000m
After a quick start and passing 3000m in 9:59 my lap times got slower and slower (down to 83s) for a relatively poor run when I was hoping for quite a lot quicker. Beckenham's Jim Addison dropped me before 3k and moved steadily away, leading by five or six seconds at the bell but I found a spark from somewhere and salvaged the run by sprinting the last lap in a pleasing 73-74 seconds to just catch Jim before the line. It didn't half hurt, but at least it was a season's best.
15 Tony Tuohy 16:44.30

BMC 800m race F
Wayne set out purposefully to attack his 2:02.47 PB set at Tooting last month (for which Power of 10 have created a new record for 'W Ashley' thanks to somebody at Herne Hill Harriers needing reading glasses – sort it out Wayne). He caned the first 200m in 28-something and passed the bell in 59.5. Not a lot wrong with his confidence and he'll no doubt hold that sort of speed soon, but not today. He ended with a painful last 150m but it was only a slight misjudgement and more improvement is still on the cards before this year is done.
7 Wayne Lashley 2:04.86

Open 800m race 1
A very impressive debut at 800m for Kev; he ran the first lap in about 67.5 so didn't lose too much during the second even when the lactic hit. A 2:16 is considerably superior compared to his times at any longer distance – he's obviously got good natural speed there.
8 Kevin Chadwick 2:16.47 debut

Open 800m race 3
Mike's first lap in 77 was good but he dozed off in the third 200 (his words, not mine) before speeding up again to finish a few seconds short of what he had hoped for.
2 Mike Mann 2:38.09

BMC Mile
Paul was looking to improve his Dulwich mile time of 4:51 but fell just short here. Halfway in 2:24 was perfect but the time was lost on the third lap (isn't it always?) which slipped to 75 before he rallied a bit for the last.
9 Paul Devine 4:52.40

BMC mixed Mile
Freshly returned from holiday, Clare turned up for this race as she'd pre-entered ages ago but was dubious about starting because of still suffering from tight hamstrings since the Ride London 87-mile bike ride. With everyone else racing, spectating was a poor relation so she ran after a careful warm-up to get a workout, although was obviously not at her best. On the other hand, after smashing her 1500m PB at the British Masters Champs with 5:05, Nicola was aiming for a sub-5:30 mile here. She gave it a great shot but also had to give way just a bit short of the target – although still scoring a great PB, two and a half seconds faster than her previous best set in the Dulwich mile last month.
5 Clare Elms 5:10.23
7 Nicola Richmond 5:31.24 PB

Herne Hill Harriers Open, Tooting, Saturday 23rd August

800m race 2
After Tereza's impressive debut at 800m last month it was obvious that faster times would come and she duly knocked five seconds off for a good PB in breezy conditions. However, a couple of weeks ago she also posted a debut time for 400m – and that was an astonishing 61.69 seconds. With that sort of natural speed there is serious potential to lower the 800m time further – a lot further.
7 Tereza Francova 2:22.52 PB

800m race 3
Mike managed a similar time to a few days earlier – but expressed frustration at seeming to be stuck around this sort of clocking for 800m this summer.
4 Mike Mann 2:38.65

1500m race 1
As the afternoon wore on, the wind contrived by 5pm to get up to a description of 'very windy' (get the excuse in early). Even being first M50 went out the window when I noted at the start that UK no.1 at 800m, 1500m and the mile Mike Trees was running. I had a quick word and he said he fancied trying to improve his 4:11 from last month so obviously I decided to tuck right in behind him (no I didn't, just kidding, I'm not that stupid). Nevertheless, I was hoping to go under 4:30 and opened with a 69 second first lap, which was too fast as the next two laps dropped to 74 and 75. Even so, I was still kidding myself at the bell that kicking a 70 second last lap was all I needed to get the time – the subsequent 75 showed the true state of my legs by then as that wind had taken its toll. Mind you, I wasn't the only one; Mr. Trees was only 5 seconds ahead of me. I don't know if he gave it up as a bad job or just had an off-day but one thing's fairly certain – I doubt I'll be only five seconds behind next time he nails a 4:11. Would be nice though……..
Meanwhile, Kevin was trying to improve his PB set in that titanic battle with Ebe last month but fell two seconds short. Hardly surprising in the conditions and without having a race to the death this time – definitely better will come.
6 Tony Tuohy 4:34.98
8 Kevin Chadwick 4:46.37

