DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
April 20th 2016

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

Wed 20 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 26 Track at Crystal Palace Arena
£2.50 per session.
Meet just after 7pm to warm up, the session around 7.20pm.

In your SHORTS this week !

1... General information
2... Club kit, social events etc
4... Fixture list, club champs,XC, road, track
5... Race reports and results
8... Parkrun results..
9... 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

Crystal Palace Track

- Excellent for building speed,stamina and endurance
- Go to reception, tell them you are with Dulwich Runners. Allow 10 mins to get from there down to the track
- Pay Ros £2.50 on the track, do not pay at reception
- Elkie will commence a warm-up around 7pm and the main session will start approximately at 7.20pm.

Suitable for all standards

Thurdays morning sessions

And there's also speed/hill work mostly on grass taken by Steve Smythe.
Usually starts between 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
Interested ? then email steve.smythe@athleticsweekly.com to go on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE
PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- **Sign the attendance register and pay £1.**
- **We need the money to help pay for clubhouse hire, map printing etc.**
- **We use the register to compile the new runners' rota, so please write legibly.**
- **We also like to keep an accurate record of weekly attendance.**

Thank you. - Ros

The next meeting of the Dulwich Runners' Committee will take place on Thursday 28th April.

If you have any matters which you would like the Committee to discuss or consider, please email me on secretary@dulwichrunners.org.uk by Tuesday 26th April.
Many thanks. - Yvette Dore
DR Secretary

EVENT HORIZON

A brief look ahead

full fixture list page 6

Apr 24 London Marathon

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Last week thanks go to: **Hugh Balfour, Laura Lane, Sharon Erdman and Ebe Prill**
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**

Katie Styles	**20/04**
Cameron Timmis	27/04
Ros Tabor	04/05

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

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)

SOCIAL SPOT

Watch this space for upcoming 2016 events !

SHORTS!

DULWICH RUNNERS' SHORTS

Will be available in in the clubhouse this Wednesday

They are traditionally cut either 'racing' style, or slightly longer – size medium.
Both styles are a bargain £15.

LINK AGE SOUTHWARK

This charity (formerly Dulwich Helpline) was chosen to be the charity which Dulwich Runners supported in 2015. I have had a letter of thanks from the Director, thanking us for the £4329 which was raised. This was mostly raised by Gideon Franklin and Patrick McMorrow in last year's London Marathon.

Ros

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
Socks	£5 pair
Buffs/snoods	£6 each

Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk
Keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood. - all sizes available - £25

only £5

HOODIES…

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros

Buffs/snoods - only £6

British Masters Road Relays - Sutton Coldfield - Sat May 14

if you are over the age of 35 - male or female - please put this in your diary now. Dulwich have traditionally done well in a number of the age group races but while we have a few who turn up every year, we rarely get everyone we should have.
It would be good to get as many of our leading runners as possible to turn up and represent the club at what is one of the best events to take part and this year we have people available in the event or who have moved up.
A list of possible runners has been published in previous issues of SHORTS which can be found on the clubs website.
- if you have been missed and are interested contact steve.smythe@athleticsweekly.com

DULWICH RUNNERS MIDSUMMER RACE

Changed to 30th June (due to referendum 23rd)

The Midsummer 5k is going to change into a RELAY this year. There will be teams of 3, each runner doing one lap of Dulwich park.

The proposed date is **Thursday 30 JUNE**.

If you would like to help, plan and organise the race, or have any ideas, please can you contact Ros.
ros.tabor49@gmail.com

MARATHONS 2016

If you are planning to run a marathon in 2016 please can you tell Shorts so that we can list those with forthcoming races.
After the race make sure you send a report and your time.
We will try to maintain an up to date list so that we can keep a proper record for the club championships.

Thanks - Ros

so far....

Tom Wilson	Seville	Feb	3:00:09
Miles Griffies	"	"	3:58:21
Michelle Lennon	Thames Meander	Mar	3:31:50
Grzegorz Gałęzia	Jerusalem	"	3:52:36
Jim Dowsett	Manchester	Apr	3:25:41
Tim Bowen	"	"	2:40:31
Fiona Askew	"	"	3:27:31
Grzegorz Gałęzia	"	"	3:17:50
Michelle Lennon	Brighton	"	3:30:00
Tereza Francova	"	"	?
Andy Murray	London	"	
Charlie Lound	"	"	
Gideon Franklin	"	"	
Barrie John Nicholls	"	"	
Tom South	"	"	
Claire Steward	"	"	

20TH GREEN BELT RELAY

Sat 21 & Sun 22 May 2016

http://www.greenbeltrelay.org.uk/

A relay of 11 runners per team who run 220 miles around London over a weekend. 22 stages, each runner runs once on Saturday and once on Sunday. Course is rural and mostly off road with the stages varying in length from 7 - 13 miles and graded in difficulty from 1 - 10 depending on distance and terrain.
A unique event consisting of running some beautiful green routes just on the outskirts of London.

A team event with great camaraderie within our team and between clubs.
11 in a team but due to injuries etc which cause drop outs, we need about 16 names to start with.

We now have 27 names, two teams plus reserves. If anyone is still keen I'll add them to the reserve list.

Help needed - drivers

Making sure all runners arrive at their start on time, don't get their kit left in a field somewhere or are abandoned at the end of their run is a logistical challenge.
If you could help by driving at any time over the weekend I would be extremely happy to hear from you.
Email Ange Norris:
dulwichladiescaptain@gmail.com

POST LONDON MARATHON VENUE

This year, the post London Marathon refreshment session will take place in the Sanctuary pub located near St James' Park station. We have an area reserved from 1.30pm onwards which will accommodate up to 40 people, but it's a large pub so it is fine if we don't all squeeze into this area!

For spectators, the venue is a mere 100 yards from St James' Park tube station (take the Broadway exit) and for runners it's a 10 minute walk/hobble/jog (delete as applicble) from the finish on the Mall.
You will need to cross back across Birdcage Walk but there are designated crossing points, so this won't be an issue.

The pub's website, which includes a map, is below. Runners, spectators, friends and family are all very welcome. We hope to see as many of you there as possible.
The Sanctuary House Hotel - Contact the Fuller's
The Sanctuary House Hotel Restaurant & Hotel Westminster

Dulwich Runners 2016 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 here regularly.

Cross country Club Champs Assembly League **Misc.**

Date		Race	Venue
Apr	24	Virgin London Marathon (or alternative) (L)	London
May	5	Assembly League - Victoria Park - 7:30pm (3.5 miles)	Hackney
Jun	2	Assembly League - Battersea Park - 7:30pm (5km measured)	Battersea Park
	13	5k Battersea Park	Battersea Park
Jul	tbc 1	Mark Hayes Mile (S)	Ladywell Track, Catford
	7	Assembly League - o2 Dome - 7:30pm (3 miles approx)	North Greenwich
Aug	4	Assembly League - Victoria Park - 7:30pm start (3.5 miles)	Hackney
Sep	1	Assembly League - Beckenham - 7:15pm start (3 miles)	Beckenham
	4	Middlesex 10k (S)	TBC
	10	5k Parkrun (S)	TBC
Oct	2	Titsey Multi-Terrain 10k (L)	Oxted
	16	Cabbage Patch 10	Twickenham

The mile will no longer take place on 15 July, and is likely to be shifted to 1 July, this is tbc,

In addition the 5km parkrun will be brought forward by a week to 10 September because of a clash with the BMAF T&F champs.

2016 ASSEMBLY LEAGUE

These races range from 3 to 3.5 miles on road or on paths within parks and run on the first Thursday of the summer months against 12 other clubs.
This series of races is extremely popular and all members are encouraged to participate whatever your standard or ability.
They are free to enter, all you need to do is have a club vest, turn up and run.
Any further information regarding these races will appear here in Shorts as and when it becomes available.

Thu April 7	Beckenham - 7:15pm (3 miles)
Thu May 5	Victoria Park - 7:30pm (3.5 miles)
Thu June 2	Battersea Park - 7:30pm (5km measured)
Thu July 7	o2 Dome - Nth Greenwich - 7:30pm (3 miles approx)
Thu Aug 4	Victoria Park - 7:30pm (3.5 miles)
Thu Sep 1	Beckenham - 7:15pm (3 miles)

From this year women's team scores will be based upon 4-to-score, the same as the men

DULWICH RUNNERS
2016 CLUB CHAMPIONSHIPS

There will be 9 races in total, but this time they will split into 2 distance categories, short (S) and long (L). To qualify it will be necessary to complete 5 races in total, including at least one from each of the two distance categories.
Note that dates and locations of some races have not yet been confirmed, but updates will be issued as soon as we know.

CLUB CHAMPS UPDATE

We had intended to schedule the 2 mile race for the first half of June, but due to other races at that time we have decided to scrub this race and replace it with the 5km in Battersea Park on Monday 13 June.

7	Feb	Chichester 10k (S)
13	Mar	Dartford Half Marathon (L)
24	Apr	Virgin London Marathon (or alternative) (L)
13	Jun	5k Battersea Park (S)
1	Jul tbc	Mark Hayes Mile, Ladywell Track (S)
4	Sep	Middlesex 10k , venue tbc (S)
10	Sep	5k parkrun, venue tbc (S)
2	Oct	Titsey multi-terrain 10k (L)
16	Oct tbc	Cabbage Patch 10

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.

Sevenoaks Triathlon

A quick report from a slightly confused runner from deepest Kent.

Having mentally divided my year into 3 parts, Q1 – Indoor track, Q2 – training for June's Ironman 70.3 and Q3/4 back to what I do best, I seem to have caught the triathlon bug again - to the extent that I'm wondering whether to buy a Garmin multisport on top of my recently purchased 225 and can't get at all enthused about the track season this year.

7Oaks is a good early season race with a mercifully short [400m] pool swim and then shorter than Standard but definitely longer than Sprint bike (25k) and run (8.4k) legs in leafy Weald of Kent. The race is based around the Leisure centre which backs conveniently onto Knole park so the run is basically one lap of the Sevenoaks 7.I was a couple of minutes quicker than last year, albeit this was more down to slightly less glacial pace through the transitions than for actually doing the sporting bits any better.
Saw and chatted to Clare and Mike who were respectively Tri-ing and running / supporting.

Lloyd Collier
1.34.09 and 22nd overall, albeit only 12th V40 – lot of other middle age mid-life crisis divorcees out there it seems
A rather pleasing 5th overall on the run leg with 33:49. yes Triathletes are generally rubbish runners

Clare Wyngard 1.52.30

Sevenoaks Triathlon
17 April

(400m swim, 25k bike, 8k run)
Clare kicked off her 2016 triathlon campaign, as usual, in the leafy surrounds of Sevenoaks. The running element takes in about two thirds of the Sevenoaks 7 course so will be familiar to many DRs, familiar enough, indeed, to know it's no cakewalk!

She actually missed this event last year, kicking off her season, slightly unexpectedly, in Australia instead, but had won her age category, and a handsome trophy, in 2014. As she gets deeper into the over 50s category this becomes more difficult but she performed well enough to be sitting in the clubhouse, as it were, with a time that was comparable with 2014 and was leading until very late in the day (a pool swim meant a staggered start). It was eventually bettered, and not in a marginal way, by a single competitor whose name she didn't recognise, possibly a clue that the lady in question entered the category relatively recently.

Lloyd Collier took part for Tunbridge Wells Tri club. He came an extremely creditable 22nd overall, and 11th in a particularly brutal vets category, posting a run time that was amongst the fastest half dozen of the day. We also noticed Sean Fishpool in the results. ***- Mike Dodds***

22 Lloyd Collier 1-34-09 (run 33.49)
38 Sean Fishpool 1-37-02 (run 36.37)
150 Clare Wyngard 1-52-30 (run 41.56) 22/83W
327 finishers (244 male, 83 female)

Thames Towpath 10
17 April 2016

Claire Steward writes: This ten mile race is always one week before the London marathon and having done it nine times previously with no detrimental effects, I decided to give it another go. In truth, my marathon preparation this year has been a shambles so whatever I did at the weekend is not going to affect the outcome. Arriving with Joanne, Ola and Paul (Keating), we collected our numbers/chips and passed the time doing the usual pre-race stuff, chatting, queueing for the partaloos, sitting in the car, doing a warm-up.

The start and finish involve laps around a grassy playing field, and the towpath has uneven sections, muddy puddles, dog-walkers and cyclists to contend with. This may be frustrating for the fastest runners but at my pace it is easy enough to slalam around the obstacles. I had Paul in my sights for the first few miles but then he pulled away and I ran steadily for about 9.5 miles before realising that I could see him in the distance. I eased up behind him then made my overtaking move and 'sprinted' for the finish, not easy over the grass. Typically he managed overtake me on the line beating me by one second – however, my chip time was two seconds faster!

Ola was initially disappointed with her race despite finishing in the top ten women but it was a good result given her lack of solid training. Joanne had a steady race in a time similar to her results in 2012 and 2013. It was a first time for both Paul Keating and Lucy, who we met up with at the finish. Paul Hodge and Mike Crilly are both regulars at this race but we didn't catch sight of either of them.

I now have a tenth Fuller's pint glass to add to my collection and I'll most likely be back again next year.

73	Ola Balme	1:09:38 (1:09:41)
171	Lucy Pickering	1:17:06 (1:17:15)
202	Joanne Shelton	1:19:07 (1:19:16)
230	Paul Hodge	1:20:08 (1:20:50)
282	Paul Keating	1:24:27 (1:24:36)
283	Claire Steward	1:24:25 (1:24:37)
289	Mike Crilly	1:24:28 (1:25:05)

Winner: 55:17, 561 finishers

Lee Valley Centre Year 11 Inter School
Wed 13 April

Many school competitions are a mystery. This was one of them. No particular reason, thought it was going to be indoors, 24 hours notice given. The purpose of the meeting wasn't known and probably will not receive any results...

Turns out it was held outdoors. Seventh at the bell, having run 64 seconds didn't auger well for first track race of the season but almost Holmesque, came through the pack to finish second and ran even laps in a new PB. After two disappointing road races, all a bit unreal.

800m
2 Oscar Hussey 2.08.42 PB

Long Jump
Oscar Hussey 4.81m PB

Civil Service 10k champs Olympic Park
13 April

Back to the Olympic Park for my second 10k there in the space of 11 days.
Different courses, though, as this one was over 4 laps, not 3, and in the vicinity of the velodrome not the main stadium. More danger, then, of being lapped but BIS teammate Alastair had the decency to wait until the very end of his race - certainly not the end of mine! - to be the 4th, and final, competitor to do this to me.

I was over a minute quicker than the earlier 10k which was a pleasant surprise, especially as my garmin had me running for nearly 50 seconds over the advertised distance. Otherwise the two courses were (inevitably) pretty similar in terms of terrain and 'twistiness'. The apparent arrival of proper spring weather - even if not for long! - could have had a negative effect but, in the end, the early to mid afternoon temperatures remained rather modest and seemed, to me anyway, pretty good for distance running.

4 Alastair Locke. 36.09
129 Mike Dodds. 48.45
250 finishers

Darent Valley 10k MT
Sun 17th April

After three weeks of light jogging on grass and tedious sessions of elliptical cross training I tested my dodgy shin/calf problem on Friday with a fast road 5 miles; it was still a bit irritating but didn't flare up at all so obviously I had to race on Sunday. Well I didn't have to but you know how it is. This popular event has been running for over 20 years and I'd done five of the last six as it's one of my faves despite the tough course and 8.30am start.

The off-road section starts just after half-way and lasts only for about a mile but includes an uphill slog across a grass field and tracks down and through a farmyard, all mercifully fairly dry with only a bit of mud this year, before re-joining tarmac for the 'killer' hill during the fifth mile. As usual, I got left for dead at this point but got going again on the fast downhill sixth mile to claw back two places. Also as usual, my Garmin recorded a long 6.35 miles but who's counting, especially as my time was by far my slowest in six visits (best 35:54 in 2011, previous worst 37:03 in 2014).

The shin was fine but managed to get myself a new calf problem; back to cross training. Ah well, at least got the old git prize.

5 Tony Tuohy 37:54 1st M50
410 finishers

April 16th

Ashton Court
568 ran

Pos	Gen		
178	153	Barnes Stringer	25:13

Bushy
1090 ran

Pos	Gen		
20	20	Mark Callaghan	18:02

Bromley
574 ran

Pos	Gen		
121	111	Chris Goodman	22:52
361	276	Peter Jackson	28:05

Brockwell
298 ran

Pos	Gen		
55	53	Robbie Campbell	21:42
78	6	Lucy Clapp	22:37
131	110	Kees Kuijlaars	24:57
136	24	Lucy Pickering	25:04
167	129	Cameron Timmis	26:39

Bedford
Another chance for a bit of parkrun tourism beckoned as I drove Barrie to Cardington Studios which were housed in an amazing old airship hangar just outside Bedford. We arrived at the studios a little earlier than the required call time so I could make it to the parkrun in time but it was still a scramble to get to the start as all the designated parking was full. Amazingly I recorded my third identical time in the last three weeks on three different courses. Arguably this was the easiest of the three courses but the stress of finding parking, not to mention a 6.30 start and 70 mile drive probably put paid to a faster time!

310 ran

Pos	Gen		
74	9	Lindsey Annable	24:14

Burgess
214 ran

Pos	Gen		
18	18	Stephen Smythe	20:24
19	1	Kim Hainsworth	20:27
31	2	Lucy Elms	20:53

Crystal Palace
250 ran

Pos	Gen		
18	16	Simon Lang	20:42
40	6	Belinda Cottrill	22:20
62	8	Niamh Falconer	23:14
85	11	Clare Wyngard	24:18
92	12	Joanne Shelton Pereda	24:32
105	88	Michael Dodds	25:02
111	93	Andy Cottrill	25:27

Dartford
154 ran

Pos	Gen		
1	1	Oscar Hussey	18:27
3	3	Duncan Hussey	20:30

Dulwich
273 ran

Pos	Gen		
7	7	Lewis Laylee	16:39
21	20	Stephen Davies	18:08
32	29	Simon Burnett	18:50
87	78	Graham Laylee	21:54
96	12	Victoria Read	22:21
114	99	Mark Muffett	23:02
146	29	Claire Steward	24:58
224	68	Selina Wray	28:34
251	168	Hugh French	31:58

Greenwich
223 ran

Pos	Gen		
8	8	Michael Fullilove	20:36

Hastings
198 ran

Pos	Gen		
40	35	Nicholas Brown	23:39

Kingston
157 ran

Pos	Gen		
29	3	Ros Tabor	23:01
35	31	Andy Murray	23:39

Ludlow
52 ran

Pos	Gen		
19	3	Helen Covich	27:39

Mile End
198 ran

Pos	Gen		
2	2	Martin Holt	18:16

Peckham Rye
201 ran

Pos	Gen		
2	2	Andy Bond	17:34
7	7	Sam Crump	18:42
8	8	Alastair Locke	18:47
9	9	Paul Devine	18:48
10	10	James Burrows	18:52
17	16	Kevin Chadwick	20:03
29	26	Ebe Prill	20:56
61	55	Andrew Bright	23:36
80	69	Gideon Franklin	24:57
98	22	Emma Ibell	25:38
97	76	Oliver Bottle	25:38
100	23	Laura Vincent	25:58
112	34	Claire Barnard	26:51
118	82	Rob Cope	27:00
135	46	Sharon Erdman	27:47
182	79	Abbie Grace Bottle	33:17
185	81	Susan Vernon	33:31

Riddlesdown
123 ran

Pos	Gen		
49	10	Ange Norris	25:10

Southwark
172 ran

Pos	Gen		
112	17	Kaylee Coxall	25:31

Tilgate
472 ran

Pos	Gen		
82	74	Gary Budinger	24:21

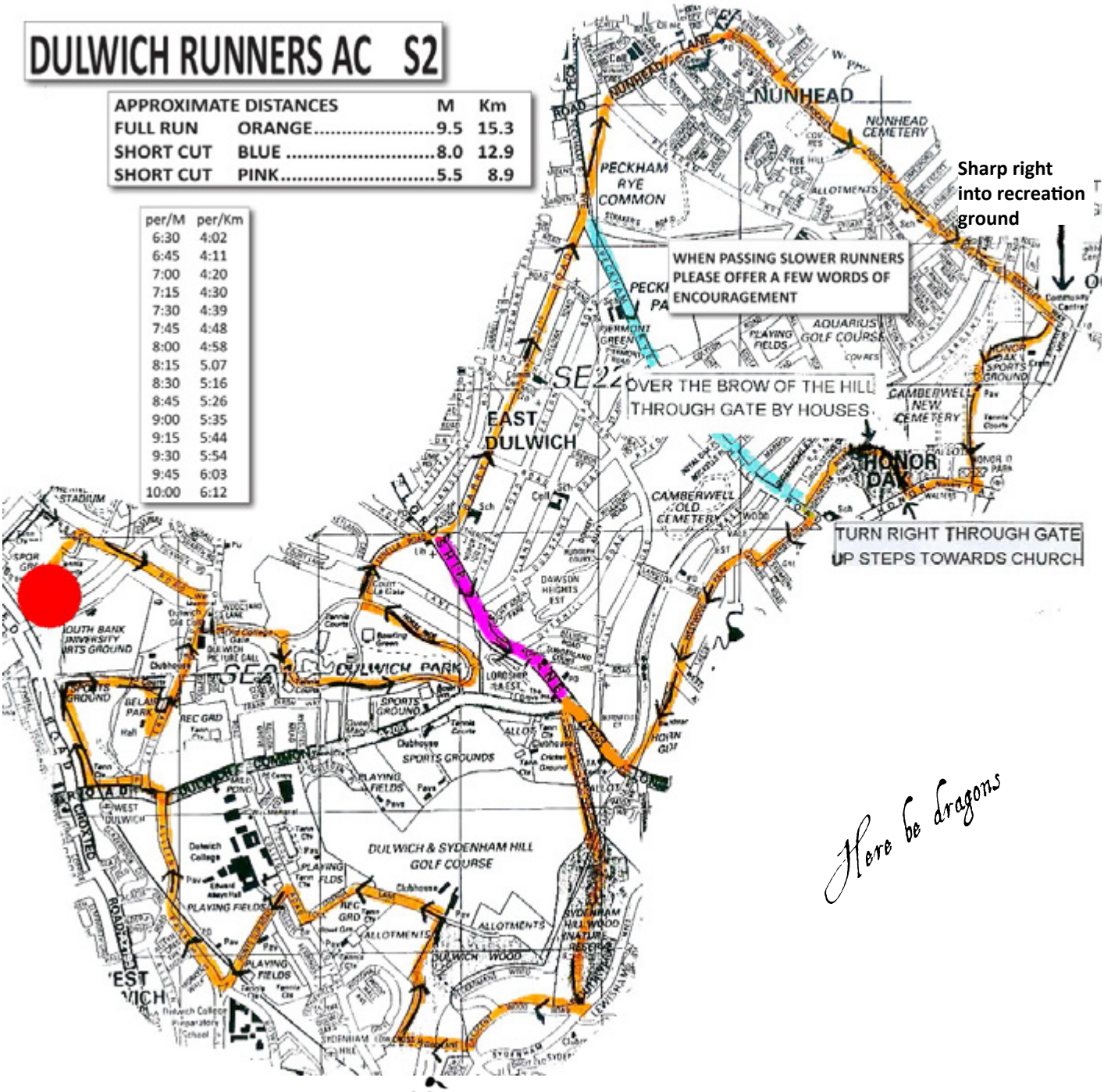
Tonbridge
393 ran

Pos	Gen		
241	178	Rafe Collier	31:36
242	179	Lloyd Collier	31:36
304	96	Rhoda Collier	34:48

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 S2

APPROXIMATE DISTANCES		M	Km
FULL RUN	ORANGE	9.5	15.3
SHORT CUT	BLUE	8.0	12.9
SHORT CUT	PINK	5.5	8.9

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