SHORTS

Dulwich Runners AC
Weekly Newsletter
August 12th 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 12 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 18 Track Session - Dulwich College Track
7 for a 7:15pm start £1 per session.

In your SHORTS this week !

1... General information
2... Club kit, social events etc
2... 2015 Dulwich Runners Club Champs races diary
3... Fixture list, club champs,XC, road, track
4... Race reports, Assembly League report
4... Ros wins Gold at Lyon !
6... Parkrun results
7... Wednesday night routes 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 Track

Tuesdays with Steve Smythe & Elkie Mace

Improve your speed & strength over all distances, suitable for all standards and abilities. £1 per session
Be warmed up ready for the session to start at 7.15

EVENT HORIZON

A brief look ahead

full fixture list **page 4**

Aug 31 SevenOaks 7 - club champs

LUCKY VEST

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

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

Many thanks to **Tom South** 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**

Tony Tuohy	**12/08**
Mick Ward	19/08
Steve Wehrle	26/08
Ros Tabor	02/09

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 !

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)

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

SPOT

Glad that everyone enjoyed the first social of the year at Surma. Now that we have the lighter evenings and nicer weather watch this space for social updates..... ***Matt Ladds***

Always open to suggestions/requests so feel free to drop me a line or grab me when I'm down the club
matthew.ladds@uk.zurich.com
Thanks - Matt

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

New !!! Dulwich Runners SOCKS

only £5
They will be at the club on Wednesday, or if people want I can bring to Assembly league in Victoria Park
thanks - Ros

ASSEMBLY LEAGUE RACES

These races range from 3 to 3.5 miles in distance, are on road or on paths within parks and are suitable for runners of all abilities, including newly joined members. They take place monthly over the summer months with the April fixture starting at 7.15 and the remainder at 7.30.
They are free to enter
Last of the series
3 September Beckenham (Beckenham Running Club HQ)

Date for your diary:

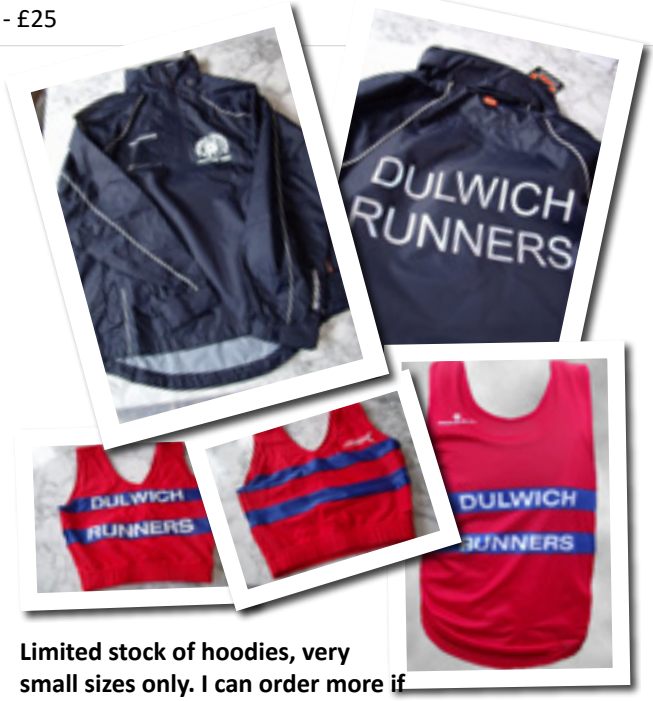
Aldershot Road Relays 19/20 September 2015

The SEAA Road Relay Championships or 'Aldershot Relays' will be on 19th (women) and 20th (men) September 2015. These include separate senior and veterans categories and we usually manage to get a few teams out for what is a great day out. We'll be sorting out the entries later in the summer, but for now mark this in your diaries.

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

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



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

DULWICH RUNNERS 2015 CLUB CHAMPIONSHIPS

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.
Races still to come are :

31 Aug	Sevenoaks 7 (medium)
4 Oct	Middlesex 10k, Victoria Park (medium)
1 Nov	**Cabbage Patch 10 (long) RACE CANCELLED**
15 Nov	Epsom 10 (long)

7 Oaks 7 entry now open

This year the 22nd 7Oaks7 run will be held on bank holiday Monday, 31 August 2015
Fee again unchanged: £11 Affiliated / £13 Unaffiliated / £15 On the day (subject to availability)
A course map, race notes, and other entry details can be found at: http://www.7oaks-ac.org.uk/sevenoaks-7

Dulwich Runners 2015/16 Fixtures

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

Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly .

Cross country Club Champs Assembly League Misc.

