SHORTS

Dulwich Runners AC
Weekly Newsletter
March 12th 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 12 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 18 Track session with Steve Smythe - £2.50 fee
Crystal Palace Track - 7 for 7:15pm start

In your SHORTS this week !

3 Fixture list, Club champs,XC road, trail etc
4 Tunbridge Wells 1/2 Full results and report
5 Clare sets world record at BMAFs
8 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

Crystal Palace Track

Tuesdays with Steve Smythe - suitable for all abilities
Improve your speed & strength over all distances.
suitable for all abilities.

We pay a monthly fee so it is important as many people use the track as possible so we don't make a loss.

The entry & payment systemsystem has changed.
£2.50 per session
Ideally aim to arrive at 7pm warm up for 7:15 start.
Please see page 2 for full details on track entry and payment system - Steve Smythe.

EVENT HORIZON

A brief look ahead

full fixture list page 3

Mar 15 BMAF Cross Country Champs -Glasgow
Apr 3 Beckenham Assembly league

Dulwich Runners Membership Annual Renewals Due

If you have not yet renewed your 2014 membership then you cannot score as a Dulwich Runner in any club races, XC, club champs and any other events you may enter.
You must RENEW ASAP

You will have received either by email or post your 2014 membership renewal reminder.
If you haven't received your renewal form then contact me asap barry@bg1.co.uk or see me at the club on a Wednesday evening
Thankyou to those of you that have renewed

NEW RUNNERS ROTA

Many thanks to **Patrick McMorrow, Steve Wehrle and Steve Cook** for taking out new people 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**

Mike Mann	**12/03**
Di Morgan	19/03
Olivier Montfort	26/03
Andy Murray	02/04

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**

LUCKY VEST

March Winner - Lindsey Annable

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 7**

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

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)

SPRING RELAYS - UPDATE

Unfortunately we did not have sufficient numbers interested to enter a team for this year's Welsh Castles Relay before the closing date which has now passed.
Entries for 2 teams to take part in the Green Belt Relay on 17/18 May have just been sent off and we are confident that we will be successful.

We are planning to field one mixed and one ladies team. However the women's numbers are tight, so if anyone else would like to take part, please get in touch. Those who have put their names down will be contacted shortly with further details. The next major tasks are to allocate stages to our runners and organize transport.

We plan to hire a minibus over the weekend, but we will be looking for car drivers as well to help out. We are asking all participants for £10 each as a small contribution to the costs of entry and minibus hire. In addition those using the minibus will be asked for a contribution towards the fuel costs. **Mike Mann - mcmann90@yahoo.co.uk**

Film Night

Coming to a pub near my house soon
It's not all about training, training, training (…isn't it?).
Take some time out, put the running socks on for a boil wash and venture out of the house without having to wait on the doorstep to locate that satellite.
Join us for a night of blockbuster cinema action, running themed of course (I promise it won't be that youtube clip of the men's XC at Richmond Park, inspiring though it was).
Details out soon

Crystal Palace Track

The entry system has changed, a Crystal Palace duty manager or a Dulwich Runner will hand out a wristband at reception so you don't need to pay or queue at reception but you will need to pay £2.50 to whoever is doing the club rota at the track. Ideally aim to arrive at 7pm.
You may need ID eg: DR members card or EA/UKA reg card
It might be easier to pay £5 for a further session. It will be £3 if you can't pay. Some of us travel some way to do this so those who live within a few miles should make a special effort to run on what has traditionally been one of the best tracks and athletic stadiums in the world and every top class athlete of the last 40 years has competed on it at some stage. - ***Steve Smythe***

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.

Finally you are advised to enter the Tunbridge Wells Half marathon early as last year entries were closed from very early in January. **http://tinyurl.com/mskwjte**

The events are as follows:

1 February	Brockwell parkrun 5k (short)
2 March	Tunbridge Wells Half (long)
13 April	London (or other) Marathon (long)
5 May	Ted Pepper 10k (medium)
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)
Events in red completed

CLUB CHAMPS 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.

