SHORTS

Dulwich Runners AC
Weekly Newsletter
August 26th 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 26 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 01 Track Session - Dulwich College Track
Last week at Dulwich....See note below
7 for a 7:15pm start £1 per session.

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

IMPORTANT TRACK NOTICE

1 more track sessions at Dulwich College with the final one on 1 Sept, then some hill sessions at the usual place (opposite Sydenham Hill Station)for about 3 weeks, followed by a probable return to Crystal Palace at the end of September.

LUCKY VEST

September 2nd

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 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)

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
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

EVENT HORIZON

A brief look ahead

full fixture list **page 4**

Aug 31 SevenOaks 7 - club champs

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**

Steve Wehrle	**26/08**
Ros Tabor	02/09
Kevin Wood	09/09
Clare Wyngard	16/09

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

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:

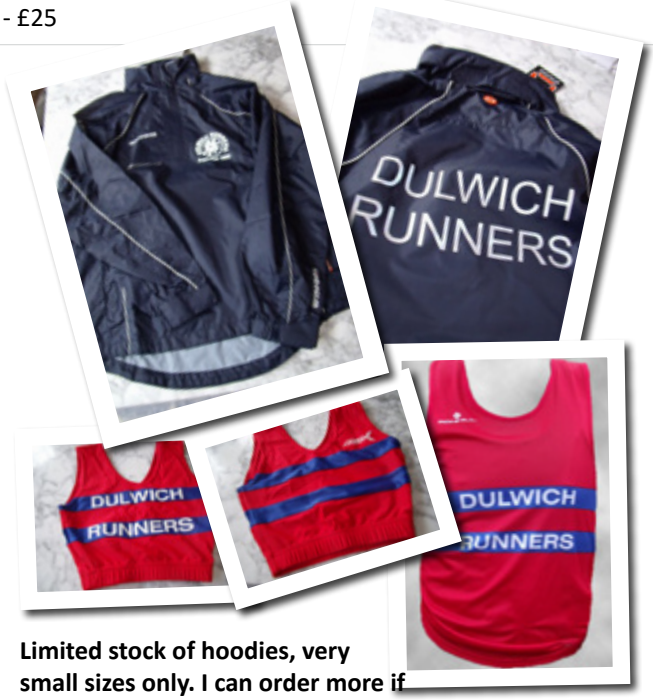
Aldershot Road Relays 19/20 September 2015

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

REMINDER !.... upcoming Club Champs races

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

Middlesex 10k on 4 Oct

NOTE: the closing date for on line entries is 26 September. Fills up fast so be quick !

Track meetings

Day	Track / Location	Event	Host	Website
August				
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

WILL BOLTON RELAYS

12 September

I'll be away for these but these relays have popular as an intro to the cross country season. If anyone is willing to take on the (fairly minimal) admin that would be helpful. Teams can be entered and paid for on the day. The only other task is to put together teams. If there are uneven numbers, it's possible to run twice in separate teams. **Mike Mann**

Traditionally the 1st race of the cross country season on Saturday 12th September 2015 (incorporating Junior Races over 1 and 3km). The format is a 4x4km for seniors (3x3km for juniors) marshalled course across playing fields and undulating woodland trails at Sparrows Den in West Wickham. (Postcode BR4 9BB).

Years 5 and 6 Approx 1km Start: 1.00 pm.
Under 13 Boys and Girls Team of 3x3km Start: 1.45 pm
Under 15 Boys and Girls Team of 3x3km Start: 1.45 pm
Senior Men's Race Team of 4x4km Start: 2.45 pm
Senior Women's Race Team of 4x4km Start: 2.45 pm
Prizes for winning teams and full split times and results will be published on the B&B website. Registration and number collection will be at the B&B tent at Sparrows Den at the start line rather than at the clubhouse. We are encouraging entry in advance to minimise the administration and delays to the starts on the day although entries on the day are welcomed. Team Entries submitted by email with payment on the day will also be gratefully accepted at the advanced entry discounted rate.