Date		Race		Venue
Aug	Mon 31	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	3	Assembly League Beckenham Running Club HQ 7:30pm		Beckenham
	19/20	SEAA Road Relays		Aldershot
Oct	4	Middlesex 10k	medium	Victoria Park 10:30
	10	Surrey League match 1	men	Wimbledon Common
	10	Surrey League match 1	women	Nork Park
	17	Surrey Masters (tbc)		Richmond
	24	BMAF XC Masters Relays		Derby
Nov	7	Surrey League match 2	men	Walton
	14	London Champs		Parliament Hill Fields
	14	British and Ireland Internationa		Dublin
	15	Epsom 10 (replacement for the cancelled Cabbage Patch)		Epsom
	tbc.21/28	South of Thames 5 mile race, (date and venue tbc)		
Dec	5	Surrey League match 2	women	Lightwater
	5	Kent Masters		Sparrows Den
	12	SEAA Masters Champ		tbc
	19	South of Thames championship		Tonbridge
		2016		2016
Jan	9	County Champs (Surrey & Kent)		Various
	16	Surrey League match 3	men & women	Reigate Priory Park
	tbc 23	Vets AC Champs		Wimbledon Common
	30	South of England champs		Parliament Hill Fields
Feb	13	Surrey League match 4	men	Lloyd Park
	13	Surrey League match 4	women	Richmond Park
	27	National Champs		Donnington

Track meetings

Day	Track / Location	Event	Host	Website
August				
Wed 12	Kingsmeadow	Rosenheim Final		
Wed 19	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
Wed 26	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Sat 29	Tooting	Open	HHH	www.hernehillharriers.org
September				
Sun 5	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Sun 6	Ashford	SCVAC Final		
Wed 9	Parliament Hill	Open	Highgate Harriers	www.highgateharriers.org.uk
Sat 12/Sun 13	Erith	Kent Masters Champs		http://www.kcaa.org.uk/fixtures.htm
Wed 16	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html

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.

Ros Wins 800M Gold

World Masters Champs, Lyon

During an exciting evening of 800m finals, Ros had a brilliant run to win gold in her race. She faced strong competition from a Japanese woman who she has not raced against before, but who demonstrated her credentials in finishing some 5 secs faster than Ros in her qualifier heat.

Kyotoni took the lead from the outset, as expected, but completed the first lap in around 81 secs with Ros tracking her some 3 secs behind. As Kyotoni faded early in the second lap, Ros closed the gap quickly in the back straight to take on the lead, finishing the race strongly in a SB, though she said afterwards she couldn't have run after faster.

For those of you unfamiliar with Lyon, it is France's second city and famous for its somewhat idiosyncratic cuisine, with the bouchons lyonaise serving dishes such as pieds de veau (calf's foot with a fair bit of bone and gristle and limited amounts of meat), tripes (no translation needed but why would anyone want to eat it?), pike (fine but cooked in some sort of weird dumpling) and andouillettes(spring loaded sausages with a length of intestine pinging out once the skin is pierced). When I was there 20 years ago, this was about the limit of what was on offer, but the choices have now improved since then. With 2 rivers (the Saone joins the Rhone at the south of the city) it is excellent for running, and I even found a small sandy beach on the very hot day, where a short swim put a spring back into my step.

Since this is not supposed to be a restaurant guide, back to the races. The hot sunny weather early last week turned into an extreme heatwave by Thursday, peaking at near 40C on Friday, as records for early August were broken. Although these conditions presented few problems for the 800m qualifiers, these two days coincided with the 5000m finals, with both Andy and myself competing during the hottest time of the day at late afternoon.

In the 800m I knew I had a job on my hands with only 12 out of 36 going through to the final (the winners of each of the 4 heats with the next 8 fastest times). I had a terrible start getting boxed into last place, but then accelerated quickly into second place on the back straight until the bell when the 3 runners who had been on my shoulder went past on the bend. I managed to regain one place, finishing 4th in my heat with a SB, after being stuck at 2:40 pace in races over the past month. Getting a place in the final depended on the final heat who proved to be eventful, with a Frenchman leading on the final bend being pushed by a German who ended careering into lane 4. Hostilities resumed after the finish with fists flying, with the officials having to separate. This turned out to be a fast heat, and I ended up missing the final by one place as 13th faster. I would have needed 2:34 to qualify that may not be just outside my reach at present, though possibly achievable with a less erratic start.