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
Mar	15	BMAF Cross Country Champs			Tollcross Park, Glasgow
Apr	3	Assembly League	3miles		Beckenham - 7:15 start
	13	London (or other) Marathon		(long)	London / various
May	1	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	5	Ted Pepper 10k	for online entry see below	(medium)	Bromley, Norman park
	25	Rye 10 miles		(long)	Rye
Jun	5	Assembly League	5k		Dulwich Park - 7:30 start
	11	Dulwich Club Champs 2 miles		(short)	Battersea Park **note new venue**
	22	Beckenham 10k		(medium)	Beckenham
July	3	Assembly League	5k		Battersea Park - 7:30 start
	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

Ted Pepper online entry **http://tinyurl.com/q98cmgv**

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

3 April	Beckenham	3miles	7.15 start	
1 May	Victoria Park	3.5 miles	7.30 start	
5 June	**Battersea ***	5k	7.30 start	*** change of venue TBC**
3 July	Battersea Park	5k	7.30 start	
7 Aug	Victoria Park	3.5 miles	7.30 start	
4 Sept	Beckenham	3 miles	7.15 start	

Date		Race		Venue
Mar	25-30	World Masters Indoor Track & Field Champs	(indoor track)	Budapest

TRACK MEETINGS

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.

There are likely to be 3 more meetings there in the summer months (details will be posted when available). There are 4 Monday evening open meetings at Norman Park, Bromley scheduled for 19 May, 9 June, 21 July and 11 August, plus a track evening on 27 August, at which you can run as a guest. There is also an open meeting at the Parliament Hill track on 9 April. Rather further afield are the Watford open graded meetings held every other Wednesday evening from 9 April to 24 September.

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

Race Reports & Results

Nb Steve Smythe will now only send in results for races he attends or arranges for someone else to attend, so 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 .

Finchley 20, 9 March 2014

The journey to marathon success is often a bumpy ride, and so it proved with this year's Finchley 20.

This well-organised race of four undulating laps was the perfect opportunity to practice different speeds ahead of the Brighton and London marathon.

Steve Smythe had helpfully set the paces for the two groups: Alastair and Paul; and Ebe, Mel, Rob and Oli – stepping in for an injured Edwin.

Both groups worked well as a team, ticking off the miles, with plenty of support for Team Dulwich along the course.

Rob was particularly impressed with the accurate pacing in his group, with each person taking it in turns to help hit the miles on the nose.

Feeling happy that the group had successfully navigated the hardest third lap before returning to the scheduled slower last 5 miles, Rob relaxed thinking the hard work was done for the day...

But then Oli and Mel, perhaps needing a confidence boost following injuries, continued to maintain their speed. Both looked impressively strong and Mel felt reassured that marathon pace felt very comfortable after missing most of January's training.

Ebe and Rob stuck to the prescribed paces and watched all the people they passed on the first three laps, overtake them… Ebe liked having a controlled run with a different pace-challenge for each lap. An undulating course made hitting the pace target per mile not easy, but the group achieved this well - a case for crowd intelligence maybe..?

The second, faster group fared slightly differently. Paul hadn't trained since Wednesday following a heavy cold. He felt fine at the start and the first 10 miles were comfortable. However he struggled on the third lap and stopped for a full minute, but then took it easier on the final lap - overtaken by a flying Mel at mile 19 and Oli in the last 1000m.

Alastair enjoyed mixing up the marathon training with a change of scenery, getting the miles in the bag and heading back to the sofa for the rest of the day. He also felt the effects of Tunbridge Wells and an amazing Tuesday track session… followed by another cold... and found the last 5 miles tough, but glad to be on to the last page of the training schedule now!

Alastair Locke	2:17:05
Mel Edwards	2:18:49
Oli Thorogood	2:19:06
Paul Devine	2:19:19
Ebe Prill	2:20:53
Rob Cope	2:20:53
Emily Allchurch	3:06:26

Rob Cope

Edinburgh University H&H KB5, March 8

Shona continued her racing as she ran 29:18 to be first woman and was pleased with the run in windy conditions on a hilly course.

