SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 26th 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	**26**	**Club Night**, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7 for 7:15 start. Showers, Bar
Thu	**27**	**Dulwich Runners Midsummer 5K** Dulwich Park - 19:45 start. Get in touch if you can help with marshaling etc
Tue	**02**	**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
5 Club Champs 2 mile, full results -
7 Wednesday night running map

And much more !

You can follow us on

Click below
to SUBSCRIBE or UNSUBSCRIBE

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 £1 but if you don't have the money on the day, you have to pay £2 next time!

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

5k Guide Runner

Thank you so much to the many people who offered to run with the blind runner at the 5k on Thursday, we have now arranged the support - Ros

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

A brief look ahead

full fixture list page 3

Jun	27	Dulwich Runners Midsummer 5k
Jul	4	Battersea Pk Assembly League
Jul	12	1 mile Club Champs, Dulwich Track
Aug	8	Assembly league, Victoria Park

NEW RUNNERS ROTA

Thanks to **Olivier Montfort, Mike Mann & Alastair Locke** for taking out new runners last week.

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

Barrie J Nicholls	**26/06**
Clare Osborne	10/07
Kim Pallen	17/07
Ameet Patel	25/07

Wednesday Night Runs Map

Click above for for this weeks Wednesday night map. 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 CHAMPS 2013

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

- 12 July 1 Mile, Dulwich College Track
- 1 Sep 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).

Wednesday Apres-Run Re-hydration !

Come up to the bar and have a drink and a natter with us , it's a great way to get to know fellow runners (hot and cold drinks available)

Carbo Loading !

For all you hungry runners we will be ordering fish and chips 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 ! - ***Ros***

LADIES NOW SUMMER IS HERE YOU NEED A DULWICH RUNNERS CROP TOP!
LIMITED SIZES - £5 TO CLEAR
…….contact Ros

London Marathon 2014 Good for Age entries

The system of 'good for age' entries has changed. Entry will be via the VLM website and proof of previous qualifying result and proof of age will need to uploaded in scanned pdf format.

The qualifying times (some of which have been revised since last year) and details of how to enter are given at web address: http://tinyurl.com/k8kw8hn

Which informs you '…..return to this page on **24th June 2013 t**o enter, via a link hosted on this page. Applications must be made no later than the **8th of July at 5pm**, late applications will not be accepted under any circumstances.

LUCKY VEST

The June winner was Kevin wood

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

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

Jul 27/28	BMAF 10k track men's Champs.	Oxford
Aug 18	BMAF 10km Champs., Pollok Ctry. Pk.	Glasgow
Sep 4/15	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
Jul	4	Battersea Park Assembly League			Battersea Park
	6	Open track meeting			Norman 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
	17	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

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, July and August races will start at 7.30, with a 7.15 start for the September race .

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

The remaining fixtures this season are as follows:

4 July	Battersea Park - 7:30 start
8 August	Victoria Park, Hackney - 7:30 start
5 September	Beckenham - 7:15 start

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

TRACK MEETINGS

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.

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, and you need to run in a club vest

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	
21 Jul	Mount Ephraim 10k	13 Jul	Elmore 7 miles
1 Sep	Kent Coastal Marathon	21 Jul	Elmbridge 10km
22 Sep	Tonbridge 1/2M	11 Aug	Wimbledon 5km
tbc	Sittingbourne 10m		

Steve Cook has booked a 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 more details::
http://www.hernehillvelodrome.com/starting/faqs/

