SHORTS

Dulwich Runners AC
Weekly Newsletter
May 14th 2014

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 Fixture list, Club champs,XC road, trail etc
5 Reports and results
6 Parkrun results
7 Wednesday night running map

And much more !

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

TRACK SESSIONS

Now back at Dulwich College

Tuesdays with Steve Smythe
Improve your speed & strength over all distances.
suitable for all standards and abilities.
Dulwich will be just a pound but additional £2 payable next day or following week for those who don't pay on night

Arrive at 7 for warm-up then a prompt 7:15pm start

DUWLCH RUNNERS MIDSUMMER 5K

As you probably know there are going to be big flood protection works in Dulwich Park for the next few months, so we are hoping to hold the Midsummer 5k race in Brockwell Park this year instead.

The date is now Thursday 3 July

If you are interested in helping on the day, or with the organisation pre-race, please can you let me know.
Thanks - Ros - Ros@28kerfield.freeserve.co.uk

Club Members are also welcome to run

.....also

Battersea Park assembly league now 26th June

LUCKY VEST

May winner Bernard Imber

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.
Vests £18 each and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk
for all other club kit please see **page 4**

EVENT HORIZON

A brief look ahead

full fixture list **page 3**

May 14 Beckenham Relays
May 25 Rye 10 - Club Champs

NEW RUNNERS ROTA

Many thanks to **Gideon Franklin, Patrick Mcmorrow Jo Shelton,** for taking out new club 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**

Jo Shelton	**14/05**
Stephen Street	21/05
Ros Tabor	28/05

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 Run - Map

Click above for this weeks Wednesday night map, which is 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

curry night

I'm not rogan josh'ing with ya!
It's back!
Curry Night!
When: Wednesday 28th May, 9pm after the club run
Where: Surma, 42 Lordship Lane, East Dulwich, SE22
Buffet Price: £10/person cash on the night please (drinks to be paid separately at the bar).
It'll be the full spread so work up a healthy appetite at the club run and make your way down afterwards for a top meal and a great bit of mid-week carb loading.
A club favoutite.
You'd be vinda-loopy to miss out!

Those going so far:

Ron Searle	Steve Street	Mike Mann
Claire Osborne	Andy Murray	Andy Cotterill
Sue Cooper	Ros Tabor	Belinda Cotterill
Aileen Cook	Claire Steward	Penelope Bell
Steve Cook	Jo Brady	James Burrows
Alastair Locke	Patrick McMorrow	
Harry Handscombe	Ebe Prill	

If you want to book a seat email me at drsocialsec@gmail.com by Friday 23rd May.
Alastair

Rye 10 Menu - Lunch has been reserved

for us at the ROYAL OAK in peasmarsh, just a mile or so from the race HQ, which is also a pub, but one with a not very good reputation for food!

Menu is given below. I need to know by Wednesday 21st May latest what your choices are??

Roast Loin of Pork, apple sauce
Homemade Steak and Mushroom Pudding
Roasted Sweet Potatoes and Leeks in a Stilton cream sauce with a savoury crumble topping all served with a selection of vegetables and roast potatoes(veggie dish)
***
Brioche Bread and Butter Pudding
White and Dark Chocolate Brownie
Lemon and Ginger Cheesecake
all served with cream

£14 per person

40 places have been reseved, first come first served!

Only 14 people so far booked for lunch after the Rye 10 miler.
Please let me have your food choices asap if you want to be included
Steve Wehrle - steve.wehrle@immediate.co.uk

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered 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 !

Rehydration !

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)

Coach to Rye 10 Club Champs Sunday 25 May

Further details to be announced but there will be a coach to the Rye club champs on Sunday 25 May.
Leaving approx 7am from Crown and Greyhound pub in Dulwich Village
Returning approx 5:30pm after the race and pub lunch.
Cost: £19
Please make a bank transfer to me to confirm your seat:
Alastair Locke
Sort Code: 089300
Account: 23208232
Ref: Coach
I need to have final numbers by Monday 19th May to confirm with the coach company so please let me know if you want to take the coach by then.
People signed up so far are;

Joe Brady	Gideon Franklin	James Burrows
Matthew Ladds	Ameet Patel	Mike Mann
Jim Dowsett	Yvette Dore	

If you would like a seat on the coach please send an email to drsocialsec@gmail.com with Coach in the subject line
Payment details will be noted once I'm able to confirm the cost.