Our 5000m finals took place in blistering hot conditions at a different stadium in late afternoon. Having declared a time based on last year's performances, I was placed in the B race (there were 3 seeded races based on declared times). On the basis of this year's faster times, I would probably have just made the A race. I was chatting to a US competitor beforehand who claimed that it was dangerously hot and the race should be postponed (he comes from Hawii!!). I think he must have talked himself out as after a few laps of exchanging the lead with me in a rather erratic fashion, he pulled out. I then had a German on my shoulder and was quite looking forward to a good contest in the final lap, but for no apparent reason he suddenly pulled out with 5 laps to go. I would like to think that I burned him out, but that's probably wishful thinking.

There was a lot of support from Brits and others, trying to get me inside 20 minutes on the final lap, but although I felt quite strong at the end, I need some competition to pull the stops out, and finished some 20 secs down on my recent time in the BMAF champs, winning the race by around 50 secs. I was quicker than many of the runners in the A race, finishing 8th overall out of 45 competitors.
Although Andy's race was shortly after 6pm, the heat had not relented, and with a dodgy knee he was a little down on recent times, struggling in the middle part of the race. Having arrived the previous day, Tony was not fully acclimatised to the sudden injection of heat. Even at 10am when he started the heat was stifling. His first 4 laps went more or less according to plan, but he faded thereafter, finishing well down on recent times and needing an hour to recover after the finish.

By the time of Ros's 800m qualifier soon after 2pm, it felt like someone had left the fan oven door open. Even sitting the shade we had to refill water bottles every half hour as they heated up to something feeling like bathwater. Running the first heat, Ros took the first lap easily in 2nd place, moving into the lead soon after the bell to finish strongly, but without over-exerting herself. The second heat was won comfortably her her Japanese rival in a time 5 secs faster.

Andy and Tony's 10,000 finals took place on Sunday and Monday in cooler but uncomfortably humid conditions. Andy had a steady run which was an improvement on his 5000m, as he finished in 28th position. Tony's race was also an improvement as he went past 5k only 7 secs slower than his 5000m time, but was down on his target time, finishing 19th out of 40.

So after the first full week of competition, Ros is well on target, having won 800m gold, individual silver in the cross country and team gold in the same event. Tony, struggling to acclimatize himself, has been disappointed with his races so far, though both he and Andy have the half marathon to look forward to at the weekend. My own performances have been mixed with my team silver in the cross country achieved in the poorest run of my 3 races. I need a few races under my belt to get into the groove and cross country doesn't feel quite right in the absence of cold driving rain. Of the other two races my 800m was encouraging despite narrowly missing qualifying for the final, but my win in the 5000m B race in the heat, despite being slower than my 2 earlier efforts this season, was probably my best.

Ros is competing in the 400m later this week as well as the 1500m where she faces an intriguing head to head with GB rival, Angela Copson. The weather is due to warm up again but that should not be an issue for these shorter races, nor for the half marathon which starts early in the morning. ***- Mike Mann***

800m qualifiers
Ros Tabor 3:00.58 1st (2nd fastest W65 overall)
Mike Mann 2:36.21 4th (13th fastest M65 overall)

800m final (W65)
Ros Tabor 2:49.21 (GOLD)
(Komae Kyotoni 2:51.08 (Silver)

5000m
Tony Tuohy 17:44.25 (24th M50))
Andy Murray 22:22.78 (51st M60)
Mike Mann 20:05.70 (8thM65)

10,000m
Tony Tuohy 36:15.82 (19th M50)
Andy Murray 46:05.37 (28th M60)

Self-Transcendence 10k
Battersea Park

Saturday 8th August

My plan had been to go off at 38:30 pace and pick it up in the second half to hopefully get a PB. In practice this almost happened – I went through 5k in 19:15 and finished in 38:22 to equal my PB – but my km splits were rather erratic. I managed to work my way from around 10th woman to 3rd over the 4 laps but found the second half hard going and was convinced by the end of the third lap that it was all going to go terribly wrong and I should have followed Steve's advice to start more conservatively.

At 8k I pulled myself together and tried to push on, and going through 9k in 34:39 I realised there was a tiny chance of a PB (or at least a sub 38:30 finish) if I really picked up the pace. Soon after, I heard the foot steps of a Serpie girl I'd overtaken earlier coming up behind me (being of similar height and footstep to me, I got a taste of the "footsteps of doom"!) and pushed on for as long as I could, convinced she would sprint past me at any moment. I surprised myself by finding some extra pace with 50m to go and managed to pull clear. It was my third consecutive 3rd place finish despite being quicker each time (41:33, 38:30, 38:22) but at least I got a different trophy this time, albeit tiny and decidedly crooked. Even with better pacing, there was no chance of me catching the 2nd woman but I suspect the second half would have been less unpleasant!

