SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 14th August 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 14 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 20 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
4 Race reports & results
7 Wednesday night running map

And much more !

Click below to
SUBSCRIBE or UNSUBSCRIBE

You can follow us on

EVENT HORIZON

A brief look ahead

full fixture list page 3

Sep	1	Lingfield (Dry Hill) 10 - Club Champs
Sep	5	Beckenham Assembly league
Sep	21/22	Aldershot Relays

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!

NEW RUNNERS ROTA

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

Jo Shelton	**14/8**
Claire Steward	21/8
Stephen	28/8
Cameron Timmiss	04/9

LUCKY VEST

August winner - Nicola Mcivor

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,

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each

Available Wednesdays at the club – Ros

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**

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 CHARITY 10K - SPONSORS NEEDED

On 6th October we will be organising the 28th running of this race which over the years has raised over £90,000 for local charities. This is the one occasion in the year when the club does its bit for the community and this is supported by the Mayor who will be in attendance to start the races.

There is a high quality 10k race with 500 entries, (course record 29.22), a 2 mile junior race and a very popular 1 mile family fun run. We hope all members will get involved in some way. Please approach your boss and friends with a businesses or shops, for sponsorship which can range from prizes, cups mementoes and even the Portaloos. The more we raise the more goes to the charity of the year, The Hollington Club for Young People in Camberwell.
Chris Vernon (vernonrun@aol.com)

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 drinks also 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

Dulwich Runners Christmas Party Saturday, 14th Dec 2013 The Cambria,Herne Hill Road

Hi All,

Its never too early to think about Christmas, Santa and his Elves are always watching.....With that in mind please keep free Saturday 14th December free in your diaries.
This year we are holding our Christmas festivities in the upstairs function room of The Cambria on Herne Hill Road.

Please check out (and join if you've not already done so!) the Herne Hill Forum for information on this fab location:

http://www.hernehillforum.org.uk/category/venue/cambria

More details and ticket information will follow when the first autumn leaf falls..... - **Suz**

As some of you may know, we're leaving the big smoke in a couple of weeks and moving to Somerset.

We've lived in Peckham Rye for six years and we'll be taking with us many happy (and some more lung-busting, leg-screaming) memories of our time with Dulwich Runners.
A huge thank you for making us feel so welcome from the start and supportive throughout – we've been proud to compete in Dulwich colours at so many races over the years. Please do keep in touch and we look forward to seeing you at races in the future!

Catherine & Chris
catherinesianlee@googlemail.com
christreble@gmail.com

HELLO

We are in need of plenty of marshalls for the Dulwich Charity 10km on Sunday 6th October.
Please give up a couple of hours of your time to ensure the smooth running of our 27th event.
Please e mail me, or let me know at the Club that you are willing to help out

Cheers -**Steve Wehrle -** Steve.wehrle@immediate.co.uk

Dulwich Runners Club Champs 2013

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

- 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).

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 members, no advance entry is needed

Date		Race			Venue
Aug	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
	21/22	Womens/Mens (including Vets) SEAA Relays			Aldershot
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

TRACK MEETINGS - **Herne Hill Harriers and Blackheath & Bromley Harriers are holding a series of open track meetings this summer. 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**

ASSEMBLY LEAGUE 2013

For those new to the club, this is a series of 6 races (one left)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.
Dulwich Park and Battersea Park are 5k in length, Beckenham around 4.5k and Victoria Park at 5.5k.
The remaining fixture this season :
5 September Beckenham - 7:15 start
Further information on venues and times will be provided nearer the time. **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
Charlie Lound

Kent Grand Prix		Surrey Road League
1 Sep	Kent Coastal Marathon	all races now completed
22 Sep	Tonbridge 1/2M	
tbc	Sittingbourne 10m	

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

Masters Fixtures

These are the main British Masters fixtures.
The main club event will be the BMAF Road Relay Champs, 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

Aug 18	BMAF 10k Champs., Pollok Ctry. Pk.	Glasgow
Sep 4/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs. Pt Allegre	Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Colwyn Bay

Striders of Croydon AC Switchback 5 Sunday 29 Sep 10.30am

5 mile, multi-terrain race around Lloyd Park and Addington Hills
It's a perfect warm up to the cross country season.
debra.c.bourne@gmail.com
http://www.stridersofcroydon.org.uk
entry forms available in clubhouse

RIVER RELAY, 8 SEPTEMBER

The cancellation of this year's Green Belt and 1066 relays will have come as a disappointment to some of you, but there will be an opportunity to take part in the River Relay organised by Stragglers on 8 September.

This is a 26.2 mile baton relay split into 5 stages ranging from 4.4m to 6.5m, starting at Virginia Water at 9am and finishing at the Hawker Centre in Kingston.