29 Shona McIntosh 1W 29:18
135 ran

NB the previous week, Shona's husband Rupert ran 87:16 (87:05) chip at Paris – which was an encouraging run after a lot of missed training.

Greenwich Meridian 10km, March 2

Ola Balme 4W 42:19 (42:16)
297 ran

Peckham Rye parkrun coming soon

I am pleased to announce after a recent meeting with parkrun officials' and working with a parkrun ambassador, my plan for a new parkrun at Peckham Rye park has been accepted and all the funding via the Mayor of London fund has been made available to start this project.

The course will be a 3 lap course around the trail walk which goes past the pond and over the 2 bridges via the Japanese gardens and I can show the map to anyone who would like to have a look

HOWEVER.....

As you know parkrun requires volunteers which is why I am placing this notice to ask if anyone at the club would be interested in being part the core volunteer team.

Parkrun have asked me to submit 10 names of people who would be willing to help occasionally on a rota system and we will need 3 people after myself to become run directors again on a shared rota.

Please email me if you would be interested in helping to get this project started, I have been told we could do this in as little as 2 months once I have a team of helpers

Many thanks

Kevin Chadwick - Kevchadwick@googlemail.com

CLARE SETS WORLD RECORD.

Lots of national masters medals for Dulwich.

BMAF CHAMPIONSHIPS, Lee Valley, MARCH 8-9

It was the most successful ever Masters championships for Dulwich Runners as there were seven first places and six second places.

Clare again stole the headlines as she took six seconds off her W50 1500m world record and came very close to the 800m record but the other six all picked up medals with great performances too.

W50

Clare was drawn to run in the W50 to W60 race, but was on paper 40 seconds faster than anyone else so was given the option of running in the W35 race, but not being eligible for a medal.

She chose the younger race and there was a fast pace throughout set by runners well over ten years younger. The first 800m was actually quicker than the previous British 800m record at the start of the year but Clare still had 700 metres to go. Feeling her breathing was the best it had been since September, Clare finished strongly but couldn't quite get past her two younger rivals. Her time was 4:40.07, which took six seconds off her W50 World indoor record, but was also superior to the W50 world outdoor record. Her performance got 98.78% on age grading.

Clare was back the next day for the 800m (combined W45/W50) and she decided just to stay behind Bernadine Pritchett who had pushed her all the way to a British W40 record in her first indoor season six years ago. The early pace wasn't that fast and Clare kicked past with 200 metres to go. Clare's finishing pace was such that she ended up only 0.60 from her world record.

Just over a hour later, Clare decided she needed a 3000m race as she has entered that for the upcoming world championships in Budapest.

In the W35 to W60 race, No one else wanted to lead and the early pace was slow. Clare picked it up and was solo after 100 metres. She soon hit a good pace and her first kilometre was quicker than the senior women ran in the world indoor championships in Sopot at 3000m. She maintained the pace encouragingly and just failed to lap the entire field of 11 and she won her age group gold by a minute.

ns 1500: 1 Clare Elms 4:40.07 (world W50 record)
800: 1 Clare Elms (Dulw) 2:21.69
3000: 1 Clare Elms 10:15.07

M35

Ed Hill ran a strong race and survived a quickish start to take the silver medal in his second fastest time. Family duties prevented a attempt at 800m the following day.

1500: 2 Ed Hill 4:29.83

M50

Not at his sharpest, Tony ran his fastest 1500m of the year but second for most of a very competitive race, he wasn't able to finish as fast as some of his rivals and had to settle for fifth.

In the 3000m, while the 1500m winner was away and clear, Tony settled in the group behind and there was a fast first kilometre and then a slower second but he pushed on strongly himself over the last 800 metres and was able to gain a clear second place with his best race for a while.