Dulwich Runners 2014 Fixtures

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesday club night.

Date		Race			Venue
May	14	Beckenham relays			Beckenham
	25	Rye 10 miles		(long)	Rye
Jun	5	Assembly League	5k		Beckenham - 7:30 start * **note changed venue**
	16	Dulwich Club Champs 2 miles		(short)	Battersea * **note changed venue**
	22	Beckenham 10k		(medium)	Beckenham
	26	Assembly League	5k		Battersea Park - 7:30 start * **note changed date**
July	3	Dulwich runners Midsummer 5k			Brockwell Park * **note changed date**
	11	Mark Hayes Mile		(short)	Dulwich College Track
Aug	7	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	31	Sevenoaks 7		(medium)	Sevenoaks
Sep	4	Assembly League	3miles		Beckenham - 7:15 start

DULWICH RUNNERS CLUB CHAMPS 2014

We have now finalized the events and structure of next year's club champs. There will be 9 races in total split into 3 distance categories. In order to qualify it will be necessary to complete 5 races in total, including at least one from each distance category.

The structure of awards will be unchanged from recent years. Club vests are compulsory for all events other than the mile. You will need to ensure that your club membership is up to date in order to qualify for points.

For those wishing to know the Clup Champs rules they are on the clubs website

Remaining events are as follows:

25 May	Rye 10 miles (long)
16 June	Battersea Park 2 miles (short)
22 June	Beckenham 10k (medium)
11 July (tbc)	Mark Hayes Mile (short)
31 August	Sevenoaks 7 (medium)

Mike Mann (on belhalf of ADSC)

CLUB CHAMPS FIXTURES UPDATE

Owing to impending drainage works in Dulwich Park, it has been decided to shift the 2 mile race there scheduled for 11 September, to Monday 16 June in Battersea Park, where we will use the Sri Chimnoy 2 mile race as our club champs. This starts at 7pm just past the entrance to the main car park and you can enter on the evening.

CLUB CHAMPIONSHIPS important update

Our selected 10 mile Club Championship race is the Rye 10 on 25th May. Since the Club Championship races were set, the Club has been invited by British Athletics to enter men and women teams in to the BUPA London 10K on the same date.

In order to allow our faster runners to represent the club in this prestigious event and not being disadvantaged in the Club Championships, The Committee has decided to add the Cabbage Patch 10 on 19th October as an additional 10 mile race.

Times recorded at the Cabbage Patch will be adjusted to reflect the relative difficulty of the 2 courses and overall 10 mile results produced soon after 19 October. Runners who compete at both races will be credited with their best performance of the 2

ASSEMBLY LEAGUE 2014

This year's series of Assembly League races has now been decided.
They will take place on the first Thursday of every summer month, venues will be the same as last year.
This summer evening series of races is popular with club members, and all including newly joined members are warmly welcomed and encouraged to participate.
For those that are new to the club these races are open to all standards and abilities, 5k, and free to enter, all you need to do is have a club vest, turn up and run.
If there is any further information regarding these races it will appear here in Shorts as and when it becomes available

5 June	**Beckenham**	5k	7.30 start	* **note changed venue**
26 June	Battersea Park	5k	7.30 start	* **note new date**
7 Aug	Victoria Park	3.5 miles	7.30 start	
4 Sept	Beckenham	3 miles	7.15 start	

TRACK MEETINGS

UPDATE

For those of you interested in competing on the track, there are several open meetings held at local venues during the spring/summer season.

Open meetings, hosted by HHH are held at Tooting Bec on some Saturday afternoons with the first one scheduled for 12 April.

Other open meetings are at Norman Park, Bromley on Monday evenings, Crystal Palace on Saturday afternoons and at Parliament Hill.

19	May	Norman Park
9	Jun	Norman Park
26	Jun	Tooting track
19	Jul	Crystal Palace
21	Jul	Norman Park
11	Aug	Norman Park
23	Aug	Tooting track
23	Aug	Crystal Palace
27	Aug	Norman Park
10	Sep	Parliament Hill

These meetings, where there are usually 800m, 1500m and 3000m races on offer, are ideal for those looking for improved times, having done some earlier races.
Please contact me for further details.
Mike Mann

Surrey Road League 2014

As well as the events we choose for our Club Championships, we are also eligible to compete in the Surrey Road League. Individual positions in the league are determined by the best five scores and you also contribute to the club's position.
As soon as the fixtures are confirmed they will be listed here