We can enter several teams, and like the 1066 relay, it is possible for one runner to compete in two teams. Unlike some of the other relays in which we participate where each stage starts at a set time, this is a baton relay where each runner starts when the previous one has finished.

We will organise transport to take people to their starts and collect them, but it should be possible to reach some of the stages by train.

Once we have established the level of interest we will put together teams and decide and decide how many to enter.

Given the distance and the fact that it is fairly local, it should only take up half of Sunday. If you are interested, it would be helpful to have responses by 12 August.

Let me know if you have any questions, or alternatively speak to Martin Morley or Mel Edwards.

Mike Mann

mcmann90@yahoo.co.uk

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 to 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

Track Meeting, Norman Park, Monday 12. August

My second attempt at the 1500, and this time I convinced Alastair to come along and settle his speed issues once and for all.

The 1500 m race was the last of the evening at the Norman Park track and even though organised by the Blackheath & Bromley Harriers it turned out to be a bit of an unofficial Dulwich Runners event, with six of us competing.

Ed Hill, Tony Tuohy, Alastair Locke and me started in the first race, Mike Mann and Kim Hainsworth in the second.

There are no official results out yet, and there will be a proper race report in next weeks SHORTS I assume, so for now I can only give an impression from my (back) end of the race.

The first 300m passed fairly quick in 57 sec, with everyone taking off like a shot, me and Alastair staying at the back of the field. I wish I could say that like Mo I stayed there to merely settle my nerves and enjoy the tactical unfolding of the race, but in truth that was as fast as I dared to go and even a bit too fast for the start. The next proper lap was slower already, even though Alastair and me were passing runners who dropped off. Alastair was just ahead of me, fortunately not going at frightening speed, just settling in. In the second 400m lap the 16 runners of our heat were already stretched out in a long line,

I could make out Ed leading and Tony not far behind, Alastair and me in about 11. and 12. position. I felt alright and started to go faster once the bell rang for the last lap. With 200m to go I thought I give Alastair a little scare and overtook him in the bend (not that I would have waited for him though). That shook him out of his trot, and he finally started going, overtaking me in turn. Then it was a sprint for the line, Alastair just about keeping the lead (I could swear I got incrementally closer, but my kick is about as frightening as that of a hamster these days). Somewhere in the process we overtook another runner and finished in 10. (Alastair) and 11. position. My time was what I had hoped for, a sub5 min, in 4:58.6 (according to the announcement via loudspeaker) and a PB. Alastair's first 1500 was 4:58.2(?), and he reckons he will try for real the next time! (Maybe in a duel with Paul, who fancies himself quite the sprinter on the last 100, but will his form survive his Croatian holiday? More on that to come). Ed finished second in the end, in a slower time than he wished for - having to do most of the lead work - and Tony came third, also not satisfied with his time on the evening. In the second race Mike Mann moved well, and Kim ran a PB! Times in next report. - > Ebe Prill l

Mike Man also wrote with 6 of us entering the 1500m at this final open meeting of the summer at Norman Park, this was a bit like a mini club champs. In the A race, there was a slow start with no one willing to take on the pace, so Ed Hill reluctantly went into the lead but suffered from being on his own in the strong breeze, and was overtaken in the final lap, finishing short of his season's best. Tony looked set to come through in the last lap, but found it difficult to pick up the pace, and he too was slower than recently. In his track debut, Alastair Locke had an encouraging race, finishing just ahead of Ebe, who achieved a season's best.

The B race on the other hand started fast with several youngsters going through 300m in under 5 minute time, before slowing down. At that point I was in 6th place but found myself in the lead 100m later. This may have proved a good move, as Kim, a little further back, had quite a difficult time with the chopping and changing of pace of those around her. She did well to maintain a fairly constant pace and knock a big chunk off her pb in difficult circumstances. Meanwhile I was passed by a U13 with 300m to go, but stuck behind him, passing him on the final bend to regain the lead. Mike Mann

1500m A race

2 Ed Hill	**4:31.05**
3 Tony Tuohy	**4:35.77**
10 AlastairLocke	**4:58.27**
11 Ebe Prill	**4:48.78**

1500m B race

1 Mike Mann	**5:19.06**
6 Kim Hainsworth	**5:22.35**

5k Results, Sat 10th August

Brockwell

CHRIS'S 100TH PARKRUN - Chris Vernon will be doing his 100th parkrun at Brockwell Park on 24th August and would love to see as many as possible to support him.

