SHORTS

Dulwich Runners AC
Weekly Newsletter
August 19th 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 19 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 25 Track Session - Dulwich College Track
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

2 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**

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

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:

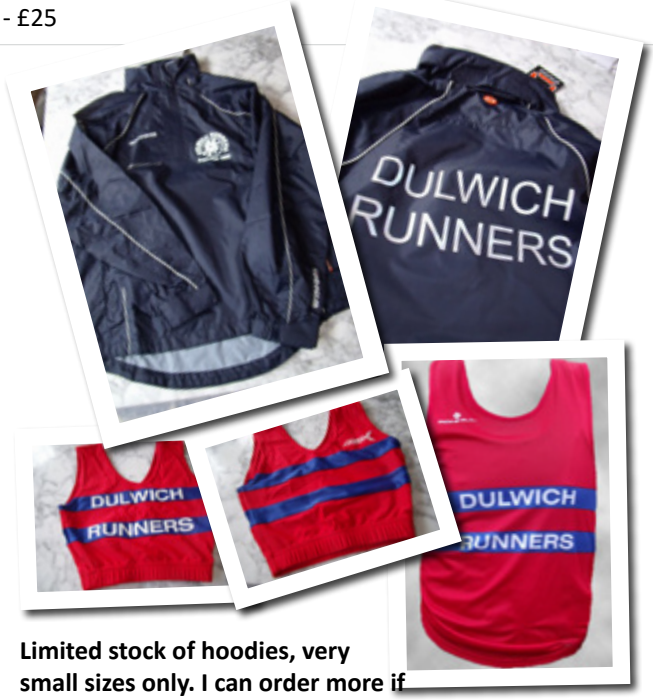
Aldershot Road Relays 19/20 September 2015

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 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

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

SEAA Championships Ashford

15th August

U17 800m

I was in the third heat, and I knew I had to try and get one of the 2 fastest loser spots to qualify for the final as the 2 automatic would be won by sub 1.55 runners. It was a steady first lap, although much faster than the other heats, but the racing sharpness I had a month ago wasn't there, and I couldn't kick past the fourth place runner to get the last final spot. It was disappointing as I beat this guy earlier this season quite comfortably, but it reflects the lack of quality sessions over the past month.

Lewis Laylee 2:04.31

Hercules Wimbledon Open

5 August

1500m

2-3 weeks away and not doing a quality session during that period showed in this disappointing run, 10 seconds slower than I ran in June.

Lewis Laylee 4:27.33

Blackheath and Bromley Open

Monday 10th August

800m

Lewis Laylee 2:01.86
Lloyd Collier 2:04.71
Oscar Hussey 2:11.41

August 15th

Brockwell

242 ran

Pos	Gen		
40	36	Jim Dowsett	20:55
69	59	Ian Sesnan	22:33
73	12	Lucy Clapp	22:41
101	83	Hugh French	23:47
222	148	Desmond Edwards	30:55
228	151	Freddie Vernon	31:49
229	78	Susan Vernon	31:57
239	156	Chris Vernon	36:14
241	84	Charlotte Easton	36:46

Cabinteely

Aside from the more civilised starting time of 9:30, the nice thing about Irish Parkruns is that as the idea is just catching on, there are new ones springing up all the time and so good chances to briefly appear high on the fastest finishes lists before history builds up (if you're into that sort of thing).

Two have started near my parents' house since I last visited: One described itself as 'fairly flat', the other rather ominously had no course description but I had an abstract memory of 'ice cream' from the last time I visited the park (aged c5 years old) so I figured that was the one. Turns out 'on the side of a hill' would have been a far more useful memory with the same tough climb repeated three times over the 5k and very few flat sections.

Still, as it's new, there was only a small field of runners and after worrying the whole way round that I'd missed a turn or something I managed to come in first, which was nice but overall disappointing as ice cream was nowhere in sight.

67 ran

Pos	Gen		
1	1	Timothy Bowen	18:14

Conkers , N.W.Leicestershire

407 ran

Pos	Gen		
39	2	Ange Norris	20:56

Crystal Palace

174 ran

Pos	Gen		
17	17	Andy Cottrill	20:33
56	54	Bob Bell	23:19
68	5	Belinda Cottrill	24:15
74	8	Claire Steward	24:48

Dulwich

171 ran

Pos	Gen		
9	9	Simon Burnett	18:46
15	1	Kim Hainsworth	19:23
63	59	Mark Muffett	22:46

Hilly Fields

148 ran

Pos	Gen		
20	20	Gary Sullivan	21:21
111	36	Carolina Lilley	29:34

Hove Promenade

155 ran

Pos	Gen		
15	14	Robert Campbell	19:27

Maidstone

289 ran

Pos	Gen		
7	7	Michael Fullilove	19:04

Margate

59 ran

Pos	Gen		
29	27	Mark Callaghan	26:31

Newark

184 ran

Pos	Gen		
30	29	Martin Morley	23:27

Old Deer Park

Old Deer parkrun celebrated its 5th anniversary on Saturday and was graced with the presence of Paul Sinton-Hewitt who worked as a volunteer. It still remains a small parkrun largely due to charges to park nearby!

My run was hard work but slow due to struggling with a virus for nearly three weeks. Barrie was meant to be joining me but now has a broken toe just to keep up the theme of broken bones!