The Blackheath and Bromley clubhouse facilities and changing rooms will be open for use in Hayes, these are a 10 minute jog from the start and teas and cakes will be served afterwards and team and individual prizes awarded courtesy of our race sponsors, So Clean.

Striders of Croydon multi-terrain Switchback 5

race takes place on 27th September:

As usual we have kept the entry fee low - £6 postal / £7 online 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.stridersofcroydon.org.uk/?page_id=6477

Preparing for an Autumn Marathon with International Marathon Athlete Mara Yamauchi

Wednesday 30th September 2015 – 6:30pm-8:30pm
At: Southwark Council Offices, 160 Tooley Street, SE1 2TZ
(Nearest Station: London Bridge)

Costs £10 to attend

As part of England Athletics programme we would like to invite coaches and athletes to a marathon workshop, with Mara Yamauchi, the UK's second fastest woman ever behind world record-holder Paula Radcliffe.

If you are a runner or coach preparing for an Autumn marathon in 2015 this workshop is for
you! Mara will take you through the essential steps of marathon training covering nutrition,
hydration, recovery, and race preparation as an athlete and coach to ensure that you are fully prepared. There will also be an opportunity for Q&A at the end of the workshop.

Places are limited this will be done on a first-come basis, book now to avoid disappointment.

For registration and payment please contact your London CCSO:
Julia Bailey jbailey@englandathletics.org call 07718526355
Guy Spencer gspencer@englandathletics.org 07702849277

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.

Race Reports & Results

World Masters Track Championships, Lyon

3-16 August (2nd week)

Tony Tuohy reports...Following Mike's report last week on the first week's competitions there was still plenty of action for Dulwich heroes in the second week. Well, particularly for one Dulwich heroine that is....

Friday

W40 1500m Final
Nicola had already achieved her main aim of making the 16-woman final with a gutsy qualifying run in 5:11 but managed to surpass that with a superb run on a scorching afternoon just 2 seconds short of her PB.
13 Nicola Richmond 5:07.22

W65 1500m Final
Ros comfortably qualified for the 400m final in the morning then hot-footed it to the main stadium for her 1500m final after lunch. It was another classic encounter between Ros and Angela Copson that saw Copson go all out from the gun as she knew she had every reason to fear the new 800m champion's finishing speed.

The first lap was blistering, well inside world record pace, and Ros elected to go with it. The pace inevitably slowed on the second lap but the damage had been done and when Copson charged again in the second half Ros had to let go, nevertheless holding on for a fine silver.
2 Ros Tabor 5:45.03
Silver medal

Saturday

W65 400m Final
Evelyn Peake of Australia was in a class of her own in the 400m but Ros kept going from strength to strength as she earned herself another silver medal with a perfectly executed lap resulting in a lowering of her lifetime best from earlier this year by a tenth of a second. I think this is called peaking.....
2 Ros Tabor 74:13 PB
Silver medal

Sunday

W40 2000mSteeplechase Final
Nicola has really taken to the steeplechase this year and with some very promising times behind her took on the world final with no fear and produced a six second PB right when it mattered. She was unfortunate to be right at the top of her age group, less than a week short of her birthday and the W45s, and her time would have earned a bronze medal in the older category.
6 Nicola Richmond 8:09.45 PB

W65 4x400m relay
Ros still wasn't finished. At the traditional close of the track events she joined forces with fellow multiple medal winner Angela Copson in the four-lap relay but medal chances were shortened by only much older runners being available to join them. Even so, Copson led off and gave the team a large lead but they'd dropped to third behind Germany and Australia by the time Ros took over for the last leg. She ran as hard as she could but couldn't get a place back, nevertheless landing the sixth medal of her superb championships (silvers for XC, 1500m, 400m; bronze for the 4x400m relay; and golds in the 800m and XC team).
3 Great Britain and Northern Ireland 6:15.66 Bronze medals
1) Copson, Angela 68 2) Martin, Anne 79
3) Stracey, Betty 75 4) Tabor, Rosalind 65