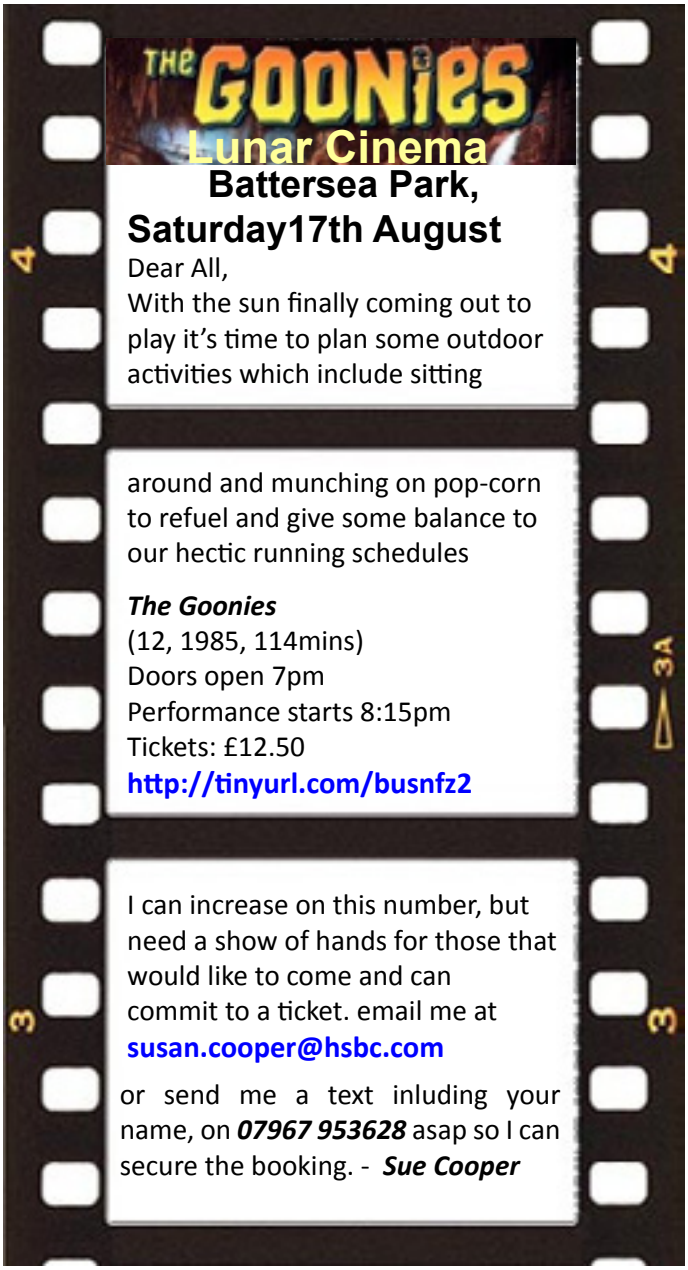
Ola Balme
Sports & Therapeutic Massage

Do you suffer from a sporting injury, shoulder strain, backache?

What could you benefit from?

- Deep Tissue Massage
- Massage to alleviate muscle fatigue
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- Maintaining your fitness and well-being

Ola is an experienced Sports Massage Therapist and club runner.
If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 0750 655 4004
ola.balme@btinternet.com



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 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 send me a text inluding your name, on ***07967 953628*** asap so I can secure the booking. - ***Sue Cooper***

Rapha Women's 100?

Rapha want to get lots of women to ride at least 100km on July 7th, to mark 100 years of le Tour and also they are sending 100 women to the Etape which is on the same day somewhat further south than SE22...
If anyone is interested in coming, they can email me on shona.c.mcintosh@gmail.com
See also: http://www.rapha.cc/womens100

Cheers! - Shona

Race Reports & Results

If it's not a club champs race, local parkrun or other major club race which Steve Smythe kindly finds & collates results for, then it's highly unlikely that your results will be in SHORTS, so ensure they do, please send them in.
And if you can write a report even better. All road, fell, XC, Tri results etc, are welcome

Dulwich Runners Club Championships: 2miles Dulwich Park 20th June

Overall champion: Clare Elms
Fastest man: Tony Tuohy
Fastest woman: Mel Edwards
Senior woman: Kim
HainsworthSenior man: Ed Hill

M40: Charles Lound
W40: Andrea Pickup
M50: Chris Loizou
W50: Clare Wyngard
M60: Mike Mann

Captains: Olivier Montfont
Age graded 2: Ros Tabor
Age graded 3: Ebe Prill

Race 1

The first race was competitive with Mike Mann leading early on and then Andrea taking it on and going clear but it was Mel who came through strongest at the end and get a clear win and showed a remarkable 100 second improvement on last year. Nicola finished strongly to close up on Kim.