Michelle ran well to finish within a minute of her PB and close to her SB. Claire Steward is listed in the age group results as being 1st W60 but isn't listed in the full results and I'm pretty sure she wasn't there …

36	Mel Edwards 1W	38:22
99	Michelle Lennon 17W	45:47

152 ran

The Bewl Sprint Triathlon

Saturday 9th August

I have competed in this triathlon every year it has been going (this was the 4th), sometimes doing the standard and sometimes the sprint distances but decided on the sprint this year as I hated the run course so much – 4 laps with a tough climb onto Bewl Water dam and then another one up steps and hills to transition. I decided that 2 laps/5km of this on top of the open water swim and cycle was quite enough, thank you.

The 7am start was delayed due to the early morning mist which meant we couldn't differentiate between the sky and the water, never mind see the buoys in the lake for our 750m swim. We had to wait 30mins at the water's edge for the sun to burn off the mist. It's such a beautiful setting and the mist/sun scenes would've made for fantastic photographs – but I was somewhat preoccupied. Even when our swim wave did start I still couldn't see the buoys but had plenty of pinkhatted fellow triathletes to follow, and a kayak or two. The water temperature was a pleasant 20 degs so wetsuits were optional, although most of us did wear one.

The 20km bike lap was undulating along country-ish lanes, apart from a busy section on the A21, before returning into Bewl Water and transition. There were plenty of novice triathletes competing as well as the fast and furious guys with all the flash gear! Unlike one previous year, my Bag Carrier, Mike Dodds, did not spend the whole of my race asleep in the car, and made it onto the run course to support me and usefully yell out my times. On the run I spotted a fellow competitor some way ahead of me who looked like she could be in my age group category. I gradually hauled her in (to the tune of Steve Smythe's "5km race pace") and was really pleased I did finish ahead of her as I won my age category… and she was 2nd, over a minute behind me.
Recent newcomer to Dulwich Runners, Jean Mc Pherson, completed her debut triathlon in a fantastic time and seemed as fresh as a daisy after her race! She had spotted Mike's Dulwich Runners hoody earlier so was interested to establish the connection afterwards.

Clare Wyngard: 1.31.13; overall position 71/162; 14/54 women; 1/5 WV50-54
Jean Mc Pherson: 1.43.55

August 8th

Brockwell

264 ran

Pos	Gen		
3	3	Stephen Davies	17:40
5	5	Timothy Bowen	18:05
48	5	Caroline Pettigrew	21:18
61	53	Ian Sesnan	21:53
63	55	Graham Laylee	21:57
83	11	Lucy Clapp	22:48
251	95	Susan Vernon	33:02

Bromley

486 ran

Pos	Gen		
25	23	Stephen Smythe	19:22
91	80	Chris Goodman	22:03

Burgess

164 ran

Pos	Gen		
10	1	Kim Hainsworth	19:15
73	61	Paul Keating	24:22
101	76	Barry Evans	26:56

Bushy

1001 ran

Pos	Gen		
724	511	Mark Callaghan	30:21

Cleethorpes

121 ran

Pos	Gen		
37	35	Colin Frith	24:00

Crystal Palace

166 ran

Pos	Gen		
3	3	Lloyd Collier	18:39
4	4	Kevin Chadwick	18:42
11	11	James Burrows	20:01
42	3	Niamh Falconer	23:02
53	49	Bob Bell	23:33
74	10	Joanne Shelton	24:53
76	66	Andy Cottrill	24:57
86	15	Belinda Cottrill	25:37

Dulwich

166 ran

Pos	Gen		
6	6	Simon Burnett	18:55
18	1	Eri Nishikawa	20:57
19	18	Ajay Khandelwal	21:01
47	44	Mark Muffett	22:57
69	59	Mick Mead	24:54
72	12	Claire Barnard	24:59

Maidstone

315 ran

Pos	Gen		
6	6	Michael Fullilove	18:56

Newark

166 ran

Pos	Gen		
20	20	Martin Morley	24:28

Orpington

159 ran

Pos	Gen		
59	49	Steve Wehrle	26:54

Peckham Rye

92 ran

Pos	Gen		
6	6	Andrew Bright	19:45
21	1	Selma Benattia	21:44

Preston Park , Brighton

257 ran

Pos	Gen		
30	2	Laura Long	21:00

Richmond

284 ran

Pos	Gen		
68	58	Barrie John Nicholls	23:46

Riddlesdown

173 ran

Pos	Gen		
15	1	Ange Norris	20:33

Salisbury

154 ran

Pos	Gen		
28	27	Matthew Ladds	21:59

St Peter, Sydney, Aust.