For more info go here:
http://www.surreyathletics.org.uk/road/league/index.php?Y=2013&O=R&S=2014
Charlie Lound - Men's Road Captain

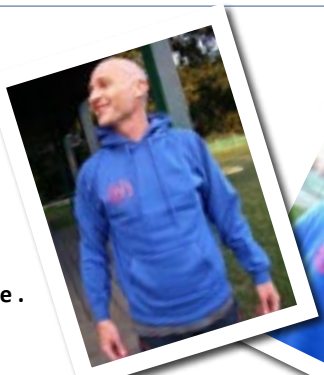
Orpington High Elms 10k

Will take place on Sunday, 15th June 2014 starting @ 09.30 am
It will be a single lap, challenging course incorporating the park's woodland nature trails and will be 99% off road
There will be chip timing, medals, prizes, parking and photos all marshalled by the experienced ORR team.
All profits will be donated to the Alzheimer's Society.
Full details including arrangements on the day at the new venue and how to enter are available now at www.orprunners.com
We look forward to welcoming you and members of your club to what we think will be a great event.
Any questions please contact
racedirector@orpingtonraces.com
Thanks & regards - ORR Race Committee

DULWICH RUNNERS CLUB KIT

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

Hoodies are now available. There are a few left in each size .
Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk



Race Reports & Results

To be sure your race results appear in SHORTS you must send them in.
If you can write a report even better, all road, fell, XC, Tri results etc, are welcome .

Ted Pepper 10k, Bromley, Mon 5 May 2014

And so on to our club champs 10k, where I found myself looking at Ed Hill's back again a few seconds ahead (same as Thursday at the Assembly League). We only had about 2k to go, and I thought I might just be inching closer (no, honestly), when I realised we'd shot past a left fork into a field with a marshall in the wrong place. I called Ed back before anyone caught us and thought we should still manage to keep 3rd and 4th - and I didn't mind 4th as that would get me first vet.

However, Ed was really put off his stride by all this kerfuffle and couldn't get back to his previous pace and it looked like we were going to get caught - so, I'm ashamed to say, I pulled my finger out and abandoned him to be sure of getting 3rd myself. Okay, so I'm a very bad person – but I was pleased to see Ed got the first vet prize himself when we realized they were giving it to whippersnapper vets over 35. Anyway, I'd have given him my bottle of wine. Probably.

3 Tony Tuohy 36.41 (36.40 chip time)
276 finishers

Virgo Fidelis 50 Yard Dash Upper Norwood 10th May 2014

Bob, Belinda and Penelope Bell took part in this unusual race. The weather having been forecast to be poor turned out sunny. The start was delayed from 1.30 till 2.00 due to a bus carrying spectators getting lost but when the guests were in place Bob and Belinda lined up, with fellow DR Penelope just behind.

Bob was suffering from a severe pain in the wallet but counteracted that with a huge twinge of pride whilst Belinda looked radiant. Penelope was also stunning. They all started at a steady pace and Belinda promised that, for once, she would not kick for the finish and they all finished together where Andy Cottrill was waiting.

Rings rather than medals were given out and the day ended with a party and delicious cake made by the master cake maker Penelope

Results
Andy Cottrill & Belinda Bell - Married
Penelope D'Arcy Graham - Maid of Honour
Bob Bell - Broke
Chris Bell - Marshall Moved from Chris's Corner in Crystal Palace Park to front pew (or is that phew?

Sri Chinmoy 10k, Battersea Park, Sat 3 May

Got up for the early start on a nice morning to try a first road 10k this year thinking I might manage to break 35 mins. A bloke shouting times at 5k surprised me with 17.05, which meant my 3-year-old PB of 34.26 was surely possible.

I put my head down, running alone the whole way, but missed it by 5 seconds – again. That's FOUR times I've been given 34.31 since the 34.26, including twice last year. I think the 10k is cursed for me. It's not fair and it's not funny and yes, I did sulk a little bit.

10 Tony Tuohy 34.31 1st M50 (course M50 record, equals club M50 record)

147 finishers

Vets AC 5 miles, Battersea Park, Tues 13 May

After just missing a 10k PB last week I wanted to have a go at this as the same pace would get me a 5 mile PB. However, one of my more suicidal first miles in 5.12 put that in jeopardy – the next mile was 20secs slower and that's where the pace stayed, just about hanging on for a nine second PB. Not a big improvement but let's face it, you've got to be grateful for what you can get and I'm happy enough with that – still want that elusive 10k time though!
Tony Tuohy 2 27.31 1st M50 (club M50 record)

UK Women's League Division 2 - 10 May 2014

Nicola and I travelled on the minibus to Cardiff. This was my first outing with Herne Hill Runners.
Due to the fact that the younger ones were unavailable we all had to take part in various events.
The weather stayed dry but it was very windy.