26 Mark Foster	20:08
6W/66 Michlle Lennon	23:06
7W/71 Clare Wyngard	23:12
74 Mike Dodds	23:17
142 Barry Walker	28:56

169 ran

Bromley

86 Martin Morley	22:24
33/171W Clare Steward	25:24

366 ran

Crane Park

5

Crystal Palace

4 Alastair Locke	19:18
1W/7 Mel Edwards	20:00
8 Andy Cottrill	20:08
30 Bob Bell	22:32
7W/38 Mel Edwards	23:33
8W/45 Belinda Bell	24:44

99 ran

Dulwich

2 Buzz |Shephard	16:17 (course PB)
12 Chris Loizou	`18:23 (course PB)
14 Ebe Prill	18:38
22 Mike Fullilove	19:18 (course PB)
37 John Fletcher	20:24
55 Kevin Murphy	21:54
13W/90 Stephanie Robinson	25:13(course PB)

151 ran

Hilly Fields

6 Kevin Chadwick	19:18 (course PB)
7 Ian Lilley	19:29 (coursePB)
8 Gary Sullivan	19:51 (course PB)
1W/10 Kim Hainsworth	20:08 (coursePB)
2W/23 Susan Cooper	22:37 (course PB)

81 ran

Richmond

82 Barrie John Nicholls	23.39 (2VM55 - 59)

272 ran

Assembly League Victoria Park, August 8

Not one of our best turn outs in
terms of quantity or quality and the results were the worst of the 5 leagues,
but current standings not currently known.

14 Ed Hill 18:57
15 Tony Tuohy 19:01
41 Wayne Lashley 20:10
57 Kevin Chadwick 20:39
66 Ed Smyth 21:05
67 Ian Lilley 21:07
79 John English 21:28
5W/80 Mel Edwards 21:29
82 James Burrows 21:37
9W/92 Kim Hainsworth 21:54
23W/144 Anna Thomas 24:02
163 Martin Morley 24:57
29W/169 Louisa Pritchard 25:27
171 Ian Sesnan 25:36
32W/179 Katie Styles 26:14
187 Kev Wood 27:00
36W/195 Lindsay Annable 27:36
219 ran

TEAM: 1 Kent 38; 2
Lloyds 47; 3 Stock Exchange 69; 4 Victoria Park & Tower Hamlets 71; 5
Ravensbourne R 112; 6 Dulwich R 115
B TEAM: 1 Kent 94;
2 VP&TH 111; 3 Stock E 176; 7 Dulwich 242
Women:
TEAM: 1 Eton Manor
25; 2 VP&TH 29; 3 Serpentine RC 33; 4 Dulwich 37; 5 Kent 42; 6 Stock E 47
B TEAM: 1
VP&TH 48; 2 Serp 69; 3 Eton M 76; 4 Dulw 97; 5 Kent 180

I've just had this offer from a friend/ runner who is pregnant and looking to sell her rather nice bike - it may appeal to someone at the club...if you are able to circulate/ or know anyone looking for a bike. Her contact email is below...
Ajay

I'm going to put my lovely Boardman Women's Hybrid Comp (virtually identical to this: http://www.halfords.com/webapp/wcs/stores/servlet/product_storeId_10001_catalogId_10151_productId_777843_langId_-1_categoryId_165534) on Gumtree but thought I would ask around in the meantime.

It's never been ridden outside and I've also got an Elite Volare trainer that I can throw in: http://www.halfords.com/webapp/wcs/stores/servlet/product_storeId_10001_catalogId_10151_productId_223837_langId_-1_categoryId_229901
Contact - katyrutherford1@gmail.com
Katy

HOODIES

I am very sorry to tell you that the firm who supplied our hoodies has gone bust and can not meet the order.
I am negotiating with Ronhill (who make our vests), and I think will be able to make a similar hoody for a similar price, so those who have ordered will have one before the weather gets cold (again).
I have a list of those of you who have already paid. If you want a refund, let me know and I will pass your name to Graham who can issue a cheque. - Ros
Andy Murray/Ros Tabor
Andrew@28kerfield.freeserve.co.uk
Ros@28kerfield.freeserve.co.uk

Are you a Veteran Athlete?

Older than 40 years of age?
Do you regularly run over 10km per week and have been doing so for more than 10 years?

