DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
May 17 2017

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

- THE COMING WEEK –

Wed 17 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 20 **British Masters Relays - Sutton Pk**

Tue 23 **Dulwich College Track** - cost £1 per session
Start with a warm up at 7:10pm then first part of session will be on grass,second on the track.

In your SHORTS this week !

1 General information
2 Club kit, social events etc
4 Fixture list, club champs, road, XC, etc
6 Race reports & results, Assembly league etc
7 Parkrun results
8 Wednesday map
9 Dulwich Runners Relays entry form and details

And much more !

Click to SUBSCRIBE or UNSUBSCRIBE
www.dulwichrunners.org.uk/index.html

You can follow us on

TRACK SESSIONS

At Dulwich College track on College Road.
Warm up taken by **Elkie Mace** consisting of various drills and stretches etc will start around 7.10pm..
The main session taken by **Steve Smythe** will be part grass and part track and more suitable for all levels of ability than the Crystal Palace sessions.

A record 62 attended Tuesday's speed session !

Thurdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

Post-injury Rehab

David White (Southwark Sports Development Officer) has given us details of a sports therapy student who is offering to help with post-injury rehab.
Her name is Denisa Cinova and her email address is:
u1319966@uel.ac.uk

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.

Thank you. - Ros

------- EVENT HORIZON -------
A brief look ahead

May	20	British Masters Relay - Sutton Pk, Midlands
May	24	Beckenham Relays -Beckenham
Jun	1	Assembly Lgue inc. Club champs 5k, Battersea Pk

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Thanks to Ian Sesnan, Cameron Timmis and Andy Murray for taking out new runners last week.
If you're on the list, please 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

Yvette Dore	**17/5**
Sharon Erdman	24/5
Paul Hilton	31/5
Emma Ibell	7/6

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

P
O
T

Watch this space for future events.

Wednesday Apres-Run Carbo Loading !

For all you hungry runners, fish and chips can be ordered to indulge your calorie cravings after the Wednesday run. Arrives close to 9pm and the cost is **£6.00**
Just give me your name and money when you sign in - Ros
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)

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 from Ros
ros.tabor49@gmail.com

SHORTS!

DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or slightly longer– Both styles are a bargain £15.

Socks only £5

Keep dry in a Dulwich Runners waterproof jacket.
Incorporated hood. - all sizes available - £25

HOODIES...

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

Buffs/snoods - only £6

Thankyou to club coaches Steve Smythe & Elkie Mace

As a 'thank you', cards for coaches Steve and Elkie we usually have a collection and card presentation post marathon.

The cards will be at club tonight for those that were unable to make track yesterday in case anyone would like to write a message / contribute.

I suggest we go the Alleyn's Head next week post track to make the presentations and perhaps have a quick drink
Ian Lilley

This year's 3 x 1 mile Summer relay will be on Wednesday 12 July in Dulwich Park.
It's the major fund raiser for club funds and so it's essential that as many members as possible either run or help.
So put the date in your diary now !

Entry form and relay info can be found at the end of Shorts

12.JULY.2017

3 x approx. 1mile lap

Entry: **Race starts at 7.45pm**
£12 per team
(Limited entries on the day)

Entry forms and race details from
www.dulwichrunners.org.uk
or **ros.tabor@gmail.com**

www.dulwichrunners.org.uk

Dulwich Runners 2017 Fixtures

Further information about 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.