1/1W	Mel Edwards	SW	12:10 (13:50 in 2012, 14:10 in 11)
2	Mike Mann	M60	12:15 ((12:03) (11:52 in 11, 11:19 in 10, 11:41 in 09)
3/2W	Andrea Pickup	W40	12:17 (11:55 in 11)
4/3W	Kim Hainsworth	SW	12:22
5/4W	Nicola Richmond	W40	12:23 (13:06) (13:07 in 11, 12:42 in 09))
6/5W	Ola Balme	W45	12:56 (12:42 in 11, 12:24 in 09)
7	Duncan Wilson	M50	13:02
8	Cameron Timmis	M40	13:12 (13:36) (13:25 in 10)
9/6W	Laura Long	SW	13:23
10	Bob Bell	M55	13:25 (13:26)
11	Andy Murray	M60	13:31 (12:52) (12:21 in 10, 12:46 in 09)
12	Nick Bailey.-Wood	SM	13:35
13	Graham Laylee	M55	13:55 (14:26) (13:47 in 11, 13:14 in 10, 13:17 in 09)
14/7W	Anna Thomas	SW	13:56
15	Martin Morley	M60	14:16 (13:24) (13:00 in 11, 12:53 in 09)
16/8W	Clare Wyngard	W50	14:18 (14:45) (14:03 in 11, 14:21 in 10, 14:37 in 09)
17	Per Hedberg	M50	14:28
18	Barrie J. Nicholls	M55	14:39 (14:39) (15:06 in 11, 15:14 in 10, 14:34 in 09)
19/9W	Lauren White	SW	14:56
20/10W	Lindsey Annable	W45	15:00 (17:40 in 10, 14:58 in 09)
21/11W	Ros Tabor	W60	15:01(13:40) (13:29 in 11, 12:53 in 10, 13:30 in 09)
22/12W	Sue Cooper	SW	15:02
23	Ameet Patel	M45	15:17
24	Steve Street	M50	16:30 (16:41)
25	Paul Keating	M45	17:00
26	John O'Byrne	M60	18:17

Susan Vernon dnf

You can follow us on

Race 2

Tony ran a great tactical race. Ed and Wayne stayed close on the first lap but only Ed could follow on the second lap but various change of paces from Tony got him clear in the last 400. Four of the first five were the same as last year with Ed replacing Will Davis.

Clare finished an isolated fifth, up on last year and easily winning the club championships. Rob Cope was the most improved male going a minute faster than last year and Chris L paced himself well to win a competitive M50 title (with Tony winning fastest male award)

1	Tony	Tuohy	M50	10:23 (10:35) (10:29 in 11, 10:22 in 10, 10:46 in 09)
2	Ed	Hill	SM	10:28
3	Wayne	Lashley	SM	10:47 (10:45) (11:05 in 11, 11:14 in 10)
4	Charlie	Lound	M45	10:56 (11:11) (11:12 in 11, 10:40 in 10, 11:03 in 09)
1W/5	Clare	Elms	W45	11:08 ((11:17) (10:31 in 10)
6	Alastair	Locke	SM	11:18
7	Rob	Cope	M40	11:21 (12:29)
8	Chris	Loizou	M55	11:25
9	Kevin	Chadwick	SM	11:28
10	Ebe	Prill	M50	11:28 (11:50) (12:09 in 10)
11	Paul	Devine	M35	11:32 (11:58)
12	Rupert	Nash	SM	11:33
13	Duncan	Hussey	M45	11:34 (11:35, 11:22 in 11, 10:57 in 10)
14	Ed	Smyth	SM	11:36
15	Ian	Lilley	SM	11:37
16	Lewis	Laylee	U15M	11:41
17	James	Burrows	SM	11:46
18	John	Fletcher	SM	11:56 (11:30 in 11, 11:54 in 09)
19	Joseph	Brady	M45	11:57 (12:28) (13:27 in 11, 13:24 in 10, 13:23 in 09)
20	John	English	M50	12:02
21	Adrian	Greer	M55	12:03
22	Olivier	Montfort	M40	12:04 (12:23 in 11, 12:13 in 10, 12:28 in 09)
23	Mark	Foster	M45	12:09 (12:15) (12:13 in 11, 11:59 in 10, 11:50 in 09)
24	Paul	Hodge	M45	12:12 (12:05 in 11, 12:31 in 10, 12:59 in 09)
25	Gary	Sullivan	M55	12:17
26	Steve	Williams	M55	12:20
27	Robert	Balzanella	SM	12:54

22 of 54 ran last year

Southern League Portsmouth, June 15

Cara ran a solid triple to help Cambridge to second place.

