SHORTS

Dulwich Runners AC
Weekly Newsletter
February 18th 2015

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

- THE COMING WEEK –

Wed 18 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 24 Track Session - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

TRACK SESSIONS

at Crystal Palace Arena
Tuesdays with Steve Smythe

Improve your speed & strength over all distances, suitable for all standards and abilities.
Please be warmed up and ready for the session to start at 7.15.
You need to go through the Crystal Palace reception check in where you say you are with Dulwich Runners and you will be given a wristband.
When you get to the track itself, Ros will be there to collect your track fee (£2.50 per week) and mark the track register. If you want to pay in advance for future sessions that is fine.

Dulwich Runners Annual Membership Due

If you do not renew your 2015 membership then you cannot compete as a Dulwich Runner in any races, XC, club champs and any other events
You must RENEW ASAP
You will have received by email or post your membership renewal reminder for 2015.
If not then contact me asap **barry@bg1.co.uk** or see me at the club on a Wednesday evening
You can now pay direct online

The next meeting of the Dulwich Runners' Committee will take place on Thursday 26th February.
If you have any matters which you would like the Committee to discuss or consider, please email me on:
secretary@dulwichrunners.org.uk
by Monday 23rd February .
Many thanks.
Yvette Dore
DR Secretary

In your SHORTS this week !

1... General information
2... ***New*** - Social Spot - coming social events
5... 2015 Dulwich Runners Club Champs races diary
5... Fixture list, club champs,XC, road, track
7... Parkrun results
8... Wednesday night route map

And much more !

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

You can follow us on

EVENT HORIZON

A brief look ahead

full fixture list **page 7**

Feb 21 National Champs - Parliament Hill Fields

NEW RUNNERS ROTA

Many thanks to **Clare Sinka** 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**

Natalie Davys	**18/02**
Yvette Dore	25/02
Sharon Erdman	4/03

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

SOCIAL SPOT

Apologies for the radio silence it's been a busy start to this year with work, travels and this marathon training malarkey.
Anyway I thought I should give you all an update on what I had planned over the next couple of months to get some dates in your diary.....

March

Curry Night - **Late March TBC** - Surma
Back by popular demand, watch this space for the date.

May

Boozy Brunch - Sat 16th (TBC) - The Great Exhibition, Crystal Palace Rd
Once we have our marathons out of the way it's time to kick back and relax (well maybe for some of us!) so what better way than a post Parkrun booze up at one of Dulwich's premier pubs featured in Londons Best Bottomless Brunches
http://www.buzzfeed.com/ailbhemalone/bottomless-boozy-lunches-in-london#.aiwWVJVBa - Nuff said

Pizza/Pasta Night - Date TBC - Rocco, Dulwich Village

June/July

Summer Picnic - Date/Venue TBC
Always open to suggestions/request so feel free to drop me a line or grab me when I'm down the club
matthew.ladds@uk.zurich.com

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 !

After your run 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)

LUCKY VEST

February winner Steve Cook

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 2**

Dulwich Runners Club Kit

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

There is limited stock of hoodies, very small sizes only.
I can order more if enough people are interested. They will be £20 each.

Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk
With winter approaching keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood and are ideal for wearing to cross country races - all sizes available - £25

Sidcup 10 - British Masters Championships

The next club championships is the Sidcup 10 on March 8 and this race includes the British Masters Championships. Potentially Dulwich could do well in this - it is open to all men and women aged over 35 but you need to enter officially through the BMAF.

http://www.xchangecms.co.uk/index.php?option=com_content&view=article&id=12&Itemid=192

it doesn't cost any extra but you may need to enter through the BMAF and get a refund off Kent AC if you wish to challenge for individual British Masters medals and score in Dulwich's team if you have already entered.

So far only a few Dulwich Runners - Duncan Wilson, Steve Smythe, Andy Murray and Ros Tabor have official Championships entries for the event when potentially we could have 40.

For all runners aged over 35, I recommend being a BMAF member - the cost is minimal - joining Veterans AC is the best option of getting into the Masters movement officially.