1500m race 2
With an 800m already in his legs and worsening conditions Mike was going to have trouble getting anywhere near his best times this year but ran anyway to at least complete a good afternoon's workout.
5 Mike Mann 5:31.53

UKCAU INTER COUNTIES TRACK & FIELD CHAMPIONSHIPS, Bedford, 23-24 August

Senior women 5000m

Getting selected by Kent to run in the Inter Counties Championships is not something to be turned down lightly – although that's exactly what Clare contemplated with the difficulties she'd had this year in accomplishing any meaningful endurance training.

This meeting is top quality featuring the likes of world 800m medallist Jenny Meadows and UK 100m record holder Montell Douglas, and veterans (never mind over-50s!) are in very short supply. But Clare's last 5000m on the track was four years ago and although she'd stretched her good speed training this summer at 1500m to achieve a good 3000m as well, she thought she was on a hiding to nothing as she warily lined up against the other runners (all with an average age of 27) hoping not to be disgraced.

With Fiona Clark and Georgie Bruinvels fighting out the top spot at sub-17 pace, Clare tucked in behind Lara Bromilow hoping she could keep up with Bromilow's stated intention to try to break 17:30. In fact Clare followed fairly comfortably for 4000m but was finally found wanting with just two laps to go when things got a lot harder.

She hung on to Bromilow for one more lap before having to let go at the bell but still got to the line for fourth in a very impressive 17:30 which puts her a clear second on the UK W50 all-time list. So, hardly disgraced at all then.....

Tony Tuohy

4	Clare Elms	17:30.49

Media Mile - Glasgow track July 30

Steve Smythe 5:49.0 - slower than PB marathon pace

Media 800m - Zurich track August 15

Steve Smythe 2:43.0 - slower than PB half-marathon pace

Frank Duffy 10, Dublin August 24

Shona McIntosh was honoured to be selected to run for Scotland in this event in Ireland, and though finding the last few miles of the testing course hard and not being in her very best form yet, she did set a PB of 59:10.

5 Shona McIntosh 59:10

Steve Smythe

BBC 10km - 21 August 2014

Lindsey Annable writes: In an effort to redress the dearth of race reports in last week's Shorts, a faithful few turned up to participate in the summer edition of the biannual BBC 10km. Billed as fast and flat, the three lapper is run entirely within the lovely Regent's park although it never feels quite as easy as it should with several turns and slight inclines.

Over the years the race has had mixed fortunes in terms of weather, ranging from torrential downpours to sunny skies but it has usually erred on the side of cool and blustery. This year a slight drizzle threatened to dampen proceedings before the start but fortunately it soon stopped and conditions were relatively good if not a little windy.

Steve W was wearing race number 1 in honour of the fact he founded and organized the race for many years. A further six DRs joined the field, many of whom have run the race before but it was good to see Dougie in his first outing over 10km.

Barrie lead in the DR contingent with a strong sub 48 clocking and I was in next, some 50 seconds later with a 'PIB' 'post injury best'! Paul K is improving in fitness from his sprained ankle at the Ted Pepper 10km and was up on his Beckenham time as was Claire, although she suffered badly from blisters in the race. Next in was Dougie not far behind Claire and then 'no. 1' Steve. Paul H completed the DRs with a run carefully paced to not aggravate a troublesome calf.

Thanks to support from Steve's wife Anne and sister as well as one or two familiar faces from the BBC and DR international trips. It can't have been too warm standing around to support!

As tradition dictates, we all rounded off the evening with a few drinks, this time at the nearby Metropolitan pub. It was nice to meet some of Steve's colleagues, many of whom, with Steve's encouragement, were running a 10km for the first time too.

Lindsey Annable

76	Barrie John Nicholls	47:54
86	Lindsey Annable	48:46
98	Paul Keating	50:45
108	Claire Steward	51:47
118	Douglas Keighley	53:08
133	Steve Wehrle	55:30
145	Paul Hilton	57:56

184 ran

August 23rd

Folkstone (August 20th)

138 ran

Having struggled with a chest infection since April (it has felt like I've inherited an octogenarian's lungs who's also a chain smoker!); it was a relief to return to some semblance of form with 19.41 in the previous weekend's parkrun at Preston Park, Brighton.

So I travelled with 3 other Hastings Runners to sample an inaugural parkrun (a first for us) at Folkestone, which is a 3 loop course along the seafront promenade close to the recently unveiled steel Memorial Arch.

There are lots of poignant plaques dedicated to some of the millions of men who would have walked down the hill from there to the harbour during WW1, waiting for boats to ferry them across the Channel to join the Western Front.

The run itself was very well organised, and amongst those taking part was Becky Thurtell (an FV50 from Thames Turbo Triathletes) making her 272nd parkrun appearance! Any thoughts we harboured that this would be an easy course were soon scuppered as there was a gradual uphill climb into a headwind between 250m-1000m, and then a long steady climb again into the wind between 2500m - 4000m.

However a successful trip with the three Hastings Runners finishing 1st, 3rd and 6th ladies, and setting the initial records in the FV40-44 and FV45-49 categories

- ***Nick Brown***.

12 Nick Brown 20:01 (1st M55).

Bedford Parkrun

257 Ran

16	Stephen Smythe	20:18

Hove

383 Ran

The parkrun tour of the South East which has taken in Clair Park in Haywards Heath (the hardest and most boring course so far!), Preston Park (Brighton) and the inaugural Folkestone run in successive weeks moved on to Hove Park in Brighton this weekend.

The Hove run is the 3rd largest parkrun in the country, regularly attracting 400 - 500 runners, and of the 15 parkruns that we have tackled to date possessed easily the highest quality field. It also has the bonus of free parking nearby, loo facilities, an excellent café close to the start, and we were also blessed with gloriously sunny weather. The course itself was harder than I expected, consisting of an opening lap of 1.4kms (one gradual hill) followed by two laps of 1.8kms each (two gradual hills on each lap).

I ran with my training partner Riz Maslen all the way round, tracking Arena 80's Caroline Wood (Sussex's leading FV50) who had finished comfortably ahead of Riz at the recent Bexhill 5kms race. However a determined effort in the final 750m allowed us both to break 20mins, and Riz was delighted to finish just 6secs behind Caroline. - ***Nick Brown***

1	Nicholas Brown	19:52

Brockwell

3	Paul Devine	17:42
25	Sam Crump	20:21
48	Duncan Wilson	21:49
55	Anna Thomas	22:12
80	Desmond Edwards	23:26
88	Linda Byrne	23:45
120	Sharon Erdman	25:28

Crystal Palace

149 Ran

48	Bob Bell	22:56
68	Belinda Cottrill	24:19
109	Piers Vernon	28:17
126	Susan Vernon	32:43
139	Chris Vernon	37:09

Dulwich

138 Ran

13	Stephen Davies	18:29
64	Kim Hainsworth	22:57
68	Mark Muffett	23:01
69	Michael Dodds	23:02
98	Mick Mead	26:14
105	Stephanie Burchill	27:08