Road & other **Cross country** **Club Champs** **Assembly League** **Track**

		Race	Venue
May	20	British Masters Relay	Sutton Pk, Midlands
	22	Blackheath& Bromley Open Meeting	Norman Park
	24	BMC/ Cambridge Harriers Open Meeting	Eltham
	24	Beckenham Relays 3 x 2.6m laps	Beckenham Place Park
Jun	1	Assembly League incorporating Club champs 5k	Battersea Park
	4	Surrey Masters Track and Field Championships	Ewell
	12	Blackheath & Bromley Open Meeting,	Norman Park
	21	BMC/Cambridge Harriers Open Meeting	Eltham
	21	Dino Dash Relays Crystal Palace Park 3x 3k laps	Crystal Palace Park
	24/25	British Masters Champs	Birmingham
Jul	6	Assembly League	O2, Nth Greenwich tbc
	10	Blackheath & Bromley Open	Norman Park
	12	Dulwich Runners Summer relays 3 x (approx) 1m laps	Dulwich Park
	14	Mark Hayes Mile	Dulwich Track
	19	Cambridge Harriers Open/BMC	Eltham
	21	Mile club champs - SOAR Mile	Battersea Park
	22	HHH Open	Tooting Bec
	27	Assembly League	Victoria Pk, Hackney tbc
Aug	16	Cambridge Harriers Open/BMC	Eltham
	21	Blackheath & Bromley Open	Norman Park
	26	HHH Open	Tooting Bec
Sep	7	Assembly League	Beckenham tbc
	10	MT 5 mile race, organised by TH&H	Wimbledon Common
	10	Kent Masters Champs	Bromley
Oct	1	Sittingbourne 10	Sittingbourne

2017 CLUB CHAMPIONSHIPS

1	Jun	Assembly League 5k, Battersea Pk	S
21	Jul	SOAR Mile - Battersea Park	S
10	Sep	Thames Hare & Hounds MT 5m, Wimbledon Common	L
1	Oct	Sittingbourne 10	L

Note that the 5 mile MT race will be classified as a long race.

Mile Club Champs, SOAR Mile, Battersea Park -21 July

Good news! We have now filled the one outstanding gap in the 2017 club championships programme. We will be using the SOAR Mile taking place on the track at Battersea Park on the evening of 21 July as our mile club champs event.
There will be 10 seeded races with up to 20 in each race. Entries are due to open next week. The Mark Hayes Mile will take place as planned a week earlier on 14 July on Dulwich College Track. It will be in your own interest as well as the family of Mark Hayes to support this event. There will be a social event to follow after the race.
Details will be available soon. If you want to achieve a good time in the SOAR Mile, the Mark Hayes Mile will provide ideal practice, as it is difficult to get the pace exactly right in your first attempt.

Assembly League Races

These races will take place on the first Thursday of each summer month starting from April, with the exception of the August race which has been brought forward to the final Thursday in July.
Some venues are yet to be confirmed but most, if not all, are likely to be the same as in 2016. The race at Battersea Park on 1 June will be used as our 5k club champs. The confirmed dates and provisional; venues will be as follows:

June 1	Battersea Park
July 6	O2, North Greenwich
July 27	Victoria Pk, Hackney
Sept 7	Beckenham

Assembly league races are free to enter, just turn up on the day. Open to all members whatever your ability.

Details of Assembly league race HQs and starts are as follows:
Victoria Park, Victoria Park Harriers clubhouse located at NE corner of the park, with start inside the park nearby, closest station Hackney Wick
Battersea Park, start near bandstand in centre of park (no HQ)
O2, Start on riverside east of North Greenwich station (no HQ)
Beckenham, race HQ Beckenham Cricket Club, Foxgrove Road, start at SW entrance park at the end of Beckenham Place Park Road

For further information about any races please contact your captains: Ladies: dulwichladiescaptain@gmail.com
Men: mcmann90@yahoo.co.uk

Suggeseted summer schedule	
Wed 17/5	steady 5M
Thurs 18/5	4 miles easy with 30 secs at 5k pace every mile if racing at weekend, 6 mile if not
Fri 19/5	rest or easy 3M
Sat 20/5	relays or parkrun
Sun 21/5	75 mins steady
Mon 22/5	rest or easy 4M
Tues 23/5	speed session
Wed 24/5	60 mins relaxed with faster last 10 mins
Thurs 25/5	2 x 3M acceleration 1st and 4th mile slow, 2nd and 5th mile a min faster, third and 6th mile min faster (ie, 9. 8, 7 or 8, 7, 6 etc)
Fri 26/5	rest or easy 4M
Sat 27/5	parkrun or steady 4M
Sun 28/5	steady 10M or rest if 10k next day
Mon 29/5	rest or easy 4M (or 10k) Tues 30/5 speed session
Wed 31/5	5M very easy
Thurs 1/6	Assembly league, Hyde Park
Fri 2/6	rest or easy3M
Sat 3/6	hills
Sun 4/6	steady 10M
Mon 5/6	rest or easy 4M
Tues 6/6	speed session
Wed 7/6	60 mins relaxed with faster second 10 mins Thurs 8/6
Fri 9/6	rest or easy 4M
Sat 10/6	hills
Sun 11/6	steady 11M

Beckenham Team Relay

Beckenham Place Park

Wed. May 24th @ 7.30pm

This race fills up very quickly with around 350 runners so it is in our interests to enter teams as early as possible, therefore the deadline is next Friday, 12 May.

3 laps of 2.6miles – each lap undulating on roads and paths, starting and finishing in Beckenham Place Park Golf Course.
Teams of 3, entry @ £4 per person

Contact ASAP:
Men: Charlie Lound: chas.lound@btinternet.com
Women: Ange Norris: dulwichladiescaptain@gmail.com

Dino Dash Relay

Crystal Palace Park

Wed. June 21 @ 7.30pm

This is another race that since its inception three years ago has filled up and reached its capacity of 300 runners very quickly and DR teams have previously done extremely well in the prizes.

Each team member will complete a 3km lap of traffic-free park paths within Crystal Palace Park, taking in views of the famous Dinosaurs !
Teams of 3, entry @ £5 per person

Contact by Sunday 18th June:
Men: Charlie Lound: chas.lound@btinternet.com
Women: Ange Norris: dulwichladiescaptain@gmail.com

Kent AC is pleased announced the first..

Join the event Facebook group: Ladywell 10000 or send an email to ladywell10000@gmail.com to register your interest and be kept up to date.

ALGARVE RUNNING CHALLENGE

This year's Algarve Running Challenge takes place between 1 and 5 November in Monte Gordo, Portugal. As usual there will be 4 races spread over 5 days, finishing with the traditional Spain to Portugal race of around 11 miles. There's also plenty of opportunities for local sightseeing, running on local woodland trails, cycling and swimming in warm autumn weather. For further details please contact me. ***Mike Mann***

Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, fell, xc, tri and track results etc, are welcome.

The Maverick Inov-8 trail run

The Maverick Inov-8 was a scenic romp around the Surrey trails starting and finishing at Polesden Lacey.

Claire: This was my first ever trail race so I opted for the shortest one (8k), not really knowing what to expect. After a lovely start with stunning views of the manor house and a nice downhill, the different routes split off, the big hills began, and I realised why the organisers described the course as "brutiful"! Lots of ups and downs, people orienteering in the woods, and loads of running dogs made for a very entertaining route. We don't have our official times yet, but my watch made it at 50:55.

It all ended with a bottle of Maverick "Trail Ale", a medal that doubled up as a bottle opener, lots of dogs with medals on, and a dairy-free iced coffee, so very happy with that and I'll be back for more! :)

Hannah: Like Claire I'm new to trail running though I dabbled in some cross country over the winter. Earlier in May I took part in the 'Run YHA' event, a whole weekend of trail running for all abilities set in the beautiful Peak District. Having thoroughly enjoyed this experience I signed up for the 10 mile distance at the Maverick inov-8 run. The event was well organised with just enough runners to feel busy but not crowded, and Coke at the water stations which was a revelation for the weary runner.

There was plenty to occupy the mind on the course with lovely views, the odd horse and some ultra runners going in the opposite direction (most people managed to avoid following their course markers!). I think I've got the trail bug and am on the look out for other events.

Claire Barnard and Hannah Harvest

Kent County Championships 5000m, Ashford

13th May

Having entered this as the opening 5000m of my outdoor season I was quietly confident of my first sub-17 in two years but the stiff breeze scuppered that. Most of the young twenty-somethings soon scarpered leaving me running an isolated time trial after only two laps but I was still hopeful at 3k (10:11) that a last lap kick would do it. However, the strong headwind up the home straight every lap took its toll and so came the inevitable fade; there was no last lap kick either. Still, I'd have sold my grandmother for that time last year.

9 Tony Tuohy 17:10.97

Project sub 19 week 2

A brief overview of an underwhelming and rather tragic week that takes me even further from my goal. Sometimes you got to get worse before you get better....

Household: Eliud still moping around my house moaning about some race. I mean get over it.
Injuries: my Piriformis muscle hurts, but I have to admit I enjoy to pain-pleasure of the foam roller treatment!
Fluid intake: I was trying to emulate the club greats like Tony Tuohy by sticking to tea. Tragically I end up on Saturday night chatting rubbish with Sue Cooper with pint of IPA in one hand (cf: club Legend Mike Mann) and cigarette in the other (Lloyd Collier). Still, on the plus side I've found I like beetroot juice.

Kit: I've also got some go faster trainers as recommended by Ebe (don't tell my sponsors at Nike as they're ASICS).
Race: a 38 minute park run. OK not my best. I decide to save myself for the national road race relay championships this coming Saturday to establish a number to work from... Looking forward to the bants on the team train and a chance to soak up some speed vibes from the club racers !
Ajay Khandelwal

parkrun May 13th

Ashton Court
533 Ran

Pos	Gen		
217	177	Barnes Stringer	25:35

Beckenham
212 Ran

Pos	Gen		
7	1	Clare Elms	18:56
12	11	William Cotter	19:33
17	3	Selma Benattia	19:49
34	31	Stephen Smythe	21:26

Brockwell
361 Ran

Pos	Gen		
23	23	Mark A Foster	20:04
37	1	Helen Lister	20:40
41	2	Ola Balme	20:52
55	5	Anna Thomas	21:41
68	6	Becca Schulleri	22:02
73	66	Ian Sesnan	22:21
94	12	Katie Styles	23:10

Burgess
327 Ran

Pos	Gen		
62	8	Michelle Lennon	20:49
63	55	Paul Devine	20:51

Conwy
276 Ran

Pos	Gen		
254	148	Chris Vernon	41:09

Crystal Palace
256 Ran

Pos	Gen		
10	10	Mark Mccolgan	20:06
15	15	Andy Cottrill	20:45
17	1	Belinda Cottrill	20:51
55	9	Lucy Cartlidge	23:29
77	64	Bob Bell	24:42
114	89	Ameet Patel	26:43
134	35	Penelope d'Arcy Graham	27:45

Dulwich
394 Ran

Pos	Gen		
4	4	Stephen Davies	16:43
14	13	Edward Harper	18:08
25	24	Ebe Prill	18:51
34	33	Simon Burnett	19:25
60	2	Ellie Balfe	20:49
67	65	Dominic Joyner	21:18
77	73	Graham Laylee	21:43
105	97	Mark Muffett	23:16
197	163	David Haviland	26:33
221	176	Mick Mead	27:36
366	219	Ajay Khandelwal	38:40

Horsham
479 Ran

Pos	Gen		
81	73	Gary Budinger	23:14

Lloyd Park
253 Ran

Pos	Gen		
42	1	Eleanor Simmons	23:27

Malling
246 Ran

Pos	Gen		
11	1	Tereza Francova	20:20

Medina I.o.w.
255 Ran

Pos	Gen		
27	27	Duncan Wilson	21:46

Peckham
248 Ran

Pos	Gen		
1	1	Andy Bond	16:18
4	4	Alastair Locke	17:25
69	3	Susan Cooper	22:25
72	69	Alex Bazin	22:28
88	82	Michael Dodds	23:06
92	8	Joanne Shelton Pereda	23:19
119	13	Clare Wyngard	24:30

Riddlesdown
202 Ran

Pos	Gen		
42	6	Ange Norris	22:29

Western Springs
82 Ran

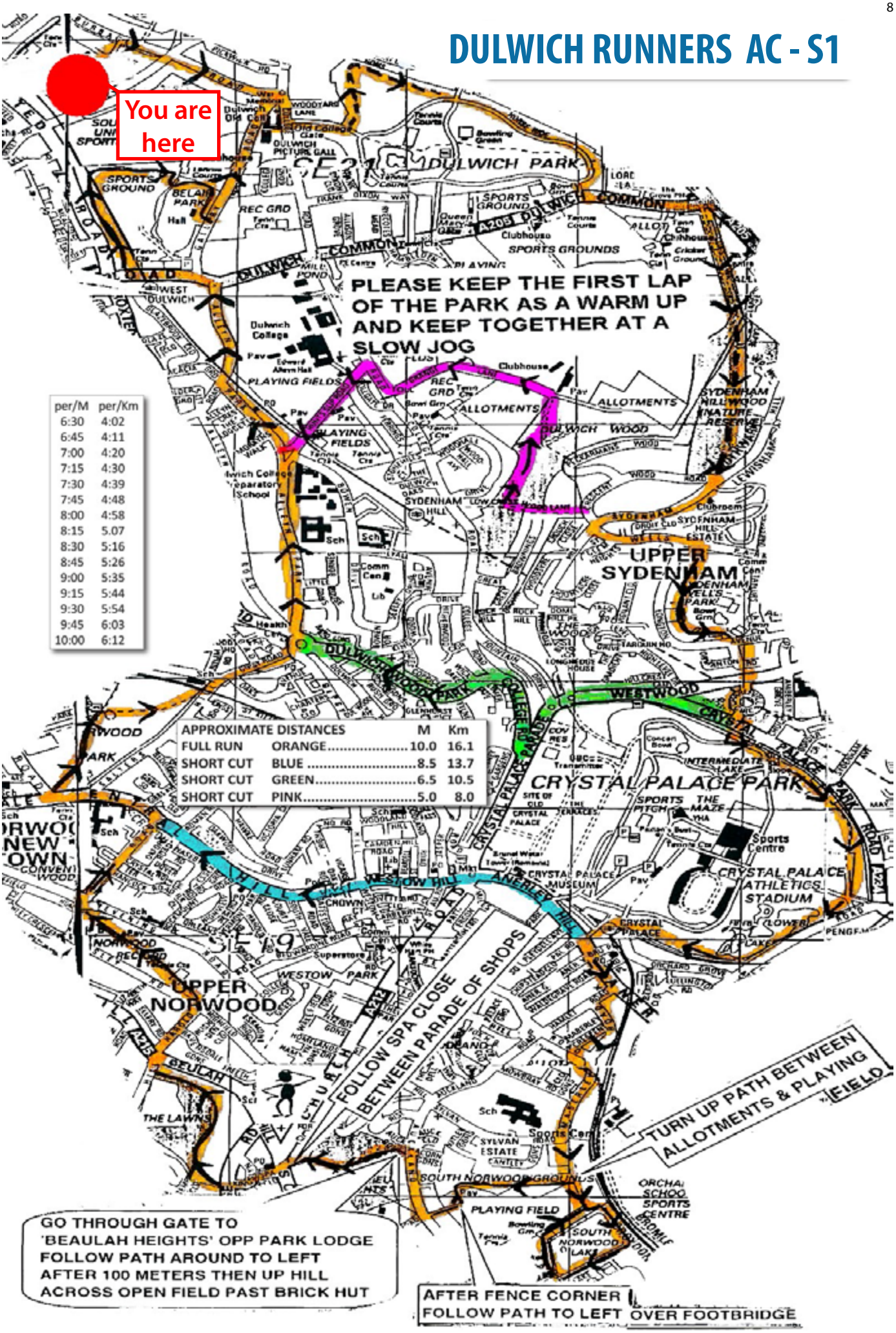
Pos	Gen		
29	24	Nick Bell	24:02

Wolverhampton
325 Ran

Pos	Gen		
11	10	Sam Mattu	19:46

New members especially, and others....
For your results to appear here you need to update your parkrun profiles to show you are a current member of Dulwich Runners AC. or send them in.

DULWICH RUNNERS AC - S1



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		M	Km
FULL RUN	ORANGE	10.0	16.1
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	GREEN	6.5	10.5
SHORT CUT	PINK	5.0	8.0

DULWICH RUNNERS MIDSUMMER RELAY
WEDNESDAY 12 JULY 7.30 DULWICH PARK
3 x 1 LAP (APPROX 1 MILE) **£12 PER TEAM**

ENTRY FORM

TEAM NAME:
TEAM CATEGORY: PLEASE CIRCLE ONE

MEN

WOMEN

MIXED

LEG 1 name:
LEG 2 name:
LEG 3 name:
(individual names can be entered later)

Please complete, scan and email to ros.tabor49@gmail.com

Pay on day, or by bank transfer:

Sort code: 40 52 40

Account: Dulwich Runners AC: 00090986

Reference: RELAY plus TEAM NAME

DULWICH RUNNERS SUMMER RELAY
ORGANISED BY DULWICH RUNNERS AC

WEDNESDAY 12 JULY 2017 AT 7:30 PM

RACE INFORMATION

Contact: 020 7701 2546
ros.tabor49@gmail.com

THE START: **7:30pm** in Dulwich Park, near Queen Mary's Gate, London SE21
see enclosed map or www.streetmap.co.uk (enter SE21 7BQ)

Public transport: For transport details to the park https://tfl.gov.uk/plan-a-journey/?to=se21+7bq

Trains - closest stations are N and W Dulwich
from London Victoria to Herne Hill and West Dulwich
from Orpington via Bromley South & Beckenham to West Dulwich and Herne Hill
from London Bridge to North Dulwich (or from East/West Croydon)
from Kings Cross, Farringdon and Blackfriars to Herne Hill (and northwards from Sutton and Wimbledon)
Tube - Victoria line to Brixton and bus
Buses - P4 (Brixton-Lewisham), P13 (Streatham-New X) to Dulwich Park (Queen Mary's Gate)
12, 40, 176, 185, 312 from central London to Dulwich Library/Plough, walk via Eynella Road
68, 468, 196 to Herne Hill station – walk via Half Moon lane, Burbage Road
37 to Half Moon Lane walk via Burbage Rd
3 to Croxted Road/Thurlow Park Road (nr. West Dulwich station) walk via Dulwich Common

Parking: Car park in Dulwich Park (in College Road gate, turn left at barrier), or Bel Air Park (Gallery Road).

ENTRIES: **£12 PER TEAM – ENTRY FORM ON WEBSITE.** You can enter your team, and fill in the individual names later.

RACE NUMBERS: Will be available at the start

CHANGING: Tent available, also for left baggage.
Attach the race number to the front of your vest / T-shirt.
Please do not run wearing headphones.

TOILETS: Near the car park exit and near the café (to right of lake from start/finish).

REFRESHMENTS: Water station at start/finish area.

COURSE:
The relay (tarmac path) follows the main driveway, keeping the sand track to the left. 3 laps per team, each lap is just over 1 mile. Start , change over and finish at NE end of Queen Mary's gate.

PRIZES: **prizes for 1st 3 teams in each category – men, women, mixed**

RESULTS: (and info on Dulwich Runners) www.dulwichrunners.org.uk

Thank you to East Dulwich Picturehouse, Lordship lane
Olley's Fish Experience, Norwood Road.

The course is almost 3 laps of the main carriageway within Dulwich Park.
Start and finish at North end of Queen Mary's gate driveway