SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 7th 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 07 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Thu 08 **Assembly league, Victoria Park, Hackney**
open to all club members, free entry, just turn up, put on your club vest and run
(direction at bottom of page)

Tue 13 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

Aug	8	Assembly league, Victoria Park
Sep	1	Lingfield (Dry Hill) 10 Club Champs race
Sep	5	Beckenham Assembly league

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!

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- shirts long sleeved	£22 each
Waterproof Jackets	£25 each

Available Wednesdays at the club – 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

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

Ian Sesnan	**07/8**
Jo Shelton	14/8
Claire Steward	21/8
Stephen	28/8
Cameron Timmiss	04/9

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**

Victoria Park Assembly League

For those you of you who haven't been to Victoria Park before, it's just an 8 min walk from Hackney Wick station. Upon leaving the station, take the road opposite the station (Wallis Road), cross the foot bridge over the A12, and head towards the park.

Once in the park, turn right and follow the path. The clubhouse is located in the north corner of the park. Other nearby stations include Homerton (11 mins walk) and Mile End (35 mins walk or bus no 425 will take you to the south side of the park). Otherwise use the postcode E9 5EG on tfl journey planner (or your smartphone) for directions from other stations

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

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**

In a slightly different genre to Tony "Thundersticks" bands, All Saints Concert Band are hosting a joint concert with a Belgium Band, Panta Rei on Saturday 10th August 2013 with yours truly on trumpet.
Title is Bonded by Sound and, you've guessed it, features music from Bond and other movies
West End singer Garth Jacobs will be adding vocals
Venue St John's the Evangilist Church SE19 2RX (at corner of Auckland Road and Sylvan Road)
Starts 7.00 and entry is free. (Donation to charity appreciated)
Bob Bu(n)gler Bell

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).

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

Accommodation Wanted

A bit of a long shot but has anybody got, or know of any accommodation for a married couple (age 27) .
A friends daughter and her husband are coming over from Canada to study.
Need a roof over their heads from 13th August 2013. Please contact me if you think you can help. Think, given short time available before arriving, anything considered although ultimately they're looking for a long term lease.
Thanks - Bob Bell - bob.bell@rbccm.com

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	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
	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 :
8 AugustVictoria park, Hackney
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
Surrey Athletics:http://www.surreyathletics.org.uk/road/league
Charlie Lound

Kent Grand Prix		Surrey Road League	
1 Sep	Kent Coastal Marathon	11 Aug	Wimbledon 5km
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

Self-transcendence 10K, Battersea Park, 3rd August

Four laps of Battersea Park with an 8am start might not be for everyone but it certainly made for a better racing experience than my last 10K (the ridiculously overcrowded Bupa London 10,000).

Gary was continuing his quest for a sub 40 10K while I hadn't set myself a target. Instead of focusing on my splits I concentrated on catching up with women ahead, moving from around 10th woman at the end of the 1st lap to 4th woman by the end of the 3rd lap. I overtook the 3rd woman at the start of the last lap and had to work to try and build up a gap to avoid any chance of a sprint finish - which I definitely would have lost!

Having not looked at my overall time (only the odd k split) I was surprised (and very happy) to finish just outside of 39 mins. Gary was a bit disappointed not to be closer to his target but finished a minute and a half quicker than in his last 10K.

44 Mel Edwards 3W	39:02 (PB)
62 Scott Hemmens	40:23
66 Gary Sullivan 4MV50	40:38

UK Women's Premier League, Bromley, August 3

Clare Elms ran her third UK women's premier league between the top eight clubs in the country and the standard was much higher than in Edinburgh and Manchester though far less distance to travel. In the 800m, she was in the same race as Nicola Sanders, the former World 400m silver medallist and took a second off her best time of the year to improve her lead at the head of the UK over 45 rankings and a time that will be a British record by nearly two seconds if she can reproduce next year.

In the 3000m, she was just outside her best for the year and this time up against the British steeplechase champion Emily Stewart.She started a little too fast but held on ok and was only half a second down on what will be a British record next year.

Nicola Richmond, who watched this fixture ran in the following day's UK Women's League Division 1 match at Tooting as a guest in the 3000m and beat the two official Herne Hill Runners in a time of 11:35 but official results are still not out yet.