Hilly Field

107 Ran

6	Ian Lilley	19:49

Lanhydrock

152 Ran

19	James Wicks	22:48

Newark

159 Ran

33	Martin Morley	23:20

Old Deer Park Parkrun

40 Ran

18	Barrie John Nicholls	23:32
21	Lindsey Annable	24:06

Orpington

123 Ran

22	Colin Frith	22:53
54	Steve Wehrle	26:18

Peckham Rye

86 Ran

6	Toby De Belder	19:39
12	Gideon Franklin	20:29

Reigate Priory

146 Ran

52	Peter Gibbons	24:34

Riddlesdown

133 Ran

33	Ange Norris	22:40

Southwark

102 Ran

40	Paul Keating	24:27

Weymouth Parkrun

177 Ran

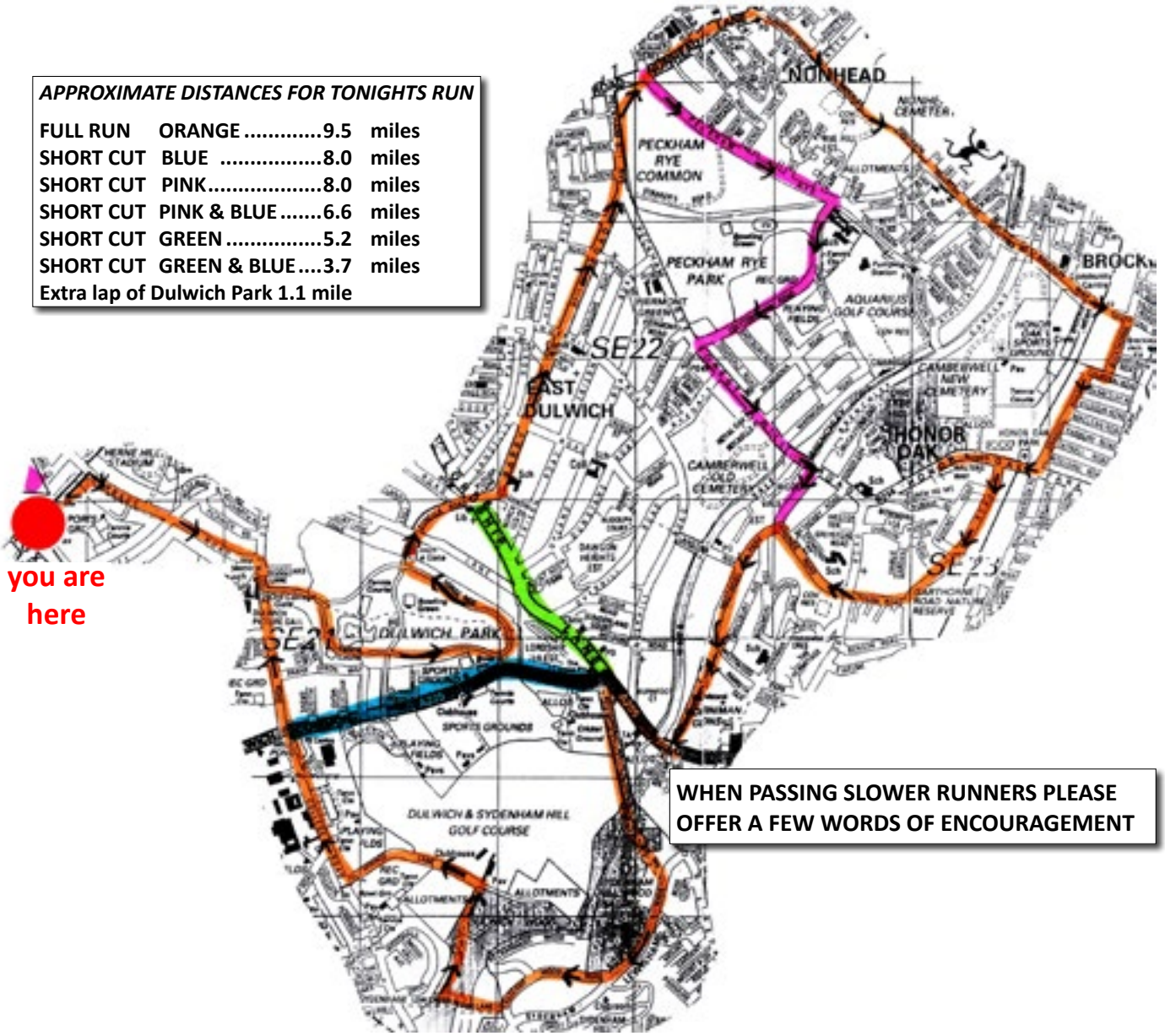
99	Barry Graham	26:48

DULWICH RUNNERS AC S17

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	ORANGE	.....9.5	miles
SHORT CUT	BLUE	.....8.0	miles
SHORT CUT	PINK	.....8.0	miles
SHORT CUT	PINK & BLUE	.....6.6	miles
SHORT CUT	GREEN	.....5.2	miles
SHORT CUT	GREEN & BLUE	....3.7	miles

Extra lap of Dulwich Park 1.1 mile



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

Here be dragons