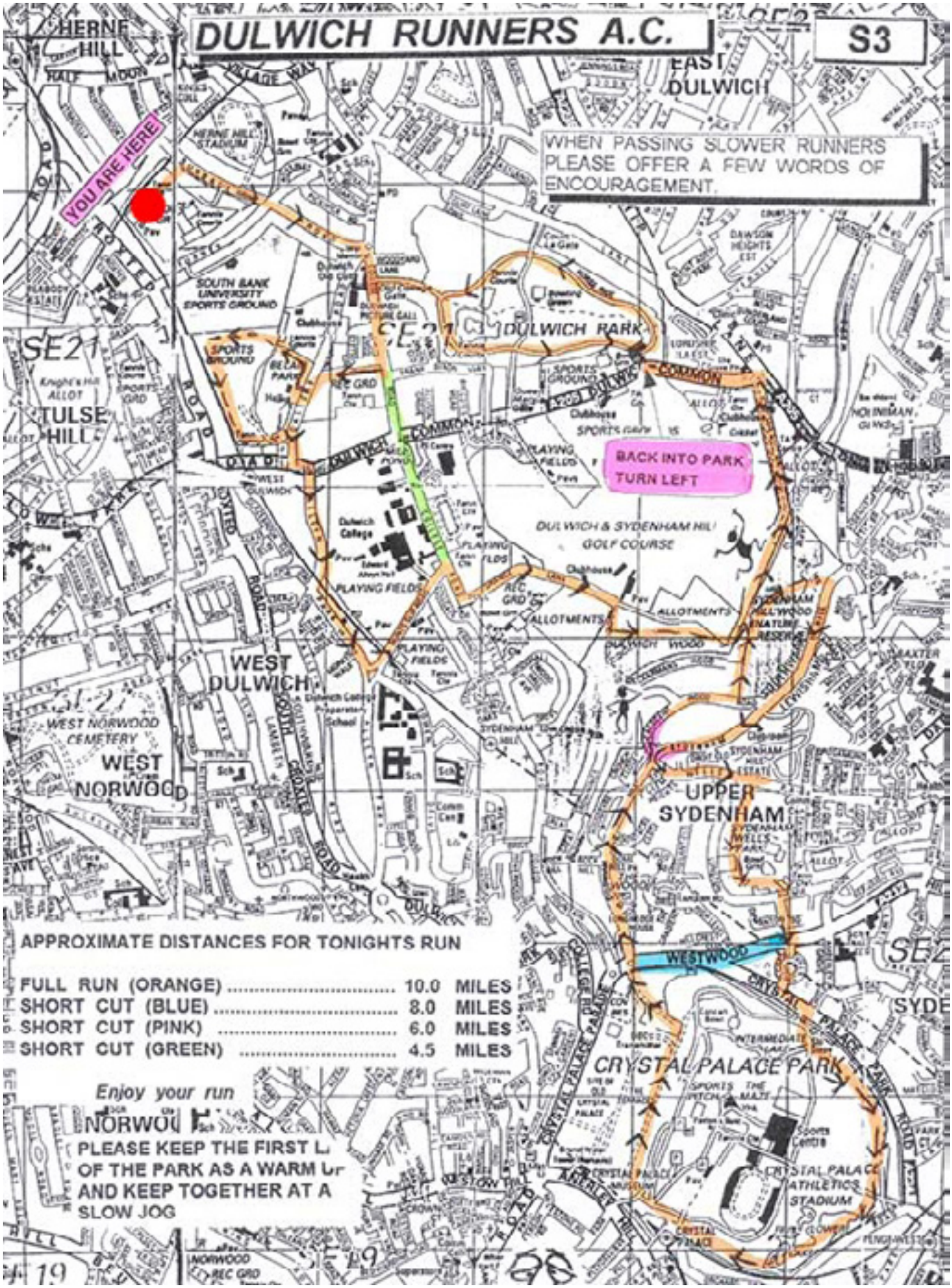
Would you like to volunteer for tests on your heart?

The Centre for Inherited Cardiovascular Conditions and Sports Cardiology at St George's Hospital, in South London, is currently researching the cardiac effects of long term high endurance exercise in older athletes. We are enrolling healthy male and female volunteers with no history of heart disease, smoking or diabetes. The study involves three hospital visits each lasting 2 hours to St Georges Hospital, Lewisham Hospital (South London) and the Heart Hospital (Central London). Each volunteer will be offered an electrocardiogram, echocardiogram, cardiopulmonary exercise test (VO2 test), cardiac MRI, cardiac CT and a 24 hour heart monitor.
If you are interested and want to obtain a full information leaflet please contact:
Dr Ahmed Merghani amerghan@sgul.ac.uk 02087253951

St George's University of London

Participant Advert/Version 5 (05/07/2013)

Cardiac Risk in the Young


DULWICH RUNNERS A.C.
S3
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
YOU ARE HERE
HERNE HILL
EAST DULWICH
DULWICH PARK
TULSE HILL
WEST DULWICH
WEST NORWOOD
UPPER SYDENHAM
CRYSTAL PALACE PARK
BACK INTO PARK TURN LEFT
DULWICH & SYDENHAM HILL GOLF COURSE
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE) ..... 10.0 MILES
SHORT CUT (BLUE) ..... 8.0 MILES
SHORT CUT (PINK) ..... 6.0 MILES
SHORT CUT (GREEN) ..... 4.5 MILES
Enjoy your run
PLEASE KEEP THE FIRST L
OF THE PARK AS A WARM U
AND KEEP TOGETHER AT A
SLOW JOG