1500: 5 Tony Tuohy 4:31.69
3000: 2 Tony Tuohy 9:31.39

M65

Mike Mann was up against Pete Molloy, who set British age group bests in all three events and had to settle for a trio of silvers. In the 1500m, Mike ran a very strong race and recorded his fastest time for two years with a well-paced run.

In the 800m on the next day, he again ran his quickest 800m since 2012 though in this one he started fast hanging on to his age group rival and slowed on the second half.

In the 3000m, a few hours later, he couldn't quite match his time when fresher a few weeks earlier but was only a second slower and again it was better than anything achieved in 2013 to complete a great weekend's racing.

800: 2 Mike Mann (Dulw) 2:33.53
1500: 2 Mike Mann 5:05.81
3000: 2 Mike Mann 11:04.58

W40

In the 1500m on paper Cara and Nicola were up against faster runners. Early on they trailed their two main rivals by some distance and seemed far too far back to challenge for the title. But Cara, leading Nicola had got the pace right and they picked off one runner in the last 400 metresand then the leader on the final lap. Cara finished the strongest to take gold and ran her best 1500m for some time. Nicola chased Cara into second and though not at her fittest, she bettered her lifetime best from last summer and ran 16 seconds quicker than she had in her two previous indoor 1500m this year.

With Cara deciding to focus on celebration, she missed the next day's 800m, but Nicola up against younger runners felt she hadn't recovered from the day before and struggled after a quick start. With her only rival pulling up injured, Nicola was first W40 but didn't qualify for a gold medal as she was just outside the standard.

1500: 1 Cara Oliver 5:05.63; 2 Nicola Richmond 5:07.46 (PB)
800: 1 Nicola Richmond 2:39.22

W60

Ros wasn't drawn against her W65 rival Angie Copson, who she had raced so closely a few weeks ago in any of her three races but was up against younger runners in the 1500m and like many of her clubmates, she ran her quickest 1500m since 2012.

Her 5:48.08 was adjudged as her third best ever race on age-grading of the 570 races she has on Power of Ten with a very high 96.68%.

Her 800m was fractionally slower than she had been two weeks ago but she finished strongly and it was on a par with all of her 800m of the last eight years.

She found the 3000m hard after a short gap and was slower over the second half but the time was only six seconds slower than what she ran when winning the European Masters Championships last winter.

800: 1 Ros Tabor 2:53.34
1500: 1 Ros Tabor 5:48.08
3000: 1 Ros Tabor 12:20.23

Steve Smythe

March 1st & 8th

March 1

Brockwell

55 Nicola McIvor 6W 21:47 (PB)
97 Kim Hainsworth 16W 23:42 (PB)
131 Steve Cook 25:42
200 ran

Dulwich Parkrun

Some eased around prior to the half-marathon but a few may have run too fast!

13 Chris Goodman 18:42
51 Gideon Franklin 21:35 (PB)
85 Mark Muffett 23:18
90 Ebe Prill 23:38
91 Paul Devine 23:39
108 Pip Eastop 24:29
128 Mick Mead 25:15
159 Stephanie Burchill 41W 28:05
202 ran

Hilly Fields

4 Kevin Chadwick 20:10
84 ran

8th March

Brockwell

38 Cameron Timmis 21:19
49 Graham Laylee 22:10
15W/91 Michelle Lennon 24:19
200 ran

Crystal Palace

Due to Bromley Schools Cross Country there is no Crystal Palace parkrun on 15th March 2014

This weeks notable event was Belinda taking 40 seconds off her PB and finishing just behind her dad. This was achieved by running with Lisa, who was doing her 100th run and wanted a "dog handler" to take care of one of her huskies. So question is was Belinda pulled or Luna (the dog) pushed ?

8 Andy Cottrill 19.32
43 Bob Bell 22.26
50 Belinda Bell 22.54 (PB)
85 Desmond Edwards 24.59 (PB)

Dulwich

In great conditions, lots of PBs with Steve Davies just missing his 18 minute target. There was a big group operating at sub-20 minute pace led by Olivier which helped one of the Asics/Runner's World runners Malcolm to an one minute PB.