Ros is the secretary and can give more details.

http://www.vetsac.org.uk/

NATIONAL CROSS COUNTRY CHAMPS 21 FEBRUARY

The final cross country event of the season is the National Champs, taking place at Parliament Hill Fields on Saturday 21 February. The women's race (8k) starts at 2.20pm and the men's (12k) at 3pm. Please make sure that you report to your captains to collect numbers at least 30 minutes before your race starts. Look out for the Dulwich Runners banner close to the outside perimeter of the running track.

The closing date for entries was at the beginning of January, so in case you can't remember whether you are entered, here is a list of men entered - Bob Bell, Steve Davies, Gideon Franklin, Wayne Lashley, Alastair Locke, Chris Loizou, Charlie Lound, Mike Mann, Martin Morley, Barrie John Nichols, Ian Sesnan, Steve Smythe, Tom South, Duncan Wilson, Tony Tuohy, Ian Lilley, Ross Rook, Ed Smyth, Dave Beaver , Stephen Street, Ebe Prill. The entry fee paid by the club is £7 so unless you are injured please make every effort to turn up.

The course will be muddy in places as usual so long spikes or fell shoes are advised. Our usual watering hole, the Magdala is sadly closed, so the plan is to adjourn to the Roebuck, 15 Pond Street afterwards. This is close to the Royal Free Hospital as well as the Magdala. ***Mike Mann***

'MARATHON TRAINING SUNDAY SESSIONS'

SUNDAY RUNS, RACES AND REPS

(Provisional – dates and events subject to change)
Includes: middle and long distance multi-terrain / road races
Sunday runs at High Elms & Dulwich Park
Track sessions at Norman Park track, Bromley
Preparation for London Marathon 2015

Weeks to go!	Date	Event / Distance	Information
9	22 Feb	**Tunbridge Wells Half Marathon**	Tunbridge Wells 13.1 miles Race
8	1 Mar	Norman Park	09:00 Road route to Tatsfield and return – 18m
7	8 Mar	Sidcup 10 (DR club champs race)	10 mile race –Sidcup 10.00
6	15 Mar	Dulwich Park	09:00 Road run to Town/City – 20m
5	22 Mar	High Elms	09:00 Off-road 2 hours +
4	29 Mar	**Paddock Wood Half Marathon**	Paddock Wood, Kent- 13.1 mile race
3	5 Apr	Westerham run	09:00 Grasshopper pub, Westerham – off road 3 hrs +
2	12 Apr	High Elms	09:00 Off road 2 hours +
1	19 Apr	High Elms	09:00 Easy 10m off road
GO!	**26 Apr**	**LONDON MARATHON!**	**CLUB CHAMPS**

for more information contact Steve Wehrle, Claire Steward, Paul Hilton
ParkRuns (5k) take place at 09:00 on Saturday morning in local parks all over the country (incl Dulwich, Brockwell Park, Crystal Palace, Peckham Rye, Burgess Park, Southwark, Hilly Fields) – check out http://www.parkrun.org.uk/ for venues and registration
Alternative / additional race options:

8 March	Finchley 20 miles (Ruislip)	http://www.hillingdonac.co.uk/f20/
15 March	Meon Valley Plod (multi-terrain 21 miles)	http://www.pjc.org.uk/
22 March	Hastings Half Marathon	http://www.hastings-half.co.uk/
28March (Sat)	Date tbc – Orion 15, Epping Forest	http://orionharriers.weebly.com/
29 March	Cranleigh 15/21 (15 or 21 miles)	http://www.mabac.org.uk/
29 March	Tempest 10 / Spitfire 20 (10 or 20 miles)	http://www.eventstolive.co.uk/
29 March	Croydon Half Marathon	http://www.croydonhalf.co.uk
19 April	Thames Towpath 10 (10 miles, Chiwswick)	http://www.west4harriers.com/

Sunday Long Run Group / Spring 2015 Marathon Training

There will be an informal Sunday long run group meeting around 9am in Dulwich Park from the beginning of January onwards. The runs will typically be 15-20 miles and at a range of paces in accordance with training schedules, aiming at runners targeting 8 min down to sub 7 min miling in a spring marathon. Non marathon runners looking to improve their stamina equally welcome.
Contact ian.lilley@gmail.com or ebeprill@yahoo.co.uk to be added to the email distribution list, we will also try to get something up on Facebook each week. ***Ian Lilley***