800 B: 6 Clare Elms 2:17.81
3000: 6 Clare Elms 10:07.50

RideLondon 100, August 4

Quite a few Dulwich Runners took part in this new event – the Cycling equivalent of the London Marathon over a traffic-free 100 mile and superbly organised. There may have been more but difficult to identify people amongst 20,000 riders.

Which person decided not to do the Thursday speed session to save himself for the ride and then finished 13 minutes behind someone who has done hardly any cycling and did the speed session and raced twice the day before.

Mike Williams 4:24:59 (64:19@24M, 2:32:55@55M)
Steve Smythe 4:43:23 (61:33@24M, 2:36:50@55M)
Clare Elms 5:05:41 (69:17@24M, 2:51:10@55M)
Chris Loizou 5:18:30 (70:06@24M, 3:04:04 @55M)
Claire Tinker 5:45:41 (78:55@24M, 3:23:01@55M)
Karen Grieves 5:55:34 (74:55@24M, 3:10:08@55M)
Clare Wyngard 6:00:50 (78:01@24M, 3:16:37@55M)
Matt Galvin 6:08:44 (76:30@24M, 3:22:50@55M)
Ruki Sidhwa 7:10:46 (82:40 @24M, 4:03:56@55M

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

5k Results, Sat 3rd August

Brockwell

36 Mike Mann	21:06
41 Cameron Timmis	21:42
53 Anna Thomas	22:20
133 Barry Walker	30:23
146 ran	

Bromley

22 Brendan Greaney	22:25 (PB)
332 ran	

Crane Park

A flat 3k loop beside the River Crane with short road sections to cross the river at either end. Small and friendly. 1 mile pleasant walk from Whitton station.

Andy Murray	21.30
Ros Tabor	22.42
Ian Sesnan	22.45

Crystal Palace

9 Andy Cottrill	20.25
36 Claire Steward 6W	24.25
39 Belinda Bell 8W	24.33
98 ran	

Dulwich

Kim won in a new PB and there were PBs for Sam and Mike

6 Edward Hill	18:01
17 Sam Crump	19:07 (PB)
21 Mike Fullilove	19:22 (PB)
22 Kim Hainsworth 1W	19:30 (PB)
57 Grant Barnes	22:39
60 Mike Dodds	22:36
77 Barry Evans	24:05
96 Mick Mead	26:15
137 ran	

Greenwich

12 Steve Smythe	21:49
112 ran	

Hilly Fields

Buzz won by almost a minute and set a PB.

1 Buzz Shephard	17:18 (PB)
12 Kevin Chadwick	20:11
86 ran	

Lloyd Park

2 Tony Tuohy	18:29 (course debut)
110 ran ran	

Orpington

28 Steve Wehrle	27:44
51 ran an	

Richmond

After many runs where Barrie was down the rankings in his age category he finally topped the table with a fine run just outside his course PB! I was very tired after landing from Moscow the evening before and had a lacklustre but hard run as a consequence.

59 Barrie John Nicholls	23.50 (1VM55- 59)
90 Lindsey Annable	25.04
222 ran	

Riddlesdown

Ange gained her 49th win at Riddlesdown.

14 Ange Norris 1W	21:18
113 ran	

Shorne Woods

3 Nick Brown	19.37 (M55 course record)

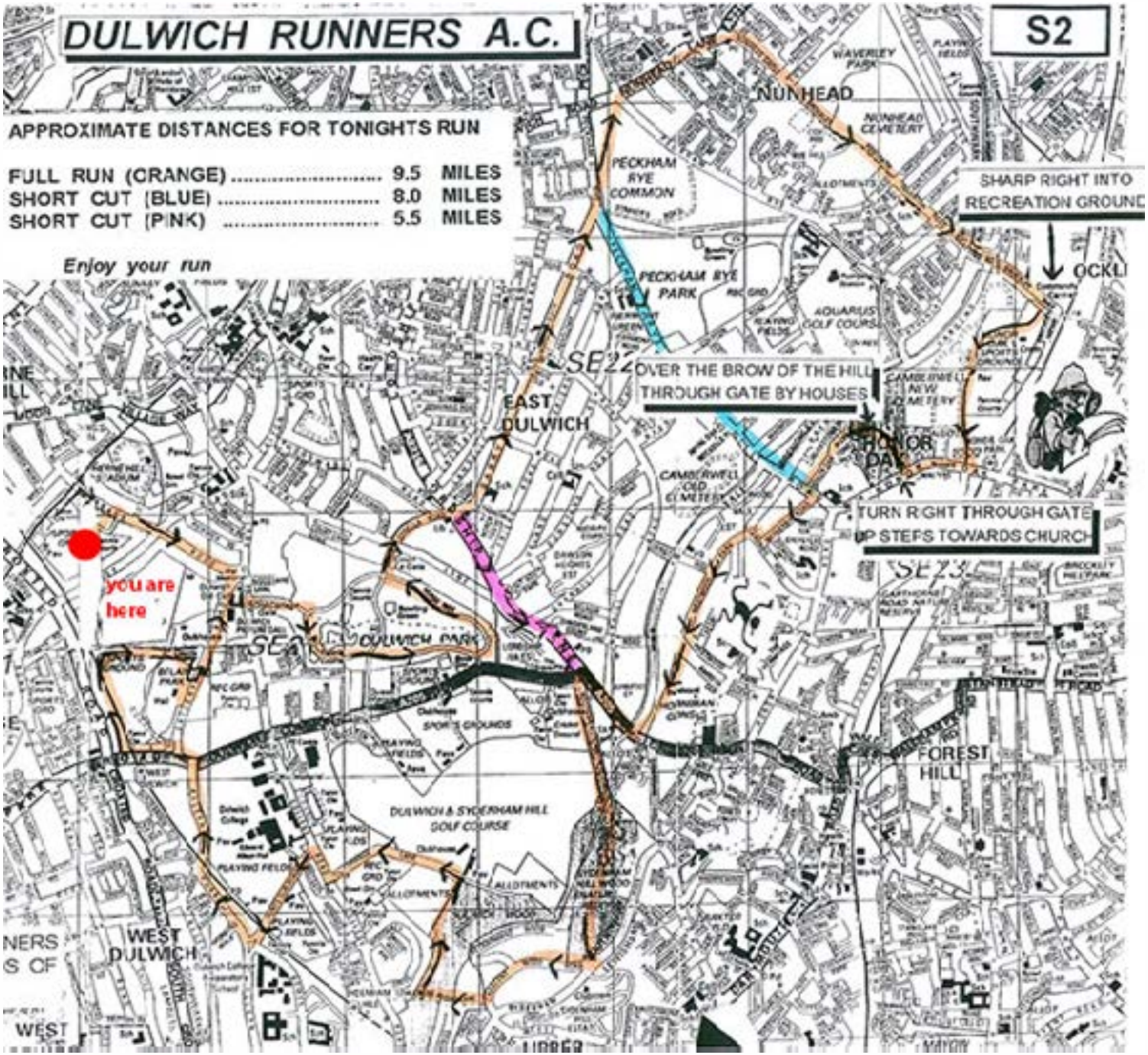
Whitstable

Second attempt at this event which is more promenade than park run.

A fairly flat course should be fast but a stiff breeze, which caused the sailing that I was there for, to be cancelled, meant time was slower than hoped.

That's my excuse anyway, although I was quicker than last time I'd done it.

22 Bob Bell	22.28 (course PB)
124 ran	


DULWICH RUNNERS A.C.
S2
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE) ..... 9.5 MILES
SHORT CUT (BLUE) ..... 8.0 MILES
SHORT CUT (PINK) ..... 5.5 MILES
Enjoy your run
NUNHEAD
NUNHEAD CEMETERY
WAVERLEY PARK
PECKHAM RYE COMMON
PECKHAM RYE PARK
SHARP RIGHT INTO RECREATION GROUND
OVER THE BROW OF THE HILL THROUGH GATE BY HOUSES
EAST DULWICH
TURN RIGHT THROUGH GATE UP STEPS TOWARDS CHURCH
you are here
DULWICH PARK
SPORTS GROUNDS
DULWICH & SYDENHAM HILL GOLF COURSE
FOREST HILL
WEST DULWICH