Jim Dowsett set an outright Parkrun PB, remarkable in his 127th parkrun.

7 Stephen Davies 18:03 (PB)
12 Dominic Joyner 18:22 (PB)
17 Chris Loizou 18:50 (1M55)
27 Olivier Montfont 19:33 (PB)
29 Gary Sullivan 19:36 (eq PB)
33 Ola Balme 2W 19:41
45 Jim Dowsett 20:34 (PB)
69 Ian Sesnan 22:17
78 Mark Muffett 22:34
95 Kim Hainsworth 8W 23:31
100 John English (not in results) 23:40 (ran with son Joseph)
115 Pip Eastop 24:30
122 Mick Mead 24:56
193 ran

Hilly Fields

10 Kevin Chadwick 20:13
117 ran

Old Deer Park Richmond

The last time I ran this was in August last year and it still almost feels like a new parkrun with its small field of participants. Its three lap course fitted my goal, though, of using it as a training run and varying the paces of the laps.

Barrie came along to marshal and was placed half way around the lap which was a bonus as he was on hand to provide plenty of encouragement to me each time I went past as well as to the other runners. I managed to scrape a couple of seconds off my course PB despite not going flat out.

23 Lindsey Annable 7W 24.54 (1st VW45)
52 ran

Riddlesdown

13 Ange Norris 2W 21:56
73 ran

Tonbridge

Apart from the odd flotsam and jetsam and despite a small alteration, amazing to see that this course was back in action having only recently been under three foot of water. Having travelled from opposite directions, it was good to meet up with Nick who had travelled up from Hastings.

It was Nick & Oscar's first parkrun here and last time Duncan was here it was decidedly wet so it was a pleasure to see the sun shimmering on a duck-encrusted lake.

9 Nick Brown 19.23
(broke M55 -59 record by 65secs)
11 Duncan Hussey 19.31 (course PB)
18 Oscar Hussey 20.04 (debut)
178 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.

2014 pre London Marathon schedule for weekend runs going through to 13th April .

For further information contact either STEVE WEHRLE or CLAIRE STEWARD

SUNDAY RUNS, RACES AND REPS
(Provisional – dates and events subject to change)
Includes: middle and long distance multi-terrain / road races
Cross Country (XC) Fixtures on Saturdays
Sunday runs at High Elms, Mile repetitions in Dulwich Park
Preparation for London Marathon 2014

Weeks to go!	Date	Event / Distance	Information
4	16 Mar	Spitfire 20 / Tempest 10	Dunsfold Aerodrome(20or10mrace) www.eventstolive.co.uk/
3	23 Mar	12 x 1 mile	08:30 Dulwich Park
2	30 Mar	Paddock Wood 1/2M	Paddock Wood, Kent www.paddockwoodac.co.uk/
1	6 Apr	Easy 10 miles	09:00 High Elms
Zero	**13 Apr**	**LONDON MARATHON**	**CLUB CHAMPS**

The Sunday runs from Dulwich Park start at 09:00, (suitable for; 3.15 – 3.50 time long runs with Claire
3.50 – 4.30 long runs with Steve)

Sunday alternative, meet with 'HERoS' (High Elms Runners on Sunday) mostly off-road, starting from Cuckoo Wood car park, High Elms Rd, between Green Street Green and Downe in Kent at 9:00 – usually two pace/distance groups, minimum ~10 miles
For more information contact Steve Wehrle or Claire Steward
For XC events, contact the Cross Country Captains for further details