Another Sunday running group meets each week at 8am prompt at Brockwell Park main gates. Runs are from one hour, with marathon runners extending this towards two hours. We try to visit local points of interest (windmills, cemeteries, riverside etc). Pace is around 8 minute miling.
Andy andrew@28kerfield.freeserve.co.uk
Ros ros@28kerfield.freeserve.co.uk

Dulwich Runners 2015 Club Championships

Some of the earlier races have already been advertised, with the remaining ones held back as dates have yet to be confirmed. Although this still remains the case, we have decided to issue the complete list which will be updated with confirmed dates once these are known.

Once again the races will be split into 3 distance categories. As the 3 long events fall within a 6 week period, we have added the Cabbage Patch 10 as an additional long race to accommodate those who may be injured during the spring. Details of scoring rules to follow.

31 Jan	Dulwich parkrun (short) (completed)
8 March	Sidcup 10 (long)
29 March	Paddock Wood half marathon (long)
26 April	London Marathon (or alt. marathon) (long)
15 June tbc	Battersea Park 2 miles (short)
21 June	Ranelagh Richmond 10k (medium)
3 or 10 July	Mark Hayes Mile, Dulwich College track (short)
31 August	Sevenoaks 7 (medium)
4 Oct	Middlesex 10k, Victoria Park (medium)
1 Nov	Cabbage Patch 10 (long)

UPDATE...

Dates have now been confirmed for the Middlesex 10k and The Mark Hayes memorial mile club champs races.
As soon as the 2mile race details are confirmed they will also appear hear

Dulwich Runners 2015 Fixtures

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

Date		Race		Venue
Feb	21	National Champs	mens & womens	Parliament Hill Fields
Mar	8	Sidcup 10	long	Sidcup
	29	Paddock Wood half marathon	long	Paddock wood
Apr	26	London Marathon (or alt. marathon)	long	London
Jun	tbc 15	Battersea Park 2 miles	short	Battersea
Jun	21	Ranelagh Richmond 10k	medium	Richmond
Jul	10	Mark Hayes Mile	short	Dulwich College Track
Aug	Mon.31	Sevenoaks 7	medium	Sevenoaks, Kent
Oct	4	Middlesex 10k	medium	Victoria Park 10:30
Nov	1	Cabbage Patch 10	long	Twickenham

Green = Cross country Blue = Club Champs

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 .

Thames Trot 50

I've been wanting to raise money for the Brain and Spinal research charity for sometime now, they have helped both myself and my family in the past.

Asking runners to donate money for just running a marathon wasn't really going to work for me, I needed a bigger challenge so the UK's biggest Ultra marathon was perfect.
So at 08:30am in Oxford standing alongside 281 other participants and running 50 miles along the Thames path to Henley upon Thames my challenge began.
As well as raising some cash for charity, 10 Weeks before the VLM I felt this would also give me lots of endurance and enough time to recover and concentrate running faster over shorter distances.

The course was split into 5 parts with refuelling checkpoints that also gave out gels/Hot soup and Cake plus allowing you to refill your hydration pack. I made the mistake in thinking 3L would be enough and did not refill and after 40 miles I ran out of water so had to run the last 10 miles in need of a drink.

The Thames path was extremely muddy and difficult to avoid falling over, One particular area between 29 and 34 miles runners were forced to nearly walking pace as even cross country spikes would have struggled, This particular part of the course was surrounded by farmers fields which had barbed wire fencing on each side so you had nothing to grab if you were to fall! The course had lots of short steep Inclines in order to go over several bridges along the Thames and I really felt this in my knees and ankles as I tackled them.
The views along the way were stunning with big expensive houses, Front drive ways packed full of nice cars, lots of luxury boats and of course the River Thames itself. It was at times easy to lose focus on my Garmin with so much

to look at which was probably a good thing. I did take music but never used it and often lost track of the time. I only actually checked my Garmin around 4:45pm when briefly turning on my phone to check the football scores!

At the very start I had the intention of running between 9 & 9:30 mile pace but it was difficult to hold back as I naturally went faster, I actually finished the First 25 miles in under 4 hours which was too quick but in the later parts were I was forced to walk it probably helped me avoid feeling too much pain and the Second 25 miles which on my splits looks liked I must have struggled were in fact not totally accurate.
I was hoping to finish before dark and avoid using the head torch but missed my target by about an hour and if not for the muddy conditions I feel I could have completed this in around 8 hours although I am not disappointed with my time.
Organisation was excellent, You could drive to the finish and enjoy free parking while a free shuttle bus took you to the start. Thy also had a baggage truck which took your belongings to the finish and photography was free so I got a few photos.
My efforts earned me a T-Shirt/Medal and UTMB points although I have no intention on using them.

- Kevin Chadwick

22 Runners failed to finish and of the 259 that did I finished 116th in a time of 09:17:22.
My splits were as follows:

Check point One - Abingdon 9.62 miles in 90:47
Check point Two - Benson 19.23 miles in 97:06
Check point Three - Berkshire 27.35 miles in 95:54
Check point Four - Mapledurham 34.29 miles in 89:36
Check point Five - The great house at Sonning 47.13 miles in 108:20
Total time 562:17

Several DR's have already donated and I wish to thank them all, If anyone else would like to throw a few ££ in then my just giving page can be found at:

https://www.justgiving.com/Kevin-Chadwick1/

February 14th

Ashford

116 ran

Pos	Gen		
11	11	Nicholas Brown	20:44

Brockwell

240 ran

Pos	Gen		
7	7	Lewis Laylee	18:22
26	25	Edward Lockhart	20:39
46	40	Andy Murray	21:44
51	8	Michelle Lennon	22:08
59	50	Graham Laylee	22:23
101	23	Sarah Cross	24:22
145	106	Desmond Edwards	26:17
170	115	Steve Cook	27:38
175	58	Sarah Lyness	28:04

Bromley

301 ran

Pos	Gen		
46	41	Chris Goodman	21:38

Burgess

152 ran

Pos	Gen		
11	2	Kim Hainsworth	19:26

Crystal Palace

221 ran

Pos	Gen		
7	7	Oscar Hussey	18:54
28	26	Duncan Hussey	20:00
59	48	Andy Cottrill	21:52
70	56	Martin Double	22:11
77	63	Bob Bell	22:35
111	86	Paul Hodge	24:34
119	27	Belinda Cottrill	24:50
162	48	Penelope Bell	27:53

Daventry

107 ran

Pos	Gen		
21	21	Alastair Young	23:47

Dulwich

166 ran

Pos	Gen		
7	7	Lloyd Collier	17:50
14	1	Elkie Thorndyke	19:17
17	16	Simon Burnett	19:27
38	36	James Wicks	21:41
80	10	Claire Steward	24:35
81	71	Mick Mead	24:36
117	28	Stephanie Burchill	27:27

Fulham Palace

272 ran

Pos	Gen		
129	109	Barrie John Nicholls	24:04
139	24	Lindsey Annable	24:39

Greenwich

160 ran

Pos	Gen		
7	1	Clare Elms	19:48
8	7	Stephen Smythe	19:59

Orpington

125 ran

Pos	Gen Pos		
38	35	Colin Frith	25:41

Peckham Rye

108 ran

Pos	Gen		
2	2	Stephen Davies	17:46
5	5	Edwin Mccormack	18:12
6	6	Ebe Prill	18:29
7	7	Sam Crump	18:33
8	8	Kevin Chadwick	18:42
11	11	Toby De Belder	19:25
13	13	Rob Cope	19:49
24	1	Ellie Horrocks	20:56
29	28	Gideon Franklin	21:26
96	32	Susan Vernon	32:08
103	67	Chris Vernon	34:28