M60 Half marathon
Andy's knee had been giving him gyp all week and gave him a bit of bother here but he made it through and just as well; he combined with his team mates to clearly win world bronze medals.
Andy Murray 1:41:08
3rd team Great Britain 4:53:46
(Francis Day, David Profitt, Andy Murray)
Bronze medals

M55 Half marathon
Steve made a late decision to come out to Lyon and it was a good one. Well into the race he was actually slowing and suffering when he recognised an old rival and ended up considerably speeding up as they battled the rest of the way (quote: 'I actually briefly felt like a runner again'). His run may not be one of his classics but it did the job in combination with his team mates, beating the Spanish into third, thereby gaining well-deserved silver medals.
Steve Smythe 1:32:33
2nd team Great Britain 4:27:25
(Colin Feechan, Steve Smyth, Mick McGeoch) Silver medals

M50 Half marathon
After 'achieving' personal worst times in the 5000m, 10000m and 1500m earlier and with no apparent ailments I could only conclude that I was still paying for the depletion suffered in the brutal heat of my first race, the 5000m – another runner told me I just stared at the wall in the call-room afterwards for an hour (I don't even remember this!). After things went from bad to worse in the 1500m semi (4:44, all-time slowest) I decided on a complete three day rest before tackling the half marathon.

This was a drastic measure as I can't remember when I last went three days without a run. Anyway, I just ate and rested and hoped for the best. I felt fine before the race and was actually looking forward to redeeming myself. I was running perfectly well at 10k, reached in about 37:30, and was at that point 7th or 8th M50 out of over 80. I started to slow then and was a little disappointed to pass 10 miles in 62:30 or so as I realised I wouldn't be finishing inside 1:20 but thought around 1:22 would have to do, even if it would be my slowest ever time.

Well that assumption became laughable within a couple of minutes when I suddenly hit what could only be the 'wall'. Apparently you marathon runners know about this.... well I didn't but I do now. And I hit it in a half. The last 5k was taken at a painful shuffle and lasted 24:20 as I slowed by about a minute per km. No heavy breathing, no real distress, just legs that refused to work. About 30 M50s passed me in that last 5k. I could only apologise to my team mates (I was supposed to be the fastest); I only had to run 1:23:37 and we'd have won silver medals. Not my finest hour.
40 Tony Tuohy 1:26:51
5th team Great Britain 4:12:00
(Chris Upson, Martin Williams, Tony Tuohy)

BBC 10km – Regent's Park

Thursday 20 August 2014

Claire Steward writes: Just four Dulwich Runners took part this year, a record low I think. The race consists of three laps within the park with several tight turns and slight inclines which feel harder each time. Tradition now dictates that Steve wears race number 1, having founded the race in 1984 and either run and/or organized every one. This was my seventh appearance and having had a bad time last year with massive blisters caused by orthotics that were supposed to be helping my tendon problems, I was hopeful of a better run.

Mark eased away early on but I kept him in sight until my efforts were hampered by having to retreat into the shrubbery and 'do a Paula', confusing several other runners as I reappeared onto the course and overtook them for the second time. Paul came in next reversing last years position with Steve who had predicted 19 mins per lap and was almost spot on; he reckons he is slowing by one minute per lap per year so his goal for next year will be to stay under one hour.

The race was won by a late entrant visitor to London in 35:04 with second place a minute and a half behind him. Harry was there to support and accompanied us to the Wetherspoons Metropolitan Bar in Baker Street where we met Paul K for a few drinks with some of the BBC club members. The Orchard Pig Truffler Cider was stronger than I anticipated and I dozed off in front of the TV when I got home – the cider ying balancing the running yang. Perfect!