Ola Balme
100m 17.42
3000 11.43.47
The highlight of the day for me was my first attempt at the steeplechase.
2000 9.29.41 (steeplechase)

Nicola didt really well in her events. She also took part in the 4x4 relays.

Nicola Richmond
800 2.38.16 (PB) 3rd in the B string
1500 5.22.85 5th in the A String
Ola Balme

May 10 th

Brockwell

4	Charles Lound	17:45
71	Graham Laylee	22:13
73	Anna Thomas	22:18
104	Michelle Lennon	23:50
192	Sarah Lyness	28:52

233 Ran

Burgess Parkrun

15	Alistair Clarke	20:55

91 Ran

Crystal Palace

Whilst the ladies were getting glammed up the "boys" joined by well wishers sported L plates and did the usual 5K accompanied by the official wedding photographer Amongst them was Nick Bell, a former member who achieved 24.04 in his first parkrun. Now he has tried it look out for him at Auckland parkrun - ***Bob Bell***

6	Mel Edwards	19:53	PB
8	Andy Cottrill	19:58	
24	Jim Dowsett	21:11	PB
31	Joseph Brady	22:11	
35	Paul Hodge	22:35	
46	Bob Bell	23:07	
134	Barry Graham	30:34	
158	Chris Vernon	37:46	

164 Ran

Dulwich

6	Edwin Mccormack	17:35	PB
11	Ebe Prill	18:18	
12	Paul Devine	18:25	
16	Chris Loizou	18:54	
18	Neville Webb	19:19	
37	Andy Murray	20:50	PB
38	Gideon Franklin	20:51	
60	Ros Tabor	22:08	
77	Mark Muffett	23:23	
85	Duncan Wilson	24:06	
94	Mick Mead	24:47	
99	Claire Steward	25:04	
126	Stephanie Burchill	27:26	

207 Ran

Hilly Fields

5	Rob Cope	19:43
7	James Burrows	19:55
60	Mark Wallace	25:44

118 Ran

Mile End

20	Kevin Chadwick	19:55

114 Ran

Orpington

23	Colin Frith	24:04

106 Ran

Osterley

This parkrun deserves its own report for being in such an attractive setting not to mention I was first woman overall – well when you don't win much at all, it's worth shouting about when you do!

The run is held in the grounds of Osterley House, a National Trust property, so a tree-lined drive leads you to an ornamental lake and the stunning house.

The start is right at the foot of the steps to the house and is run mainly within the grounds. It's quite a slow course, being a three lapper, and most runners seem to be up to a minute down on their typical parkrun times.

The first part of the course is on a relatively benign graveled drive before following a potholed lane where much dexterity is required to dodge the puddles! It then turns into a root-strewn path that meanders between some trees before opening out onto grassland in front of the house.

I had a battle with the second lady who ran with me for two-thirds of the race before fading somewhat just before the final lap. I was pleased though that our rivalry helped her achieve a one-minute PB.

The run is still in its first year and is one of the smaller parkruns, but surely it won't stay that way for long. ***Lindsey Annable***

13	Lindsey Annable	1W	24:29 (course PB)

69 ran

Riddlesdown

11	Ange Norris	21:24

64 Ran

Whitley Bay

While Clare flew south to Lanzarote on Thursday to sun herself – sorry, to undergo intense preparations for the forthcoming European Sprint Triathlon Champs – I was flying in the diametrically opposite direction to visit my mother in the north east.

This is the 4th - and slowest - time I've done this run now. However it was only a few seconds slower than my next worst effort which can be explained, for the most part, he says, by the miserable wet and windy conditions that just about the whole country was experiencing, I understand, for its parkrunning on the day.

For anyone following the Brenda Blethyn detective series 'Vera', incidentally, the finish is exactly where the body had been fished out of the sea in the opening shots of the previous Sunday's episode.