800: 2 Cara Oliver 2:38.0
1500: 3 Cara Oliver 5:28.0
3000: 2 Cara Oliver 11:49.2

BMC Races, Eltham, June 19

In breezy conditions and running mostly solo and starting a little too fast, Tony warmed up for the next day's club 2 mile with his second best ever 5000m and a time that places him third in the British M50 rankings

Clare Elms imnproved her time at the top of the British W45 rankings with a strong 800m and going inside 2:20 though missed out on being first woman by just 0.03 of a second and someone 35 years her junior!

5000: 10 Tony Tuohy 16:32.61
800: 5/2W Clare Elms 2:19.82

UK Youth Development U13/U15 League Division Southern South 1, Ashford, June 22

At 800m, Alex was hoping to get a run against the A runners but he had a separate B race and won easily.

800: B: 1 Alex Elms 2:22.41
300: B: 4 Alex Elms 45.91

parkrun 5km Results, Sat 22th June

Crystal Palace

10 Andy Cottrill	20:18
13 Steve Ackroyd	20:57
33 Bob Bell	22:49
79 Belinda Bell 15W	27:21
114 ran	

Dulwich

5 Ebe Prill	18:51
18 Duncan Wilson	20:32
20 Jozef Danko	20:46
15 Abbie Bottle 2W	21:16 (PB)
26 Cameron Timmis	21:17
4W/48 Anna Thomas 4W	22:37 (PB)
74 Mick Mead	24:33
88 Stephanie Burchill 13W	26:02
143 ran	

Falls Park, Belfast

14 Katie Styles 4W	23:37 (course debut)
43 ran	

Finsbury Park

40 Ian Sesnan	23:45 (1M55)
112 ran	

Greenwich

In her fourth day of racing in four days, Clare made it 56 out of 56 Parkrun wins, taking first place by four minutes.

3 Clare Elms 1W	18:56
118 ran	

Orpington

5 Duncan Hussey	19:15 (course PB)
15 Oscar Hussey	20:12
109 ran	

Kent Young Athletes League Erith, June 16

Without any serious opposition, in his Division 2 race Alex tried a change of tactics for his 800m and blasted the first lap in 63. He was still on a 2:08 pace at 600 metres but struggled into a very strong wind down the finishing straight but just about hung on for a PB.

After a few fouls, Alex also got a win in the B javelin with a 2.21m final throw as the only B string thrower

800: 1 Alex Elms 2:14.2
JT: B: 1 Alex Elms 2.21

Southern Vets League Gillingham, June 21

The four Dulwich Runners scored good points for Cambridge though Ros was hampered by injury. Clare was pleased with her 1500m, only really stretching out on last lap and just missing her W45 British top ranking perfoirmance by less than 0.2 of a second. Cara finished very strongly to win the B 1500, not far ahead of guesting Emily Gelder, who showed great speed for someone who ran a 24 hour race last month. Cara, Emily and Clare then were in the winning 4x400 team and had league regular Nicola Richmond ran here then Dulwich would have provided the entire 4x400 team.

W35 1500: 1 Clare Elms 4:52.8
W35: 1500B: 1 Cara Oliver 5:13.9
1st gst Emily Gelder 5:18.8
W50: 1500: 3 Ros Tabor 6:36.3
W35 200: 4 Cara Oliver 31.3
W50 200: 6 Ros Tabor 45.9
4x400: 1st 4:43.9 (inc Cara 69, Clare 68, Emily 70

Beckenham 10k June 23

Andrea had her best run for a while to finish third.

31 Andrea Pickup 3W	40:50
46 Ola Balme 4W	41:59
98 Graham Laylee	45:35
270 John O'Byrne	61:34
295 ran	

Sri Chimnoy 5k, Battersea Park 24th June

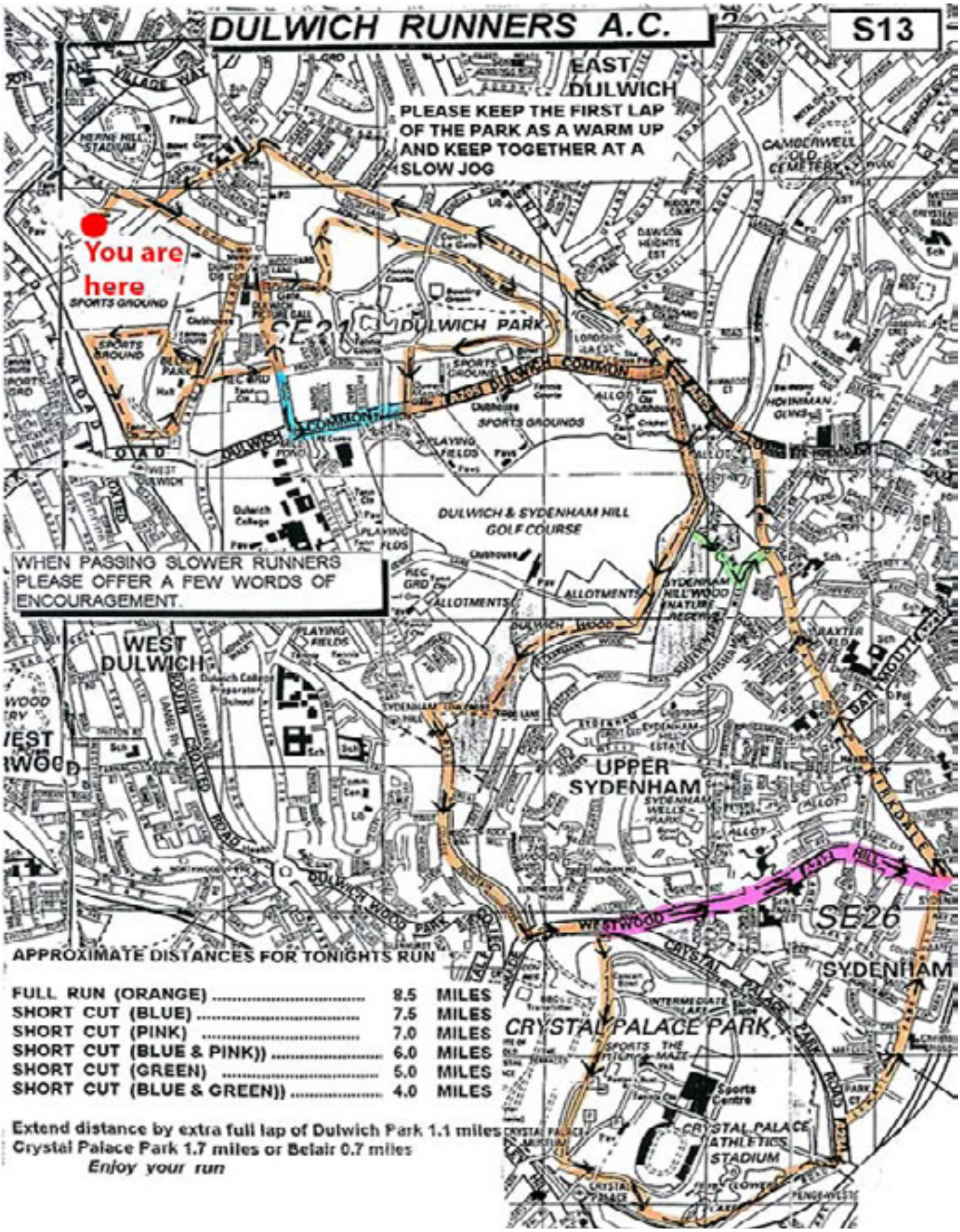
A small select contingent of DRs turned up for this 5k in the lovely setting of Battersea Park. Apart from the odd Club Champs it's been a long time since I used to run these races regularly before my years of absence in the wastelands of injury.

The race set up has become quite sophisticated now with a dedicated baggage area and even a small finishing gantry, but the friendly relaxed atmosphere remained.

We'd all turned up with a view to treat the race as a hard training session. I had a reasonable run despite a heavy workload of late, as did Louisa who had been away recently. Barry W unfortunately had to drop out troubled by the extensive pollen from the trees.

Lindsey Annable

83 Louisa Pritchard (11W)	22.58
93 Lindsey Annable (15W)	24.06
Barry Walker dnf	
153 ran	



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	8.5	MILES
SHORT CUT (BLUE)	7.5	MILES
SHORT CUT (PINK)	7.0	MILES
SHORT CUT (BLUE & PINK))	6.0	MILES
SHORT CUT (GREEN)	5.0	MILES
SHORT CUT (BLUE & GREEN))	4.0	MILES

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

Enjoy your run