SHORTS

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

Jul 11 **Mark Hayes Mile** - Club champs 1 mile race
Dulwich college track - 7pm

Tue 15 **Track session with Steve Smythe** - £1 fee
Dulwich college Track - 7 for 7:15pm start

In your SHORTS this week !

3 Fixture list, Club champs,XC road, trail 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

at Dulwich College

Tuesdays with Steve Smythe

Improve your speed & strength over all distances.
suitable for all standards and abilities.
Dulwich will be just a pound but additional £2 payable next day or following week for those who don't pay on night

Arrive at 7 for warm-up then a prompt 7:15pm start

EVENT HORIZON

A brief look ahead

full fixture list **page 3**

July 11 Mark Hayes Mile - Club champs 1 mile race
Aug 07 Assembly League -Victoria Park, Mile End

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

NEW RUNNERS ROTA

Thankyou to **Ian Sesnan and Mick Ward** 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**

Clare Wyngard	**09/07**
Steve Werhle	16/07
Lindsey Annable	23/07
Hugh Balfour	30/07

Mark Hayes Memorial Mile 11 July

Some members may not have met Mark, so here are some brief details.
Mark Hayes (1961-2003) was a keen and talented club member who was first Dulwich Runner home in 4 mins 41 in the first club championship mile, held in Dulwich Park in July 1994. [First home overall in 4.38 was his good friend Dave Jones, not a DR then, and 2nd DR behind Mark was Steve Smythe in 4.43].
Mark left the area to study at Southampton University and there met Frenchwoman Karine. They married and had three daughters, Josephine, Fleur and Celeste, moving back to the Dulwich area and then on to Kent, where Mark was involved in an estate agency. Tragically Mark was diagnosed with lung cancer and died within a few months at the age of 42.
We collect donations in lieu of an entry fee for the mile each year and the money goes to a trust fund for Mark's daughters.
We ask members to give generously.

Ros

MIDSUMMER 5K BROCKWELL PARK 3 JULY

A huge thank you to all Dulwich Runners who helped at the 5k in Brockwell Park. It went very smoothly because of all your assistance. The BARR / UKA adjudicator (who also ran) particularly commented on your conscientiousness and encouragement to runners.
Thanks also to the members who ran on the hottest evening of the summer so far.
You can claim a free drink at the bar this Wednesday, and there will be a draw for the lucky marshal (prize a Beckenham Runners Shop voucher).

Ros

Mark Hayes Dulwich Club Mile Championships. Dulwich College track, July 11

We have around 60 entries for the club mile on Friday ranging in speeds from around 4:30 to 9:30 and to work out how we split the 4 or 5 races, anyone intending to run needs to let Steve Smythe know by Wednesday pm.

The first race will be held shortly after 7pm and who's in what race will be circulated on Thursday.
steve.smythe@athleticsweekly.com

LUCKY VEST

July winner is Joseph Brady

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 7**

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)

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=

DULWICH CHARITY EVENT - Susan Vernon writes:

I have been appealing to Dulwich Runners members over the last 3 weeks for charity nominations for a Dulwich Charity event for 2015 in place of the Dulwich Charity 10k, which, sadly, we can no longer put on. So far I have received 2 nominations. Come on people, get your thinking caps on and come up with some inspiring local good causes for whom we can raise money.

Nominations must be with me by the end of July please. We will then shortlist to 3 and get DRs to then choose a charity. vernonrun@aol.com

Two people have just dropped out of the trip being organised to LAKE GARDA *in October, 4 nights from 10th to 14th October, flights/transfers/accommodation in chalets at Eurocamp/boat trip-total cost £280.if interested one twin room available for first members to confirm they would like to come*

Cheers - steve.wehrle@immediate.co.uk

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
July	11	Mark Hayes Mile		(short)	Dulwich College Track
	23	B & BH open meeting 5000m			Norman Park, Bromley
Aug	7	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	31	Sevenoaks 7		(medium)	Sevenoaks
Sep	4	Assembly League	3miles		Beckenham - 7:15 start
Oct	10	Cabbage Pach 10	(alternative to Rye 10)	(Long)	Twickenham

ASSEMBLY LEAGUE 2014

They will take place on the first Thursday of every summer month, venues will be the same as last year.
This summer evening series of races is popular with club members
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.
Events still to come:

7 Aug	Victoria Park	3.5 miles	7.30 start
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:

11 July	Mark Hayes Mile (short)
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

TRACK MEETINGS

UPDATE

For those of you interested in competing on the track, there are several open meetings held at local venues during the spring/summer season.
Open meetings, hosted by HHH are held at Tooting Bec on some Saturday afternoons.
Other open meetings are at Norman Park, Bromley on Monday evenings, Crystal Palace on Saturday afternoons and at Parliament Hill.

19	July	Crystal Palace
21	July	Norman Park
23	July	Norman Park, 5000m
23	July	Eltham
26	July	Tooting
11	Aug	Norman Park
20	Aug	Eltham
23	Aug	Tooting track
23	Aug	Crystal Palace
27	Aug	Norman Park
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

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***

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 .

UK Women's League Premier Division, Eton, 5th July

CLARE SMASHES HER OWN WORLD RECORD!

1500m
Clare's new world record by half a second only a month ago took a pounding on Saturday as she smashed it again, this time by the huge margin of 3.3 seconds. Running for Blackheath and Bromley in this Premier League fixture where veteran runners are a rarity, she once again found herself competing against much younger opponents (average age 27) but had a good unobstructed race taking as much pace-making advantage as possible from the faster girls in front.
Her time is her fastest 1500m for two years and equates to a jaw-dropping age-grading of 99.95% - come on Clare, if you dip next time they might round it up to a hundred!

6 Clare Elms 4:36.79 W50 World Record

Southwark Park 10K Saturday 5th July

Looking ahead, I decided a couple of 10K races in the next month or so would suit my needs,and so decided on this as my first. It was in effect, a 10K Parkrun. It was a typical Parkrun looking bunch of just over 200: most would be happy to finish it, a few bloody fast runners and then a group like me.

At the off, in typical Parkrun style, a wave of people rushed past me. In typical Parkrun style, I passed a lot to them after a short while as they ran out of puff (will they ever learn?). The course was good and bad. Good as it was flat. Bad as it had two u-turns and about four sharp right/left turns. It was three laps, so those six u-turns were not very welcome and I found myself almost walking around the buggers.

At the halfway point I was 20:30 so glory didn't look likely and I didn't have anyone too close to motivate me to try and go faster. I had it in me to pick it up for the last 1-2K, but decided to hold my position and not allow myself to be overtaken as I wasn't going to catch anyone and wasn't going to get a PB, so I think it was the right decision. I trotted in at just under 42 minutes.

It was well organised with good marshalling and it made a change from a Saturday 5K Parkrun.

15 Gary Sullivan 41:59
Runners – 206

UKWAL (second division) Portsmouth, 6th July

The conditions were far from ideal for the final meeting of the UKWAL league, with the 3000m race being run in hot sunshine and with an increasingly brisk headwind on the back straight. After going through 1km on target, I slowed in the second km but managed to work my way through the field and pick up the pace slightly in the final km. I was a bit disappointed with my time initially but with conditions estimated to have affected times by a second per lap, I'm hopeful I'll get my time down to 11 minutes on a less windy day.
Conditions were at their worst for the 1500m, with a blustery wind coming off the nearby sea. After a fast first lap, Nicola held on well and finished strongly. Times in the 1500m were estimated to be down by two seconds per lap, which indicates that Nicola should be able to achieve her 5 minute goal in more favourable conditions.
Despite everyone's efforts on the day, a lack of wins and too many gaps in various events, means that we'll be relegated to division three next season. Time to get working on our pole vault and steeplechase! **Mel Edwards**

3000
Mel Edwards (PB; 3rd B string) 11:07.09

1500
Nicola Richmond (4th B string) 05:14.00

5kYourWay 02.07.14

This is an annual mass-participation race for local authority staff teams, held at Hackney Marshes sports centre. GLL, who manage the centre, also enter a team. The course is a whole 3.5k lap of the perimeter path around the pitches, plus a 1.5k lap returning across their middle.
This was Tereza's first 5k race and she made a perfect debut, winning by over 20 seconds. Andy had a decent first half ; however he hadn't quite shaken off heavy/tight quads since the Beckenham 10k and faded a bit towards the end, but was awarded a voucher for being Southwark's most committed runner as organiser of lunchtime training runs.

27 (1w) Tereza Francova (GLL) 20:34
45(3m60) Andy Murray (Southwark) 21:22

Andy Murray

Dulwich Runners Midsummer 5k, Brockwell Park 3rd July

A warm summer evening provided the perfect setting for another successful promotion of the club's popular open 5k road race. A shift of venue from the usual Dulwich Park was necessary due to impending roadworks, but the parkrun course in Brockwell Park provided another picturesque and traffic-free route – even if the terrain required a bit of stiff hill-climbing.

Herne Hill Harriers, as last year, were good enough to easily take the team prize as well as providing the individual winner Alan Barnes in an excellent 16.26, just seven seconds in front of Thomas Grimes from East London Runners. Herne Hill's second man Robin Jones finished third in 16.56 and was first over-40. First woman was Sorrell Walsh in 19.45.

A large number of club members were grafting on the night to help stage the race, but a handful of Dulwich Runners took part, led home by Tony Tuohy in 5th place taking the 1st M50 prize – he was pleased with a 40-second improvement on his time in the club championship event on this course in February. Lewis Laylee also clocked his best time for Brockwell, while Ola Balme finished as 2nd lady but easily 1st veteran. Michelle Lennon did sterling work acting as guide to a blind runner, as she did last year.

Club and unattached runners alike enjoyed a very well organised evening event – with the bonus of their race numbers doubling as a 20% discount voucher at Olley's Fish and Chip shop just over the road! -***Tony Tuohy***

5	Tony Tuohy	7.12 1M50
15	Lewis Laylee	18.39
19	Ross Rook	19.14
23	Neville Webb	19.51
27	Ola Balme W2	20.24
35	Colin Bailey-Wood	21.06
44	Hugh French	22.12
95	Elizabeth Begley	30.31

104 finishers

Self Transcendence 3 x 1 mile Relays, Battersea Park, 7th July

A fair-sized contingent of Dulwich Runners decided to check their mile speed ahead of Friday's club championship in the first of the two popular road relays promoted by Sri Chinmoy AC as part of their Monday night summer series of short-distance races. After a few drop-outs (no doubt keeping their powder dry 'til Friday) we still fielded a team each in the over-50s, over-60s and ladies categories, with hopes of mopping up a fair few medals, but only the M60s managed to win. Ian was the only Dulwich senior competing, so corralled a couple of mates from work into forming the 'House of Toons', while Tony (5 minutes after his first run) ran the third leg for the 'Waltham Striders', made up of his nephew Harry and Stephen Massey from Striders of Croydon. Everyone ran more-or-less to form, but special mention should be made of Teresa, whose 5.43 was impressive on her debut at the distance. -***Tony Tuohy***

12	Dulwich M50	Tony Tuohy	4:56	Neville Webb	5:52	Ebe Prill	5:16	2nd M50 team
13	Waltham Striders	Harry Hutchon	5:16	Stephen Massey	5:42	Tony Tuohy	5:18	
20	House of Toons	Fraser Hagell	5:48	Andrew Hales	6:04	Ian Lilley	5:12	
23	Dulwich Women	Teresa Francova	5:43	Ola Balme	5:59	Nicola Richmond	5:41	2nd Ladies team
32	Dulwich M60	Mike Mann	6:02	Hugh Balfour	6:01	Andy Murray	6:07	1st M60 team

Ealing Mile 4th July

I decided to run this to practice how to run a mile but it became how not to run a mile instead! I managed to completely misjudge the course and pace, expecting to run another small loop. In my defence though, I warmed up by what transpired to be the final 100m markers on the old course so I was expecting to run another loop to pass these markers instead of across the finish! Apparently some runners have actually run the old course by mistake despite there being a lead bike, so at least I didn't do that!

The race is held on the first Friday of every month at 12.30 and is free to enter so I'll definitely be back to gain a more respectable time. It's friendly and quite low key but accurately measured and they provided water at the end which was particularly welcome in the baking heat. There were motivational messages chalked on the tarmac at various points which were quite amusing to read. There is also another much younger mile event held on the first Thursday of every month in Boston Manor so that 's on the list to try too!

30 ran

19 Lindsey Annable 7:12.02 (3W)

Bewl 15 miles (inc. British Masters Multi-Terrain Championship), 6th July

Yep, that's right – I entered an off-road race of no less than 15 miles, on purpose. The fact that this is so far out of my comfort zone (i.e., flat road or track, maximum 10k, preferably less) I think requires an explanation. Having tried for three years to win a British Masters Championship I was now the proud possessor of twelve medals, six silver and six bronze, won in races ranging from 1500m indoors to 10 miles (not indoors, that would be silly).

The lack of a single gold started to irritate by about the seventh or eighth medal but had reached a full-blown can't-reach-the-bugger itch by the twelfth. I happened to mention this to our esteemed multiple world champion, world record holder, world this-and-that, blah blah, whatever – you know who I mean – who offered to see if she could find one lying about for me as she had about 38 of them scattered about in drawers all over her house (all gold, I don't know if she's ever seen a non-shiny one). While grateful for the offer, it just wouldn't be right, would it?

Anyway, when I heard about the inaugural BMAF Multi Terrain Championship I reasoned there was a good chance that the really top boys might not make the trip down to Kent for such a race. And as I was only an hour away, and would be going out for a long run anyway (though not that long, never run that far before), I actually fancied my chances as a long-distance off-roader. Talk about delusions of adequacy.

The whole plan was dealt the first blow when I met former 4-minute miler Graeme Saker on the start line, winner of the Kent Masters XC last year (I was second to him on that occasion. You know where this is going, don't you?). I mentioned to him my slight aversion to non-flat, non-smooth surfaces whereupon he extolled the virtues of off-road running and how much he enjoyed it.

So that was one-up to Graeme then, as I immediately succumbed to his opening mind-games and realized this run was now all about just surviving. Needless to say, Saker sped off from the start in company with fell-running specialist Paul Brannigan leaving me wondering how I was going to avoid a sprained ankle during the first mile of rutted tractor tracks. To make matters worse another M50 (Paul Jeggo, also an off-road specialist) was running away from me as well, leaving me in fourth.

Anyway, with unusual but sensible restraint, I determined to run at no faster than a strong training pace as the prospect of the last five miles on my knees (where all the hills were – perfect) did not appeal. Bowling along like this for the first five miles inside 31 minutes was actually quite pleasant, especially as I passed and left Jeggo, which meant I was at least on course for the bronze. The next five were equally okay as ten miles went past comfortably in 64 minutes and I ominously neared the three stiff climbs in the last four miles. At this point a small group containing M60 Dave Cox came past, which jolted me into getting my finger out a bit; I re-passed them and ran on surprisingly strongly to the finish without having to really race it out, securing yet another bronze (to join the other six). Think I'll take up Clare's offer. She won't miss one gold out of that lot, will she?

It's horses for courses, isn't it? Brannigan beat Saker for the gold by half a minute nearly five minutes ahead of me and a young guy called Jonny Muir beat the pair of them. Three weeks ago I beat Brannigan by 15 seconds in the British Masters 5k Champs and last week beat Muir in our 5k at Brockwell Park. I know which distance I prefer.

Meanwhile Ange Norris was making her third appearance in a row here. Unlike me, this sort of race is definitely right up her street as despite nursing recent hamstring/calf injuries she secured the second W50 prize only half a minute down on last year's time. The winner nabbed Ange's W50 course record from two years ago but on this evidence I wouldn't bet against her regaining it if she can return next year free of injury niggles.

I was actually quite pleased with how I handled this long run and the lack of having my eyeballs hanging out (or tight shut) meant I was even able to enjoy the scenery because it really is a smashing event in great countryside. Nice finisher's medal, 'technical' tee-shirt, all the beer and cakes you can stuff your face with, and prizes/medals for loads of age categories (although the presentation took eons). What's not to like?

I won't be back though. ***-Tony Tuohy***

24	Tony Tuohy	1:38:15 3rd M50
171	Ange Norris	1:55:50 2nd W50

700 runners

parkrun July 5th

Brockwell

214 ran

13	Alexander Dodds	19:38
38	Graham Laylee	21:49
39	Cameron Timmis	21:58
66	Clare Wyngard	23:03
87	Desmond Edwards	24:00
92	Michael Dodds	24:14
120	Sharon Erdman	25:29

Cleethorpes

59 ran

20	Colin Frith	23:54

Dulwich

178 ran

11	Wayne Lashley	17:50
39	Chris Goodman	21:16
50	Bob Bell	21:54
58	Mark Muffett	22:41
71	Per Hedberg	23:41
92	Claire Steward	25:18
95	Mick Mead	25:42
110	Ameet Patel	26:22
119	Barry Graham	26:58