75	Mark Muffett	49:11
79	Claire Steward	50:20
128	Paul Hilton	56:11
132	Steve Wehrle	57:11

August 22nd

Blickling

122 ran

Pos	Gen		
12	12	Gary Sullivan	21:12

Brockwell Parkrun, Herne Hill

252 ran

Pos	Gen		
44	39	Edward Lockhart	21:38
58	52	Mark A Foster	22:12
60	54	Cameron Timmis	22:21
66	59	Ian Sesnan	22:32
133	104	Des Edwards	25:46

Bromley Parkrun

518 ran

Pos	Gen		
151	133	Chris Goodman	23:23

Burgess

127 ran

Pos	Gen		
9	9	Ross Rook	19:14

Crystal Palace

167 ran

Pos	Gen		
18	17	Neville Webb	20:52
21	20	Andy Cottrill	21:14
34	33	Graham Laylee	22:31
43	42	Paul Hodge	23:03
50	48	Bob Bell	23:38
52	4	Clare Wyngard	23:54
72	10	Belinda Cottrill	24:52
87	11	Joanne Shelton	25:55
122	92	Michael Dodds	28:50

Dulwich

183 ran

Pos	Gen		
17	16	Alastair Locke	18:35
16	1	Elkie Mace	18:35
22	20	Rob Hollands	19:01
29	27	Simon Burnett	19:28
51	48	Duncan Wilson	21:01
80	70	Mark Muffett	23:04
115	17	Claire Steward	25:15

Llyn Llech Owain

Those at Dulwich who have known me long enough have heard me bleating on about my desire to one day win a race- any race, I'm not proud. There has been the odd near miss like bring out sprinted by my Scottish nemesis Edwin McCormack in an 800 metre B Race at Crystal Palace and also being pipped into 2nd at Peckham Parkrun last winter.

In my mind my best chance has always been a Parkrun and specifically my local Welsh one called Llyn Llech Owain. My previous attempt at a win here had ended in a distant 3rd as (true story) as a man running with a springer spaniel romped to victory. As I lined up to start this time in my favoured torrential rain (I am Welsh) I noticed a fellow runner accompanied by a Yorkshire terrier- oh not again.

Fortunately this time man and dog only led for a few hundred metres and after the first hill I found myself in the lead with no noticeable challengers around me. I increased my speed further and by the end of lap one the route behind me was clear- it was finally my time!

My first lap exertions caught up with me and I slowed a lot on the 2nd lap but the gap was unassailable and after one final nervous glance I crossed the line in 1st. As I prepared to savour the moment my racing flats decided they didn't like grass anymore so I celebrated with a nice muddy fall on my backside. Only mild embarrassment.

So finally a victory to enjoy on my power of 10 page. Only about 500 more to go to catch the likes of Clare Elms and Tony T!

109 ran

Pos	Gen		
1	1	Paul Devine	18:25

Maidstone

294 ran

Pos	Gen		
1	1	Tom Carpenter	16:30
8	8	Michael Fullilove	19:09

Maldon Prom

221 ran

Pos	Gen		
8	1	Kim Hainsworth	19:36

Newark

186 ran

Pos	Gen		
27	26	Martin Morley	24:31

Orpington

169 ran

Pos	Gen		
41	37	Colin Frith	24:27
169	109	John O'Byrne	53:42

Peckham Rye

136 ran

Pos	Gen		
5	5	Rob Cope	18:44
6	6	Ebe Prill 18:57	
18	3	Emma Ibell	20:59
55	41	Alistair Clarke	24:21

Riddlesdown

173 ran

Pos	Gen		
1	1	Simon Manning	18:28
130	90	Freddie Vernon	32:42
147	96	Chris Vernon	34:37

St Peters Parkrun, Sydney, Aust.