Riddlesdown

121 ran

Pos	Gen		
20	2	Ange Norris	23:19

Weymouth

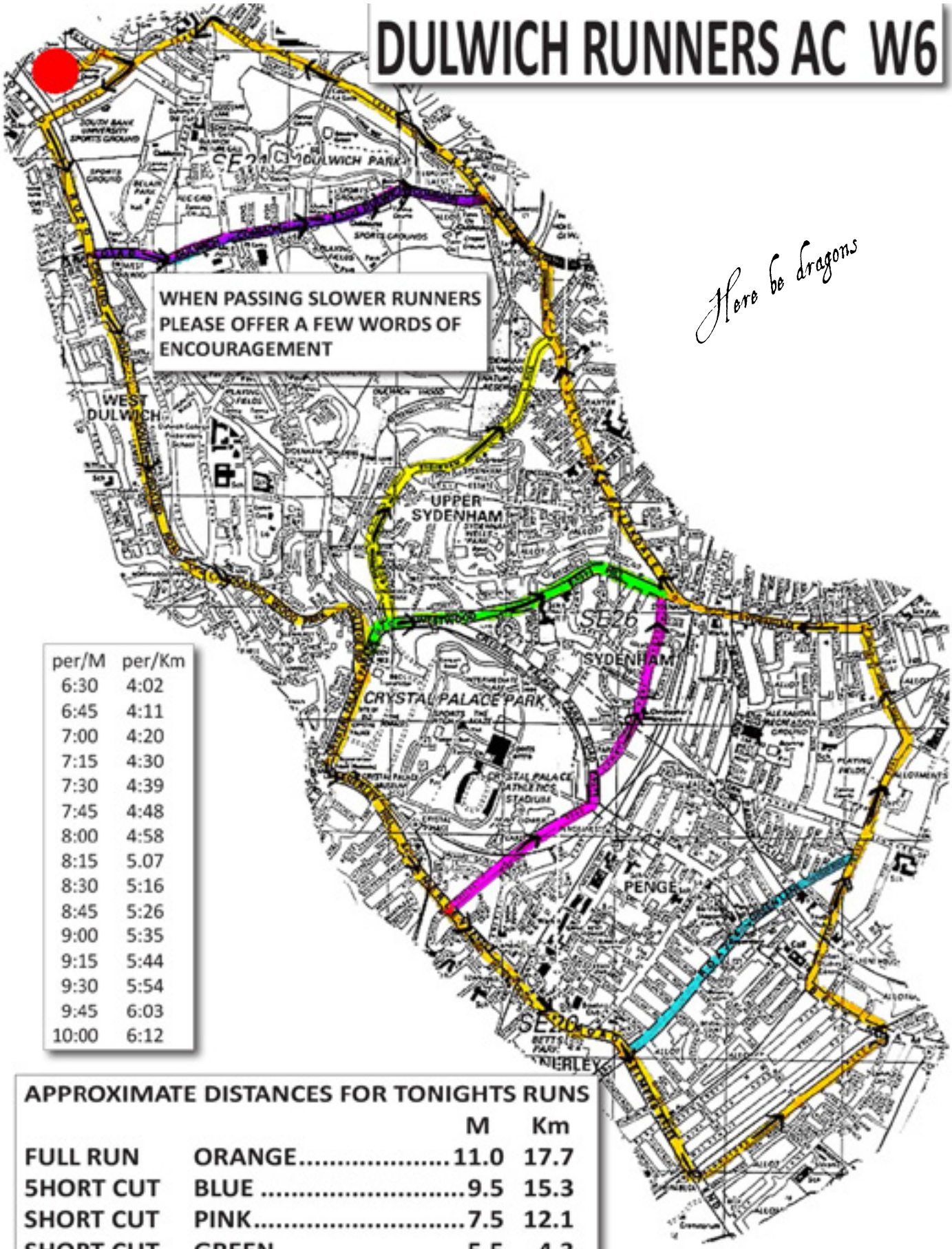
192 ran

Pos	Gen		
73	56	Barry Graham	25:19

New members especially ! and others....

Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.
This helps ensure your results get picked up and saves you having to send them in.

DULWICH RUNNERS AC W6



per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	11.0	17.7
SHORT CUT	BLUE	9.5	15.3
SHORT CUT	PINK	7.5	12.1
SHORT CUT	GREEN	5.5	4.3
SHORT CUT	YELLOW	4.5	7.2
SHORT CUT	PURPLE	3.0	4.8