SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 5th June 2013

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

- THE COMING WEEK –

Wed	**05**	**Club Night**, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7 for 7:15 start. Showers, Bar
Thu	**06**	**Assembly league, Dulwich Park start 7:15** **Open to all members, free to enter**
Fri	**07**	**No Track session this week**
Tue	**11**	**Track session with Steve Smythe - £1 fee** **Dulwich College Track** - 7 for 7:15pm start,.

In your SHORTS this week !

3 Fixtures, Club champs, Assembly League etc
5 Race reports, results etc
9 Wednesday night running map

And much more !

You can follow us on

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An email with the title ***unsubscribe*** to the same address will remove you from the list.

DULWICH TRACK SESSIONS

Dulwich College Track

Tuesdays with Steve Smythe
Improve your speed & strength over all distances. suitable for all abilities.
Arrive at 7 for warm-up then a prompt 7.15pm start
Remember it's only a £1 but if you don't have the money on the day, you have to pay £2 next time!

Fridays with Martin Morley
Arrive at 7pm to warm up for 7:15 start. Duration approx 1 hour. - £2 for Adults £1 for Children.
All abilities are welcome, if you have never run on a track before this is your opportunity to come and see what it is like. Any questions then please come and speak to me.
Due to Welsh Castle's Relay duties there will not be a track session. Normal service resumes the following week 14th June. - Cheers. Martin.

LUCKY VEST - Tonight

Don't forget , 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.

NEW KIT NEW KIT NEW KIT

new mens and womens vests and T- shirts,

Hoodies	**£15 each**
Vests	**£18 each**
T- shirts short sleeved	**£20 each**
T- " long sleeved T's	**£22 each**
Waterproof Jackets	**£25 each**

Available Wednesdays at the club – Ros

------- EVENT HORIZON -------

A brief look ahead

full fixture list page 3

Jun	**6**	Dulwich Park Assembly league **(note revised date)**
Jun	8/9	Welsh Castles Relays
Jun	20	2 miles Club Champs

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

NEW RUNNERS ROTA

Thanks to Andy Murray and Chris Loizou for taking out new runners last week.
If you are listed to take out new runners, 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**

Di Morgan	**05/06**
Martin Morley	12/06
Olivier Montfort	19/06
Barrie J Nicholls	26/06

Wednesday Night Map

On page 9 in SHORTS is the map for this weeks Wednesday night runs. 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 them in the clubhouse.

ASSEMBLY LEAGUE 2013

For those new to the club, this is a series of 6 races roughly 5k in distance open to all members **free of charge.**

The races are normally held on the first Thursday of the month from April to September, starting at 7.15pm.

Dulwich Park and Battersea Park are 5k in length, Beckenham around 4.5k and Victoria Park at 5.5k.

NOTE Date changes

Due to circumstances beyond our control several of the dates have had to be changed.

Of particular note, the June fixture has now reverted to 6 June.

This race which is in Dulwich Park is also our next club champs event.

The remaining fixtures this season are as follows:

6 June	**Dulwich Park (5k club champs)**
4 July	Battersea Park
8 August	Victoria Park, Hackney
5 September	Beckenham

Further information on venues and times will be provided nearer the time. ***Mike Mann***

Midsummer 5k club entries

Our club members do an essential job organising and marshalling at our midsummer 5k race. We also feel that having some club runners in the race would help to promote the club, but need to make sure we have enough marshalls.

If you would like to take part in the 5k can you let Ros know by Wednesday 12th June.

If there are too many entrants from the club, we will make a random selection. (You would still need to pay for the entry - but it's very good value!)

Charlie Lound

DULWICH RUNNERS CLUB CHAMPS 2013

Races still to come in this year's club championships.

- 6 June — Assembly League 5k, Dulwich Park
- 20 June — 2 Miles, Dulwich Park
- 12 July — 1 Mile, Dulwich College Track
- 1 Sept. — Lingfield (Dry Hill) 10
- 5 Oct. — Trail race, Lloyd Park parkrun

The usual rules apply with the 8 races split into long and short categories. The marathon, half marathon, 10 miles and 10K will be classified as long and the remainder short.

4 races to qualify, including at least one from each of the 2 distance categories.

Mike Mann *(on behalf of ADSC).*

Tuesday Track sessions

in the first month of Tuesday sessions, over 70 different people have attended a track session. The sessions usually consist of strides then around 20 minutes of speedwork on the grass and then approximately 20 minutes on the track

Steve Cook has booked another session at the Herne Hill Velodrome for Dulwich Runners on Saturday 13 July at 7:30 p.m.

Any of you who have been before or anyone who would like to give track cycling a try please let Steve know by emailing him at stevecook6@gmail.com.

The Velodrome will provide the bikes. You do not need any special gear just shorts, Tshirt and trainers are fine if you don't have the Lycra.

for details:

http://www.hernehillvelodrome.com/starting/faqs/.

Masters Fixtures

These are the main British Masters fixtures. The main club event will be the BMAF Road Relay Championships, where we have done well in recent years.

There are M35, M45, M55 asnd W35 and W45 and W55 events and we could have teams in all of them. Last year we won the W45s and medalled in the W55s and were well up in the M45s (6th) and M55s (4th) and should do even better in 2013 and could do well in the W35s and M35s too.

Jun 16	BMAF 5km road Champs.	Horwich
Jun 23	BMAF 10k track women's Champs.	Oxford
Jul 27/28	BMAF 10k track men's Champs.	Oxford
Aug 18	BMAF 10km Champs., Pollok Ctry. Pk.	Glasgow
Sep 14/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs. Port Allegre	Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Colwyn Bay

DULWICH RUNNERS 2013/14 FIXTURES

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesdayclub night. Assembly league & Southern League XC races are free and open to all club members and no advance entry is needed,

Date		Race			Venue
Jun	6	Dulwich Assembly League 5k	(club champs)	S	Dulwich Park
	8/9	Welsh Castles Relays			Wales
	10	Open track meeting			Norman Park
	19	Open track meeting			Tooting Track
	20	2 Miles	(club champs)	S	Dulwich Park
Jul	4	Battersea Park Assembly League			Battersea Park
	8	Open track meeting			Norman Park
	12	1 Mile	(club champs)	S	Dulwich College Track
	27	Open track meeting			Tooting Track
Aug	8	Victoria Park Assembly League			Victoria Park, Hackney
	12	Open track meeting			Norman Park
	24	Open track meeting			Tooting Track
Sep	1	Lingfield (Dry Hill) 10	(club champs)	L	Lingfield (Dry Hill)
	5	Beckenham Assembly League			Beckenham Sports Club, Foxgrove Rd
Oct	5	Trail race, Lloyd Park parkrun	(club champs)	S	Lloyd Park
	19	Surrey League Cross Country		Men	Richmond Park
	19	Surrey League Cross Country		Women	Lightwater
Nov	9	Surrey League Cross Country		Men	Wimbledon Common
Dec	7	Surrey League Cross Country		Women	Farthing Down
Jan	11	Surrey League Cross Country		Men	Reigate Priory (DR to co-host)
	11	Surrey League Cross Country		Women	Putney Vale
Feb	8	Surrey League Cross Country		Men & Women	Lloyd Park

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the Wednesday run.
Arrives around 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 ! - **Ros**

TRACK MEETINGS

Blackheath & Bromley Open, Norman Park, June 10th

The first open graded track meeting has a 800m, 400m, 1500m and 3000m and quite a few club runners took part last year. The races are graded by time. Nb it is best to enter in advance as it's £6 on the day and £4 in advance bbhopen@gmail.com
http://www.bandbhac.org.uk/other%20t&f%202013.html

Both Herne Hill Harriers and Blackheath & Bromley Harriers are holding a series of open track meetings this summer on the following dates.

10 June	Norman Park
19 June	Tooting Track
8 July	Norman Park
27 July	Tooting Track
12 Aug	Norman Park
24 Aug	Tooting Track

Surrey League XC

Men's and women's fixtures are now included in the fixture list .Further details, times maps etc will be posted nearer the race dates
These league races are open to all club members of all abilities and are free to run
Mike Mann

Kent Grand Prix and Surrey Road Leagues

As well as the races we select for the Club Championships and the Assembly League races, listed elsewhere in Shorts, we also take part in the Kent Grand Prix and Surrey Road Leagues.
Some of these are designated County Championship races for the given distance, for runners that are suitably qualified. In addition, all runners can accumulate points over the season to compete in the league by age category.
For more details see the following links:
Kent Athletics:http://www.kcaa.org.uk/road%20races.htm
Surrey Athletics:http://www.surreyathletics.org.uk/road/league
Charlie Lound

Kent Grand Prix		Surrey Road League	
23 Jun	Beckenham 10k	2 Jun	Dorking 10 miles
21 Jul	Mount Ephraim 10k	23 Jun	Richmond 10km
1 Sep	Kent Coastal Marathon	13 Jul	Elmore 7 miles
22 Sep	Tonbridge 1/2M	21 Jul	Elmbridge 10km
tbc	Sittingbourne 10m	11 Aug	Wimbledon 5km

Hi All

The June Assembly League is being held on our 'home turf' this Thursday evening, so I have booked an area in The Crown & Greyhound for food/drink following the race.

It would be good to see as many Dulwich Runners participating in the race as possible and of course for the social afterwards.

Hope to see you there.

Many thanks

Suz

"The Goonies"

Lunar Cinema Battersea Park, Saturday17th August

Dear All,

With the sun finally coming out to play it's time to plan some outdoor activities which include sitting around and munching on pop-corn to refuel and give some balance to our hectic running schedules

The Goonies
(12, 1985, 114mins)
Doors open 7pm
Performance starts 8:15pm
Tickets: £12.50
http://tinyurl.com/busnfz2

I can easily increase on this number, but need a show of hands for those that would like to come and can commit to a ticket**. email me at** susan.cooper@hsbc.com or alternatively send me a text, including your name, on 07967 953628 by Friday 10th May so I can secure the booking. - ***Sue Cooper***

LADIES NOW SUMMER IS HERE YOU NEED A DULWICH RUNNERS CROP TOP!

LIMITED SIZES - £5 TO CLEAR…….contact Ros

Race Reports & Results

Unless it's a club champs race, one of the more local parkruns or other major club race which **Steve Smythe** kindly finds & collates results for us, then it's highly unlikely that your results will be appear here in SHORTS
So to make sure your race results, road, fell, XC, Tri etc, are mentioned please send them in, and if you can write a report to go with it even better.

Harvel 5m Sat 01

Had a pretty good run over the lovely Harvel course. About a minute quicker than last year.
The 5M Course is approx 3 miles through the woods and the rest on road. About 800 runners took part, so quite busy for this low key event.
Followed up with the local Fair on the village green with lots music, beer, ice cream & burgers

32 Joseph Brady		32:43 (32:41)
69 Cara Oliver	48W	33:57 (33:55) (1W40)
170 Dave West		38:39 (38:27)
570 Richard Pole		53:02 (52:51)

667 ran

Surrey & Sussex Masters Track & Field Champs, 1 June

These champs at Ewell were not particularly well supported, but nevertheless provided some decent races for Ed Hill and myself. It was also a bonus to run in some reasonable weather, at least by the standards so far this spring.

In the first of two 1500m races, Ed Hill was in the leading bunch of three in a race that started slowly but picked up considerably in the final lap, which Ed ran in around 68 seconds. In finishing second he knocked a sizeable chunk off his recent PB, and looks to set to improve further as the season progresses.

With a dodgy hamstring I decided not to run the 800m and was apprehensive about the 1500m. Fortunately all went well as I led the race throughout setting the pace and avoiding the need for a blast at the finish. My pace was uneven with fast first and final laps and slower ones in the middle, so no change there, but it was good to complete my first 1500m of the year injury free and consequently fastest. In the 5000m the men were consolidated into a single race but the field was spread out with most, including me doing solo efforts.

Although fading a bit in the last 5 laps my pace was quite consistent, and my time was around a minute faster than recent 5ks or similar distances on the road, albeit mostly parkruns. *Mike Mann*

1500: M55+: 1 Mike Mann 5:17.2 (M60 gold)
1500: M35: 2 Ed Hill 4:26.4 (PB) (M35 silver)
5000: M35: 7 Mike Mann 19:35.9 (M60 gold)

Harvel 5

Harvel is a small hamlet of about 250 residents on the North Downs in Kent which can only be reached by narrow single track roads that seem barely wide enough for a car.

Despite being only 40 miles from London, there is no mains sewerage or gas, no public transport and no shop. Oddly they have traffic wardens dressed as Henry VIII, less surprisingly a pub and a village green plus an annual 5 mile race (now in its 15th year) which attracts about three times as many competitors as actually live in the village. It was a club championship in 2002 and as a result many DRs find their way back for what is an enjoyable way to spend a Saturday afternoon. I've lost track of how many times I've run this race taking from 30 mins in 2002 to nearly 41 minutes three years ago over a course that seems a perfect mix of road and woodland.

This year was a conundrum for me; work has prevented anything like a reasonable amount of training but a race seemed like a good way to find out what I could do. The plan was to run 8 minute miles but a first uphill mile of 7:37 chasing a grey haired guy in green felt okay. We were nip and tuck for the next couple of miles before the racing instinct kicked in and I pushed on at the three mile marker.

Mr green was no more and all of a sudden there seemed to be a lot of people ripe for overtaking - a sub -7 last mile was the result with a 38:27 clocking for 170th place out of 720 starters. Whilst it was some way off my 22nd place 11 years previously, it was good to be back racing. Richard Pole (who took part in the very first Harvel 5) was there as was Joe Brady and a lady in a Dulwich top who I didn't recognise but who said hello.

At the time of writing there were no results on the website but Joe ran a brilliant 32: 30 something and Richard Pole finished. Can we have this race as a club champs again soon please?
Dave West

Dorking 10, Sunday 2nd June 2013

Having not checked out the course profile beforehand, I was a bit concerned when Kim said that profile suggested eight "significant" hills plus a few other steep inclines.

Luckily the course profile turned out to be exaggerated and there were probably only four real hills and none of them were too challenging. The course starts and finishes in Brockham village and consists of one small loop followed by a larger loop, all along quiet country lanes amongst the picturesque surroundings of the South Downs.

The race was very well organised with lots of marshals and trophies for all age groups from 16-29 to 70+, and at only an hour's drive from London it could be a good potential club champs race. Both Kim and I were pleased with our times, especially as we both got PBs on a far from flat course, and it was nice to get a trophy for being 2nd W30-30 (although I was technically 3rd in my age group).

70 Mel Edwards 6W	65:57 (PB)
132Kim Hainsworth 20W	70:36 (PB)

(1st man: 54:39, 1st woman: 59:07, 482 finished)

Tonbridge Open, June 4t

800m

What a difference two months make! Last time down here it was blowing a gale and 3 degrees. Much more pleasant and with 8 graded races, much more interest. Oscar and I had similar races, last after the first bend, getting through the traffic to lead into the second lap and then passed in the final straight. 5 second PB for Oscar.

Race 3 3rd Oscar Hussey	2.26.82 PB
Race 4 2nd Duncan Hussey	2.22.37

QE2 Sprint Triathlon, Northumberland, 2nd June 2013

This sprint triathlon took place in the beautiful grounds of Woodhorn Museum, a former colliery near Ashington, 15 miles north of Newcastle, finishing underneath the old pit head wheels. The lake swim of 750m was a cool 14.7degrees but at least the sun was shining and the air temperature was 13degrees at 8am on Sunday morning. A relatively small field of 146 meant there was just one wave for the swim - which was good in that it meant you had a vague idea where you were in the field.

The 25km bike course was flat compared to the triathlons I do in Kent/Surrey and had the added bonus of cycling along the fabulous Northumberland coastline past Druridge Bay. The 6.05km run was two laps around the lake and the old restored pit buildings.

It was good to have Mike and his mam supporting me, although the latter did get a bit excited as I sprinted into the finish funnel, jumping right out in front of me and requiring Mike to drag her out of my path! Although I was relieved to finish as I had been suffering from a rotten cold and cough all week, I really enjoyed this friendly well organised event.

A welcome dinner (and bottle of prosecco!) followed in the Lakeside Inn looking out over the lake I had just swum in and run around.

Clare Wyngard : 2nd VW50-59 1.37.31 (8th/25 women; 74th/146 overall)
750m swim: 17.33 (including a long run from lake to transition over grass and gravel)
25km bike: 47.54
6.05km run: 29.42

UK Youth Development League, Bracknell, June 1

While his mother was qualifying for the World Championships Triathlon team, Alex was competing in this 1500m race. As a 12-year-old competing in under-15 league, Alex was the youngest of the 11 competitors in the race but he won easily in 4:38.2, which is an official PB, though he has run quicker in a race without the correct officials.

1 Alex Elms 4:38.2

Brussels 20k 26.05.13

Mike Dodds' flat during his secondment to Brussels overlooks the Cinquentenaire Park. This normally provides a pleasant jogging loop but each May hosts the Brussels 20k. With 37,000 runners, including nearly 10,000 women, it is similar in popularity to our Great North Run but seems to attract trained runners only. The park is east of the centre and we started in cool weather running in through the EU Parliament area to the upper town.

Ros, Andy, Clare and Mike went off in the first wave and the first three were close together passing the Royal Palace and Palais de Justice. The course then headed out of town on a crowded main road through three humid box tunnels. After 5k we entered more pleasant surroundings in the Bois de la Cambre Park, climbing a little before a turn round a lake and another turn and drop to a main road through halfway.

Ros was running the strongest with Andy and Clare still in sight of her as we climbed gradually to a church at 13k. From here it was a pleasant downhill to reach a flat and tree-lined avenue back towards the City.

At 17k there was a long uphill but at the top we could see the Arc de Triomphe (like Brandenburg Gate) 2k away in the park at our finish. There was a bit more support here as we ran up to the line, all of us not fully trained but having enjoyed a steady run.

It was crowded and runners coming through came close to tripping us a few times. Brussels was great for a weekend break, with architecture and beer amongst its many attractions.

Andy Murray.

3125 Ros Tabor	1:31:19 1w60 124w 43vw
3374 Andy Murray	1:32:01 1308 vm
4143 Clare Wyngard	1:33:46 191w 68 vw
7539 Mike Dodds	1:40:03 2894 vm

37,039 finished.

2013 British Sprint Triathlon Championships, Nottingham Inc 2013 ITU World Sprint Distance Triathlon Championships Qualifier

Clare Elms qualified for Britain's team for the World Championships at Hyde Park (W50 team) but lost out by just over 30 seconds on winning her age group and just over a minute on winning the Veterans wave.

Clare had a very good lake swim and was third in her age group. She was very close to second at the end of a very good bike and transition and soon moved clear into second.

Her injured foot wasn't 100% and she had to stop quite a few times and but for that she would have almost certainly caught the World W50 champion.

Nicola was about five minutes outside the time required to be in contention for a World Championship place. She was below par in the swim, had a solid bike and a very good run that was superior to her age group winners, and especially good after injury had prevented recent training.

Clare finished fourth overall out of around 200 in her wave of all veteran

Women, older men and junior women and as she finished her run the commentator said and it looks like here's the winner of the 15-19 age group!

2 W50/23W/307 Clare Elms 67:43 (12:39, 1:19, 33:17, 0:57, 19:31)

26 W40/149W/589 Nicola Richmond 75:33 (15:41, 1:20, 36:22, 1:24, 20:46)

5km Results, Sat 1st June

Banstead

2 Tony Tuohy	17:28
40 Jo Quantrill 1W	22:58
174 ran	

Brockwell

64 Michelle Lennon 6W	23:03
150 Barry Walker	30:25
166 ran	

Bromley

5 Duncan Hussey	18:48
29 Oscar Hussey	20:10
112 Martin Morley	23:31
341 ran	

Burgess

Just wanted to ensure you know that I did not run 18.46 on Saturday at Burgess Park, as their results have it! I ran 18.08, according to the woman shouting times on the finish line, I think they have got the results mixed up somehow and actually given me the next person's time...
18.08 was bad enough really without having almost 40 seconds added on, haha!
6 Shona McIntosh 1W 18:46 ? (actual 18:08)
81 ran

Chelmsford

24 Kim Hainsworth 5W 19:50 (parkrun PB)

Crystal Palace

7 Lewis Laylee	20:11 (PB)
9 Steve Ackroyd	20:14 (eq PB)
11 Andy Cottrill	20:23 (PB)
26 Graham Laylee	22:12 (PB)
32 Bob Bell	22:57
49 Jane Harbage 6W	24:36
50 Belinda Bell 7W	24:59
54 Ameet Patel	25:31
59 Penelope Bell 9W	26:09
88Jozef Danko	32:03
98 ran	

Hilly Fields

4 Ian Lilley	19:50
5 Kevin Chadwick	20:10
47 Carolina Lilley 12W	28:22
77 ran	

You can follow us on

Lloyd Park

12 Andy Murray	22:33 (debut) (1M60)
25 Ian Sesnan	23:55 (debut) (1M55)
44 Steve Smythe	25:37 (missed start)
64 Stephanie Burchill 7W	28:04 (debut) (1W55)
128 ran	

Mansfield parkrun, Notts

Travelling up to Northumberland to visit family - and for Clare to do a triathlon, of course, see elsewhere in 'Shorts' – we escaped from South London at the crack of dawn on Saturday and, not for the first time, targeted a parkrun that was handy for the M1. Until recently this used to be a bit of a challenge in the East Midlands but now we're almost spoilt for choice.

We settled on Mansfield which is one of the ones that has sprung up recently, this being its 35th running, but seems already to be settling down well and consolidating attendances at around the Crystal Palace level. We were warmly welcomed along with a couple of other 'tourists' - from Bolton so they're wanderers, more accurately, I guess – and set about the 3 laps of Manor Park in the lovely weather that all parts of the country were enjoying that morning. The course itself was reminiscent of Bromley, but more interesting, and therefore fast.

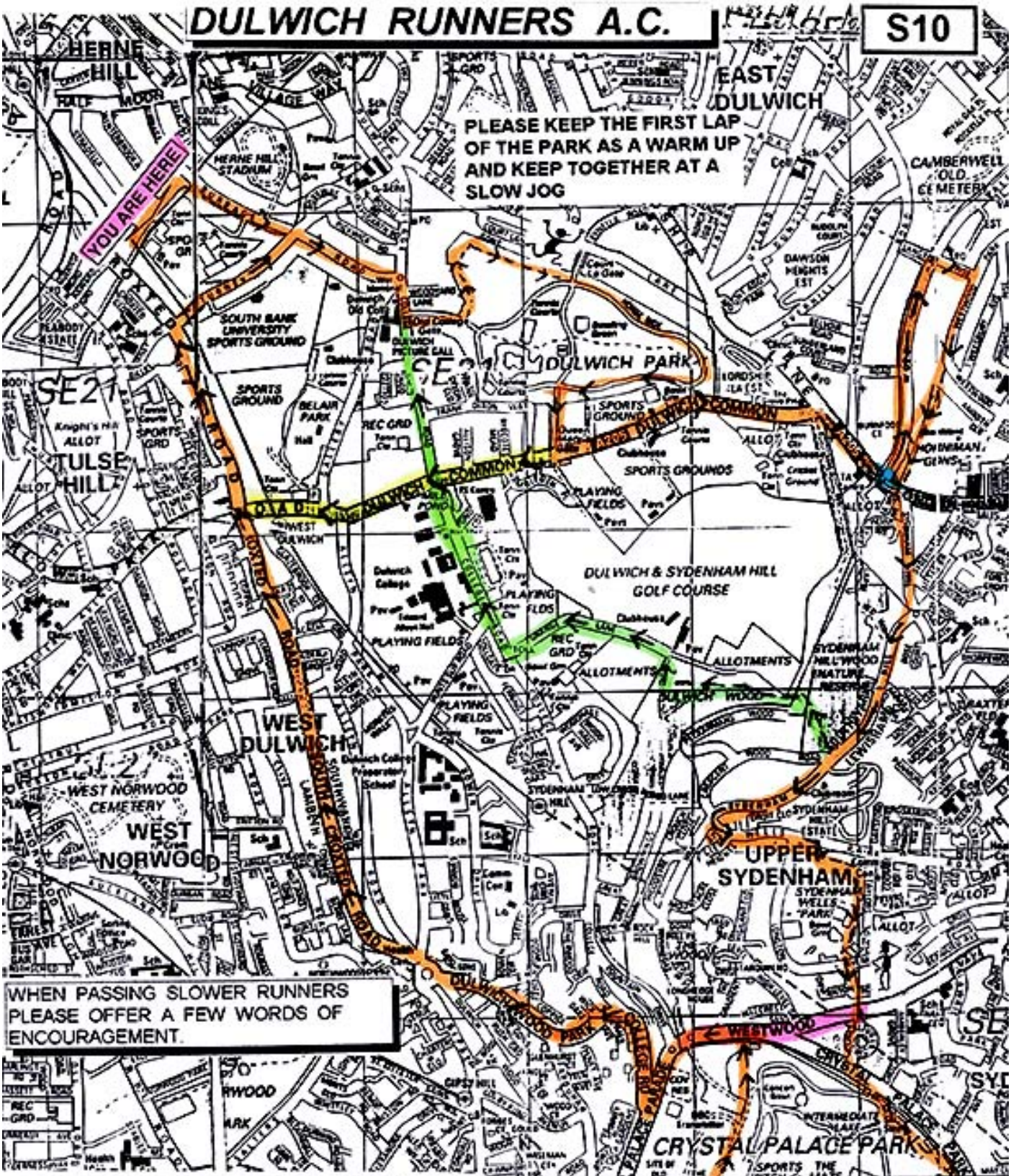
Although Mike has now done 114 parkruns the number of times he's dipped under 22 minutes is still in single figures so he was delighted to add to that total with this run. An age related scoring of over 70% is getting tantalisingly close too (as is the VM55-59 category). Meanwhile Clare's practically always in the 70% range but not by much on this occasion as she was sensibly holding a lot back for the triathlon (as well as nursing a wretched cough she'd had all week). Both were the first over 50s home which has never happened before in their many previous races together.

One final oddity, only apparent from looking at the results as he wasn't wearing a club vest (!!!), was that the overall winner belonged to the club that Mike helped to re-found in 1981 in the town of Blyth that was our ultimate destination that day (and still a good 150 miles away).
He didn't declare himself at the announcements as a 'tourist' because he's run Mansfield previously but usually, as one might expect, he patronises the Newcastle event.

19 Mike Dodds	21-57 (1st VM50-54)
33 Clare Wyngard	24-21 (2nd W)
71 ran (fastest 17.09)	

DULWICH RUNNERS A.C.

S10



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	9.5	MILES
SHORT CUT (BLUE)	8.2	MILES
SHORT CUT (PINK)	7.7	MILES
SHORT CUT (BLUE & PINK))	6.5	MILES
SHORT CUT (GREEN)	5.8	MILES
SHORT CUT (BLUE & GREEN))	4.8	MILES
SHORT CUT (YELLOW)	3.5	MILES

Extend distance by extra full lap of Dulwich Park 1.1 miles

Enjoy your run

YUK