342 ran

Pos	Gen		
153	31	Penelope D'arcy Graham	26:16

Telford

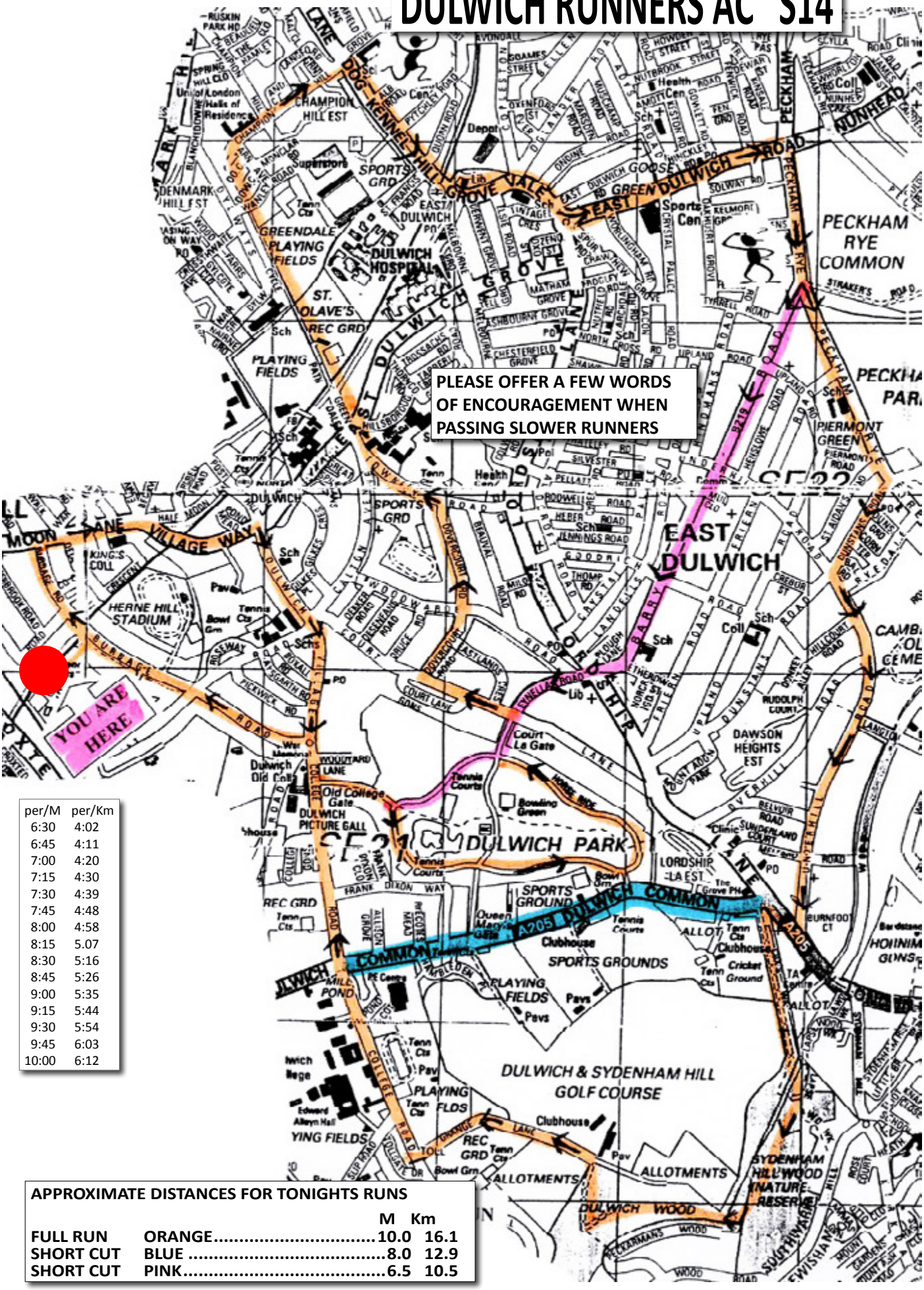
294 ran

Pos	Gen		
3	3	Stephen Davies	17:30

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 S14



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	10.0	16.1
SHORT CUT	BLUE	8.0	12.9
SHORT CUT	PINK	6.5	10.5