Newark

147 ran

32	Martin Morley	25:11

Peckham Rye

94 ran

10	Toby de Belder	19:43
18	Kevin Chadwick	21:02
29	Robert Tobin	21:59
35	Michelle Lennon	22:45

Riddlesdown

107 ran

68	Ange Norris	27:45

Sheringham

99 ran

48	Steve Wehrle	30:26
94	Chris Vernon	40:24

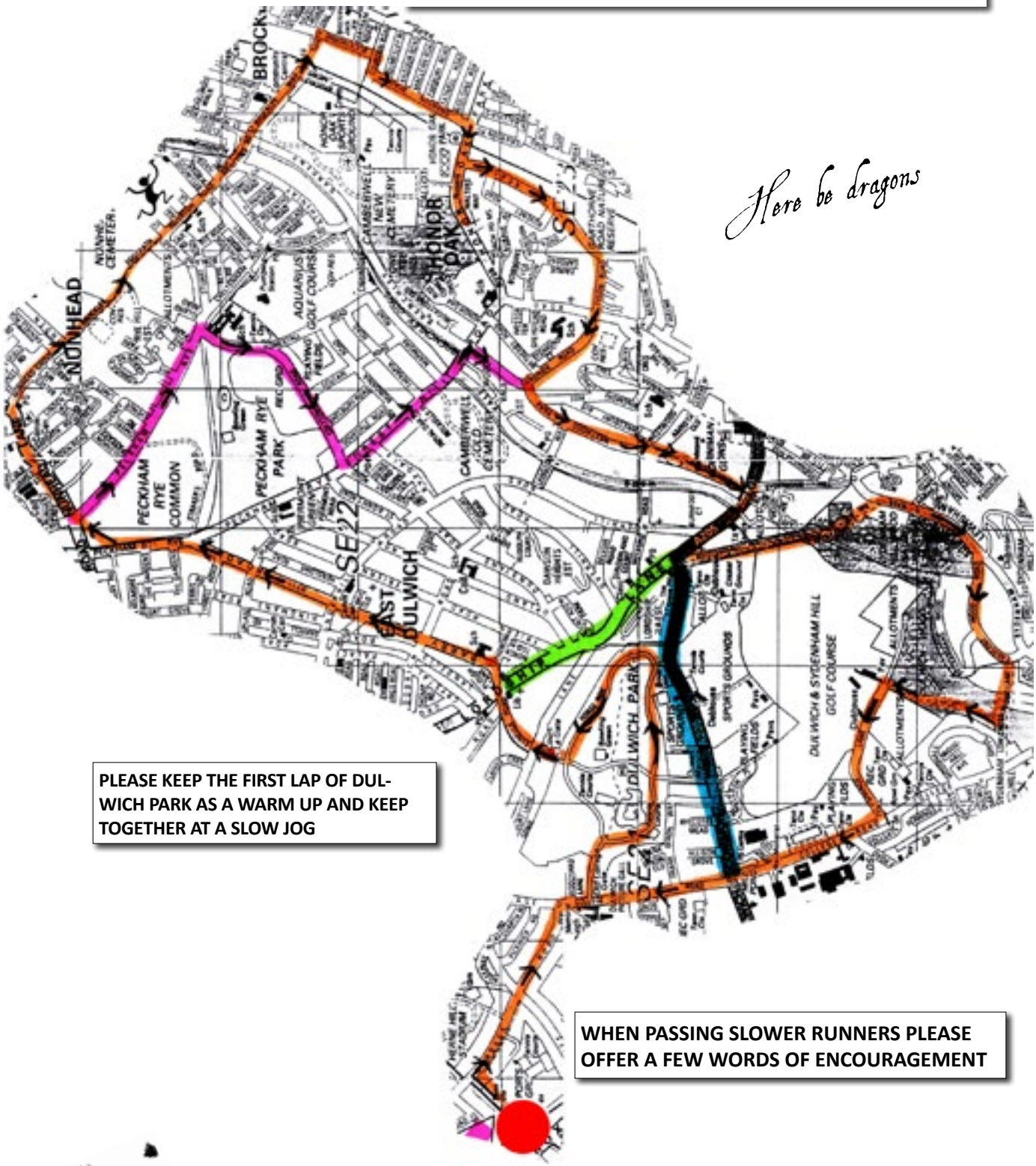
New members especially ! and others....
Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.
This helps pick out all our runners for the results.

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

DULWICH RUNNERS AC S17



PLEASE KEEP THE FIRST LAP OF DULWICH PARK AS A WARM UP AND KEEP TOGETHER AT A SLOW JOG

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

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**

Extend distance by extra lap of Dulwich Park 1.1