In a freak accident his lift to Pinewood studios last week left the handbrake off his car and it rolled onto Barrie's foot as he was retrieving his bag from the back seat. With Barrie's loud screams to 'reverse', his foot was spared from the whole weight of the car. We dread to think of the consequences had that not been the case….and the driver's initial response had been to put the car into first gear….ouch….

85 ran

Pos	Gen		
43	7	Lindsey Annable	25:18

Orpington

142 ran

Pos	Gen		
32	32	Colin Frith	24:37
77	59	Steve Wehrle	29:35
82	61	Peter Jackson	30:15
107	72	John O'Byrne	32:24

Princes , Liverpool

221 ran

Pos	Gen		
7	1	Mel Edwards	18:59

Peckham Rye

132 ran

Pos	Gen		
3	3	Paul Devine	18:39

St Peters, Sydney , Aust.

340 ran

Pos	Gen		
161	34	Penelope D'arcy Graham	26:28

Weymouth

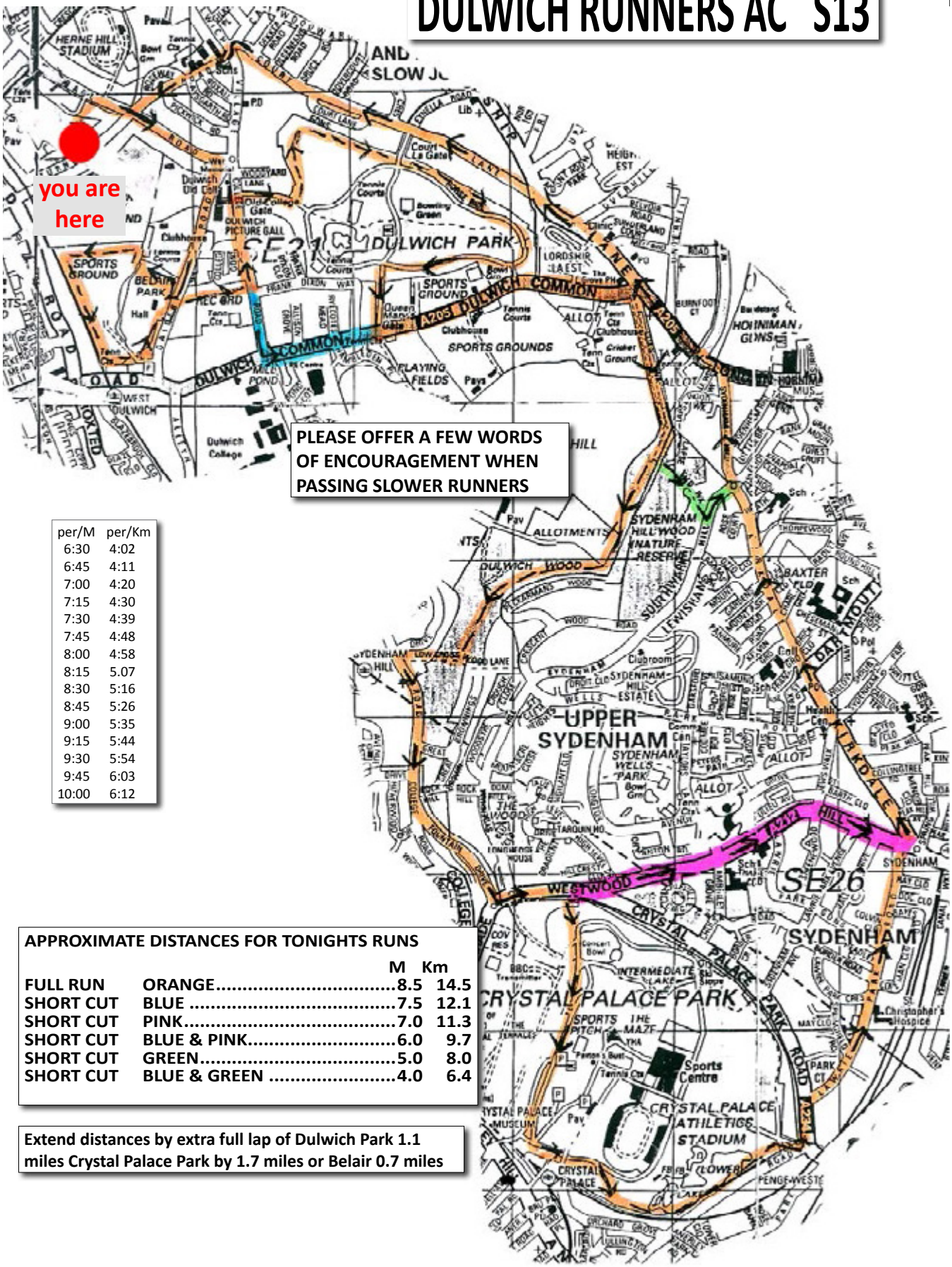
261 ran

Pos	Gen		
119	31	Sharon Erdman	26:46

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 S13



PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT WHEN PASSING SLOWER RUNNERS

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	8.5	14.5
SHORT CUT	BLUE	7.5	12.1
SHORT CUT	PINK	7.0	11.3
SHORT CUT	BLUE & PINK	6.0	9.7
SHORT CUT	GREEN	5.0	8.0
SHORT CUT	BLUE & GREEN	4.0	6.4

Extend distances by extra full lap of Dulwich Park 1.1 miles Crystal Palace Park by 1.7 miles or Belair 0.7 miles