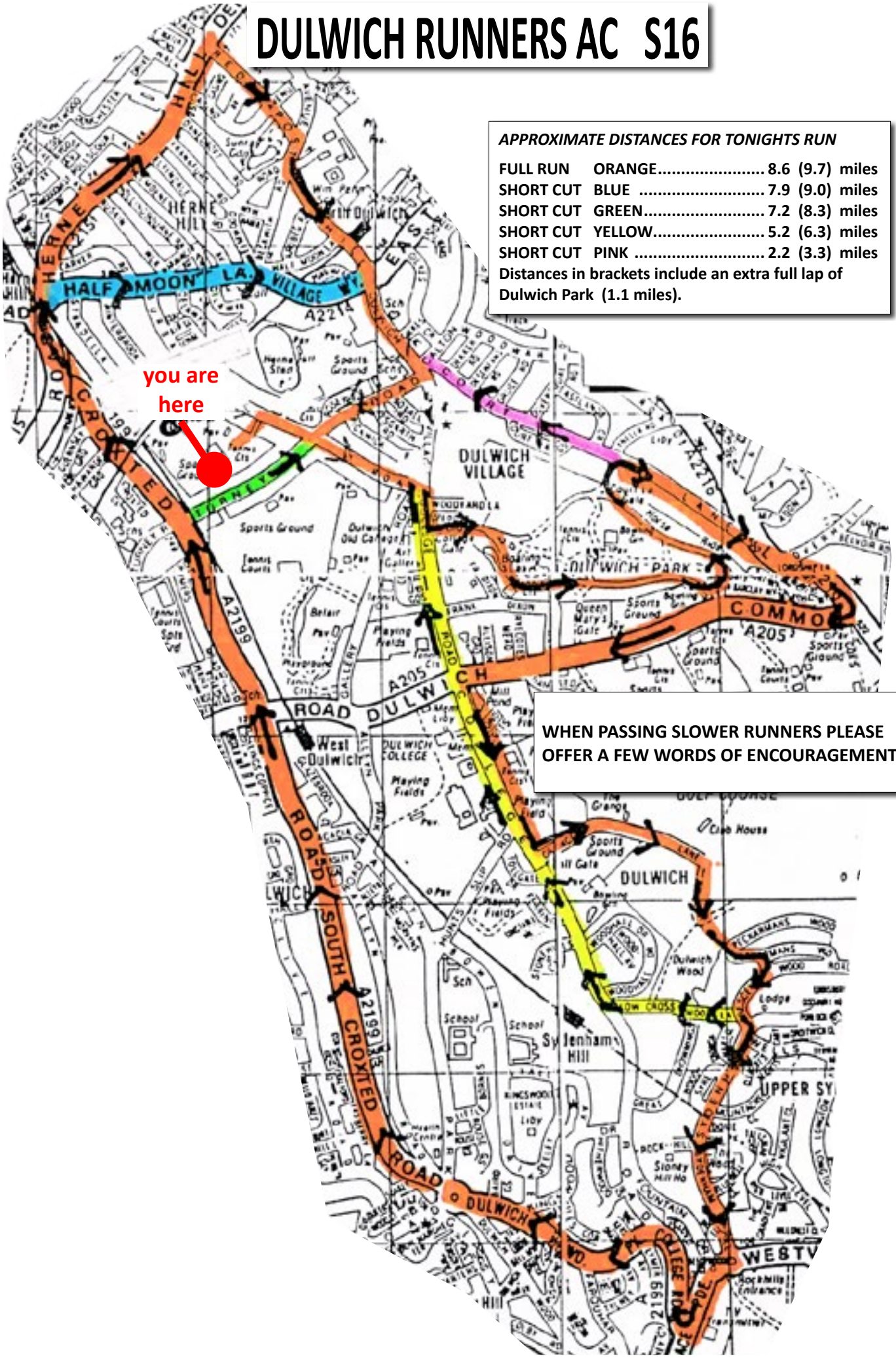
65	Michael Dodds	23:54

213 Ran

New members especially ! and others....

Could you update your Parkrun profiles to show you are a member of Dulwich Runners AC (if paid up). This help us pick out all our runners for the weekly results.

DULWICH RUNNERS AC S16



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	ORANGE	8.6	(9.7) miles
SHORT CUT	BLUE	7.9	(9.0) miles
SHORT CUT	GREEN	7.2	(8.3) miles
SHORT CUT	YELLOW	5.2	(6.3) miles
SHORT CUT	PINK	2.2	(3.3) miles

Distances in brackets include an extra full lap of Dulwich Park (1.1 miles).

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT