DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
September 20th 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 20 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sun 24 **SEAA Relays - Crystal Palace Park**

Tue 26 **Hill Session** - Opposite Sydenham Hill Station
7:15 for 7:30 start - no fee
NOTE: see below.

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Cross country information - *Important make sure to read*
4 Fixture list, club champs, road, XC, etc
5 Race reports & results etc...
6 Parkrun results
7 This Wednesday run map

And much more !

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

You can follow us on

TRACK SESSIONS

26th September session will be on the hill opposite Sydenham Hill station and there is no fee to pay.
7:15 for 7:30 start - see page 3 for location
Track sessions will recommence at Crystal Palace in October.

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

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

Sep 24 SEAA Realys - Crystal Palace

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

NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.
Thanks go to Ebe Prill 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

Jo Shelton - Pereda	**20/9**
Tom South	27/9
Ian Sesnan	4/10

Gill Johnson

" As many of you are aware Gill was diagnosed with stage 4 Ovarian Cancer just over 2 years ago. Unfortunatley the treatment is no longer working, the cancer is now terminal. Gill is coming to the club today Wednesday 20th, with her daughter Asleigh at 6:45 to see as many people as she can. If anyone wants to pass on a message to Gill if you cannot make it tomorrow, please let me know. " ***Andrea Pickup***

Wednesday Night Map

This map for this Wednesday's runs can be found 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

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

STOCK CLEARANCE! BARGAIN KIT !

I have a limited number of old stock - long sleeved T shirts and vests (mostly large sizes) for sale at £1 each

Available at the club on Wednesdays but please email to make sure

Ros Tabor
ros.tabor49@gmail.com

HOODIES...

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

Buffs/snoods - only £6

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004
ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

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)

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

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

BICYCLES BALFE'S WORKSHOP — EST. 2007 —

Our family business is bicycle shops- Balfe's Bikes. There are currently 3 branches in East Dulwich, Kennington and Streatham Hill.

We'd like to offer 10% off everything to Dulwich Runners.
Ellie Balfe

Location for hill session 26th September
Path opposite Sydenham Hill Station on College Road

The cross country season starts in October with races taking place on most Saturdays until mid February.
Here is some key information for the benefit of both newly joined members and regulars.

Surrey League
We compete in the Surrey League and this is the club's main priority. There are 4 fixtures during the season starting on 14 October with the women at Reigate Priory Park and the men at Wimbledon Common. Further details on times, location etc. will be posted by your captains nearer the time.
Details on other Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible. Our men were relegated to Division 2 last season, but will need to maintain their excellent turnouts and performances to be sure of returning to Division1.

Distance
The men's Surrey League races are around 8km, while the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, ranging from around 8km in the autumn to 12km and over for the men later in the season, but normally not more than 8k for the women.

Scoring
In the Surrey League, the first 5 women for the club and the first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible. But cross country races are not elite and are suitable for runners of all abilities. They are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance, from which you will reap benefits over a wide range of races. The hill sessions on Tuesday nights in September will help, and there are likely to be other hill sessions during the season.

Surrey League entry
For the men's Surrey League there is no need to enter in advance or pay; simply turn up on the day in good time to register and warm up (though your captain will find it helpful to know your availability in advance in order to help with the online declarations). For the women's Surrey League, runners have to be entered in advance. The women's captains will contact everyone for availability. It is free for all runners.

Other Races
In addition to the Surrey League there are a number of other cross country races, almost all of which take place on Saturdays. For those who are keen, it is possible to find a race on most Saturdays during the season. Races include the county champs (including Masters), London champs, 2 South of Thames races, South of England and National champs, which take place at Parliament Hill Fields in February. There are also a number of other races for Masters. See the fixture list in Shorts for details.

Cross country champs
Once again, we will be holding a cross country champs. Details are yet to be finalized but are likely to include the 4 Surrey League events, the South of Thames 5 miles and the National champs, with 4 events to qualify including 3 Surrey League races.

Entry for other races
For virtually all races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email, requesting those interested in participating to put their names forward in advance of a deadline, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear You can often get away with road or trail shoes in early season races, but as the ground becomes heavier, cross country spikes or fell shoes become necessary.

Contacts
For further information please contact your captains at:
dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk

Cross Country Entries

The cross country season proper begins with the Surrey League fixtures on 14 October, with the men at Wimbledon Common and the women at Reigate Priory. We are looking for good turnouts and performances to kick off the season, so please keep that date free.
There are two early season events, both taking place on 21 October. All those over 40 and eligible to compete for Surrey by birth or residence can compete in the Surrey Masters champs in Richmond Park on a fast, scenic, gently undulating course (6k for all women and M65+, 8k for M40- M60). If you would like to take part or have any queries about your eligibility, **please inform your captains by 11 October**. For those not eligible to compete in these champs, the SEAA relays at Wormwood Scrubs provides an alternative (3x3k for senior women, 4x5k for senior men). **Please register interest with your captains by 3 October.** If you are able to agree teams of 3 or 4 beforehand that would make your captains' work easier.

DULWICH RUNNERS 2017/18 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**

2017		Race		Venue	
Sep	24	SEAA Road Relays		Crystal Palace Park	
Oct	1	Sittingbourne 10		Sittingbourne	
	14	Surrey League 1	men	Wimbledon Common	
	14	Surrey League 1	women	Priory Park Reigate	
	21	SEAA Relays		Wormwood Scrubs	
	21	Surrey Masters,		Richmond Park	**tbc**
	28	BMAF XC Relays		Long Eaton	
Nov	11	Surrey League 2	men	Richmond Park	
	11	Surrey League 2	women	Nonsuch Park	
	17	November British and Irish Masters		Derry, Northern Ireland	
	18	London champs		Parliament Hil	
	25	England Masters Inter-Area		Bournemouth	**tbc**
	25	South of Thames 5		Beckenham	**tbc**
Dec	2	Kent Masters			**tbc**
	9	SEAA Masters XC		Horspath, Oxford	
	16	South of Thames 7.5		Aldershot	
2018		2018		2018	
Jan	6	Surrey and Kent Champs			**tbc**
	13	Surrey League 3	men		**tbc**
	13	Surrey League 3	women	Wimbledon Common	
	20	Vets AC Champs		Wimbledon Common	**tbc**
	27	South of England Champs			**tbc**
Feb	10	Surrey League 4	men	Lloyd Park	
	10	Surrey League 4	women	Richmond Park	
	24	National Champs		Parliament Hill	
Mar	17	BMAF Champs		Forres, Scotland	

2017 CLUB CHAMPIONSHIPS

1	Oct	Sittingbourne 10	L

You are advised to enter this event as early as possible as the Sittingbourne 10 is likely to be popular as it is a Kent Grand Prix race.

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

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.

EASD diabetes 5k

Last week I attended the EASD 2017 diabetes conference in Lisbon for work, and the organisers arranged the "5k@EASD Run/Walk to change diabetes" on Wednesday evening.

The run brought together conference delegates from all over the world and the people of Lisbon to raise awareness of physical activity as a way to help prevent type 2 diabetes and its complications.

After a day of hearing about all the latest diabetes research, everyone gathered at the Parque das Nações for a very motivating warm-up (to Mambo Number 5, amongst other things!), and set off alongside our pacers for the run. It was a lovely scenic course and I managed to keep pace with 24 minute lady until about halfway around, when we had to traverse a dark and wobbly boardwalk along the side of the river, so I slowed down to avoid falling over and came in at 25:17. My boss, more of a cyclist than a runner, confused her 5k PB with her 3k PB, lined up with the 30 minute pacer, and completed the 5k in her usual 3k time, much to her delight! Mind over matter I guess :)

The finishing times ranged from 16:21 for the winner to just under an hour for the people walking at the back, so there was a good mix of abilities.

This was such a great way to promote walking, jogging, and running as an accessible and fun way to keep fit at one of the world's leading diabetes conferences. Hopefully I'll be back for another one in Berlin 2018! Here is the full set of results: http://www.easd5k.com/results_2017.html

225 Claire Barnard 25:17
714 ran

WillesdenTri Aquathlon

17/09/2017

Initially when I moved from Herne Hill to Kilburn my intention was to still join DR as much as possible for the Tuesday and Wednesday running sessions, however, when I did my first new local parkrun in Gladstone Park I met a woman who suggested to me that I join Willesden Triathlon Club (she came in first, me second and was looking for someone of similar pace).
As I had thought about looking into this anyway I decided to try it out but unfortunately their training falls on a Tuesday and is a lot closer to home then Crystal Palace track…

I was surprised and happy to see that swimming came easy to me thanks to being a swimmer when I was young. Looking for my first challenge I soon signed up to my first aquathlon (I don't even own a bike yet, so triathlon is not yet in my cards) organised by Willesden Triathlon Club. The date wasn't great as I knew it would be the morning after our housewarming party and in fact I did not feel that great at 8am on my way to the race. It was a 400m swim in a 25m indoor pool followed by a 5km run in the adjacent park. The transition and counting of the 16 laps while swimming were what I was most worried about but it turned out both went well (at least I did not get disqualified for anything). I took it easy with the swim and was at a fairly even pace I think and then just ran how I felt. I do not have any split times but I must have been around 7:30mins for the swim and 21:30-22mins for the run having a time of 31:09mins. Surprisingly I came in first female and was given a £10 voucher. The event was fairly small and I was supported well by my new fellow club members and look forward to more of these events. That said, I am planning on running as many XC races with and for DR as possible and am much looking forward for the season begin.
Hope to see you all soon !

Rebecca Schulleri

Becca Schulleri 1st female 31:09mins 8th total doing the aquathlon, 1st male 27:38mins

Chislehurst Chase Cross Country 10k

Sunday 17th September

This was the 9th running of this relatively low key but very well organised event. It was virtually a 2 lap course with a significant climb each lap. As usual I struggled with the significant hill and with each lap where between 10 and 15 runners passed me.I did catch some of these runners on the downhill section and on this challenging course I was relatively happy with a 50.42 finishing as the second over 60 male in the race.

72 Colin Frith 50:42
231 finishers
First Male 35.10 First Female 43:35

Reigate 1/2M

17 September

17 Daniel Mann 1:20.15
277 Yvette Dore 1:37.59
1242 finishers

Highgate Open

13th September

1500m
4 Jonathan Whittaker 4:46.92
15 ran

Thorpe Park sprint triathlon

17 September

You can't say Clare doesn't know how to lay on a treat. It's my birthday and the alarms are set for 4.30 on a Sunday morning to go off on a Big Adventure. OK, Thorpe Park might seem a bit retro, dangerous even, for someone just embarking on their 60th year but it's the thought that counts, eh?

Turns out , of course, that arriving at Thorpe Park just after sunrise wasn't part of some special, private access she'd arranged to go on the rides before the common herds were let in. No, not at all, it was so I could reprise my customary summer role as triathlon bag handler for the final fixture of her season. Apparently she 'had to do it' because it's (probably) the last chance to qualify for the GB team at the European age group champs in Glasgow next year.

She needed to finish at least 4th in her age group to qualify automatically – as she did for the duathlon (run/bike/run) at a qualifier way back in March – but this time she finished 5th in conditions that weren't that different from then given the unseasonably cool temperatures we're continuing to have.

They weren't bad for competing though. Although the water was a bit colder than ideal she really enjoyed the two other phases, her strongest, and where, as usual, she was able to slice through the field. This is likely to prove vital in the final analysis because she advanced from around 10th, in the course of the run alone, a splendid 22-28 5k, finishing just one place outside the automatic qualifiers. This makes it very likely that she will shortly be receiving an invitation to Glasgow sooner rather than later. Incidentally, she had been offered a place at the Worlds in Rotterdam this very weekend through the same 'rolldown' system from a qualifier last year but preferred, and had already committed, to compete here. The weather in Rotterdam during the previous day's elite races looked distinctly worse than the UK from the television coverage. Glasgow in August may (just!) be a little better.

Of course, once we'd reached a civilised hour the regular Sunday morning punters started arriving and being let in. There was a small, rather surreal, crossover period as they mingled with the competitors so, for example, Clare was doing the final running phase amidst the screams coming from the rollercoaster and smoke billowing out of the Ghost train. We actually had the offer of cut price entry for the day but had to return promptly to London as Clare had, to be fair, booked a celebration lunch out with a couple of surprise guests. Disappointed as I was at the time to be leaving so soon this was, on reflection, probably for the best.

Mike Dodds

Clare Wyngard 5/14 VW55-59; 1-27-00 (750m swim 17-20; 20k cycle 42-39; 5k run 22-28 + transitions)

parkrun September 16th

Brockwell
329ran

Pos	Gen		
6	6	Lewis Laylee	17:41
10	10	Jonathan Whittaker	18:14
22	22	Michael Williams	19:12
28	2	Alexie Shaw	19:23
44	42	Mark A Foster	19:54
94	88	Graham Laylee	22:03
209	44	Rhoda Collier	26:47
210	166	Lloyd Collier	26:47
235	179	Rafe Collier	27:47

Bexley
358ran

Pos	Gen		
8	8	Michael Fullilove	20:26

Bromley
553ran

Pos	Gen		
271	213	Peter Jackson	27:59

Burgess
319ran

Pos	Gen		
291	195	Justin Siderfin	33:38

Conwy
212ran

Pos	Gen		
194	74	Susan Vernon	39:45
196	122	Chris Vernon	40:55

Crystal Palace
271ran

Pos	Gen		
10	9	Tom Wilson	19:26
26	25	Hugh Balfour	21:07
33	3	Belinda Cottrill	21:50
53	47	Andy Cottrill	22:59
75	64	Simon Harding	23:36
87	73	Bob Bell	23:55
94	16	Joanne Shelton Pereda	24:23
143	117	Paul Hilton	27:02
268	104	Chris Bell	44:50
269	105	Penelope D'arcy Graham	44:51

Dulwich
267ran

Pos	Gen		
20	19	Edward Simmons	19:10
45	41	Paul Vivash	20:43
109	96	Mark Muffett	23:18
111	14	Eleanor Simmons	23:31
148	26	Claire Steward	25:47
180	45	Colleen Williams	26:50
197	144	Mick Mead	28:32
234	78	Hannah Little	31:17

Hilly Fields
259ran

Pos	Gen		
14	14	Gary Sullivan	19:49

Hastings
225ran

Pos	Gen		
17	17	Nicholas Brown	20:45

Highbury Fields
274ran

Pos	Gen		
1	1	Edward Chuck	16:53
74	9	Ros Tabor	22:54
92	80	Andy Murray	23:27

Leicester Victoria
238ran

Pos	Gen		
108	20	Marjorie Epson	26:52

Malling
178ran

Pos	Gen		
7	1	Tereza Francova	20:55

Orpington
191ran

Pos	Gen		
9	9	Stephen Smythe	20:33

Osterley
172ran

Pos	Gen		
38	33	Barrie John Nicholls	24:10
66	14	Lindsey Annable	26:15

Peckham Rye
226ran

Pos	Gen		
1	1	Andy Bond	16:52
23	20	Alex Bazin	20:46
25	4	Michelle Lennon	20:59
28	5	Emma Ibell	21:03
42	37	Oliver Bottle	21:58
46	41	Gideon Franklin	22:09