249 ran

Pos	Gen		
101	18	Penelope D'arcy Graham	26:19

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 S12

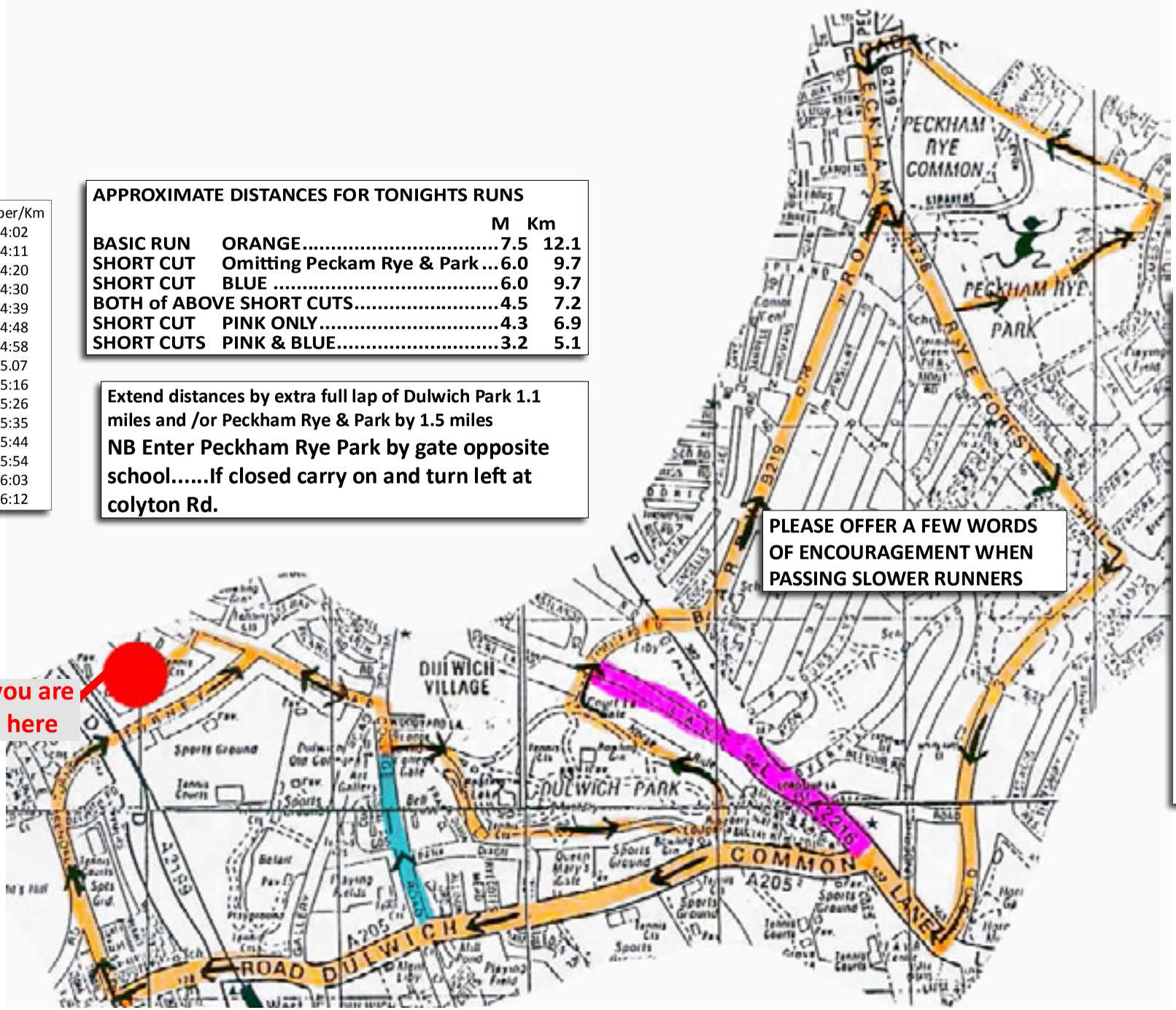
per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
BASIC RUN	ORANGE	7.5	12.1
SHORT CUT	Omitting Peckam Rye & Park	6.0	9.7
SHORT CUT	BLUE	6.0	9.7
BOTH of ABOVE SHORT CUTS		4.5	7.2
SHORT CUT	PINK ONLY	4.3	6.9
SHORT CUTS	PINK & BLUE	3.2	5.1

Extend distances by extra full lap of Dulwich Park 1.1 miles and /or Peckham Rye & Park by 1.5 miles

NB Enter Peckham Rye Park by gate opposite school.....If closed carry on and turn left at colyton Rd.



PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT WHEN PASSING SLOWER RUNNERS