Riddlesdown
295ran

Pos	Gen		
19	2	Ange Norris	20:28

Roundshaw Downs
124ran

Pos	Gen		
30	29	Michael Dodds	24:06
43	5	Clare Wyngard	25:54

Southwark
309ran

Pos	Gen		
162	33	Kaylee Coxall	26:12
180	138	Paul Keating	27:27

Tooting Common
538ran

Pos	Gen		
4	4	Stephen Davies	17:04
107	97	Cameron Timmis	22:19

Western Springs
92ran

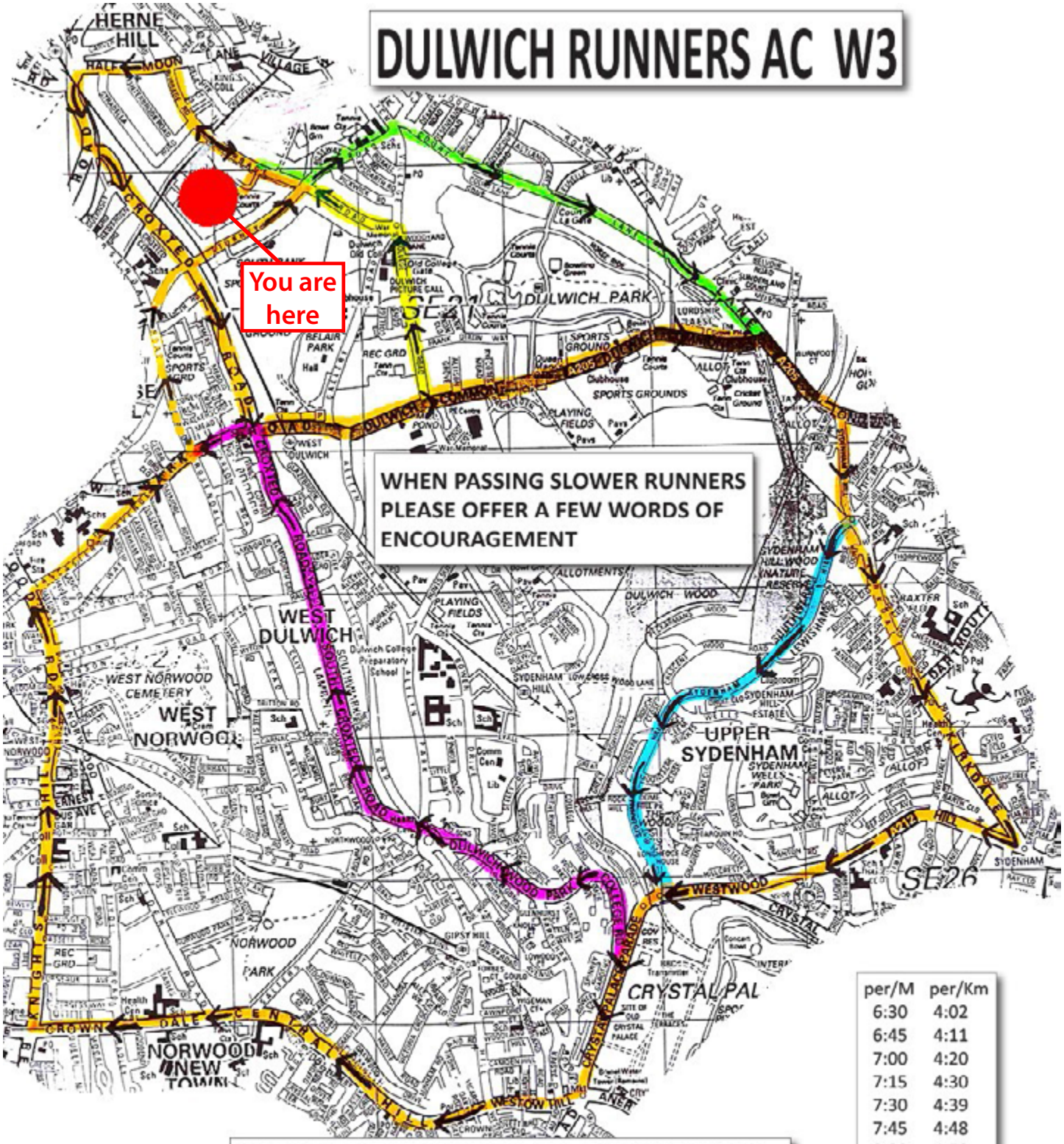
Pos	Gen		
28	27	Nick Bell	24:17

Wimbledon Common
521ran

Pos	Gen		
105	13	Laura Vincent	22:59
264	48	Hannah Harvest	26:17

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 W3



APPROXIMATE DISTANCES FOR TONIGHTS RUNS		M	Km
FULL RUN	ORANGE	9.5	15.3
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	PINK or GREEN	8.0	12.9
SHORT CUT	GREEN & BLUE	7.0	11.3
SHORT CUT	GREEN & PINK	6.5	10.5
SHORT CUT	GREEN, BLUE & PINK	5.5	8.9
SHORT CUT	YELLOW	3.0	4.8

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