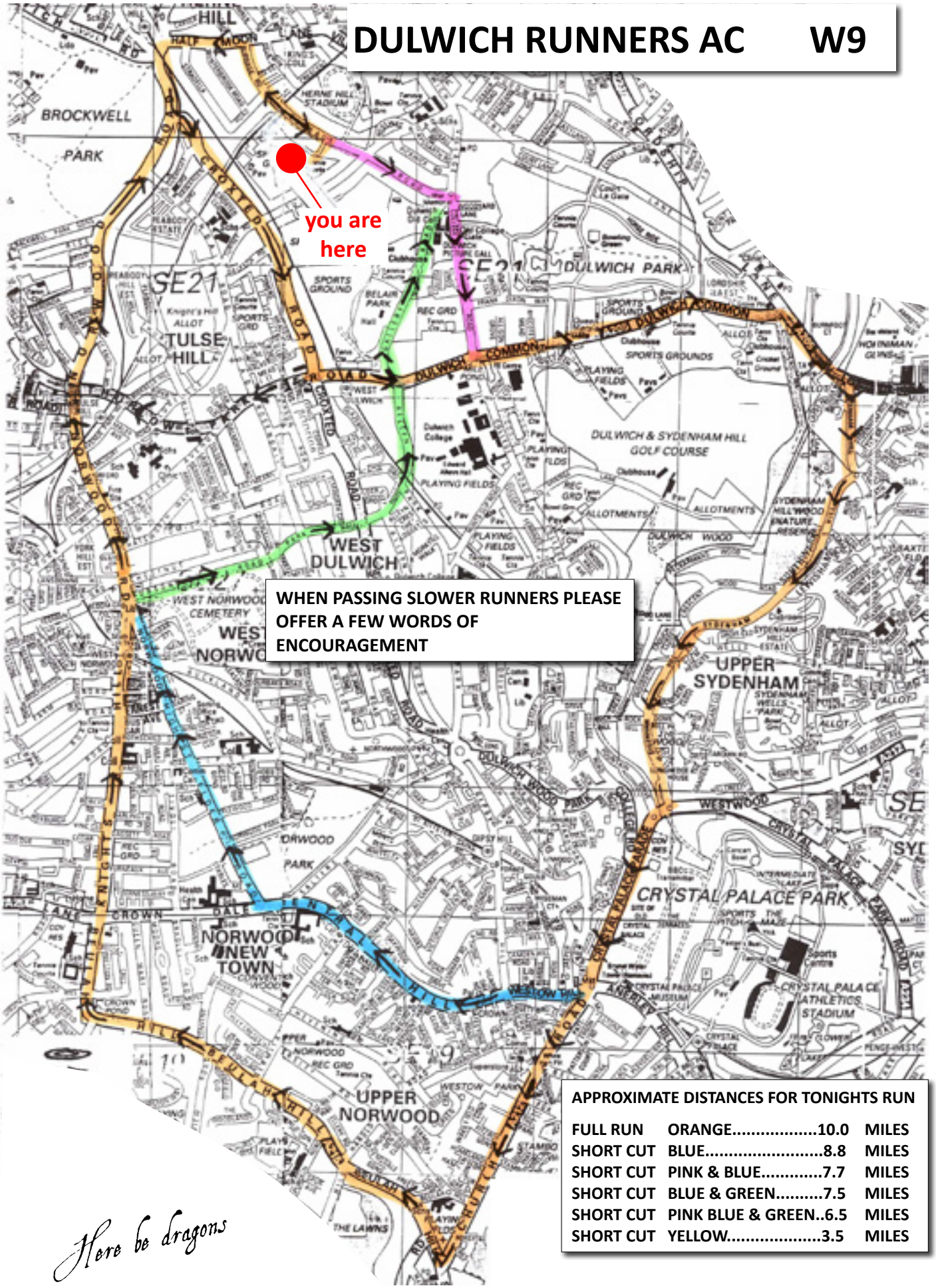
ParkRuns (5k) take place at 09:00 on Saturday morning in local parks all over the country (incl Dulwich, Brockwell, Crystal Palace, Burgess, Southwark, Hilly Fields) – check out www.parkrun.org.uk/ for venues and registration

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

DULWICH RUNNERS AC W9



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	ORANGE	10.0	MILES
SHORT CUT	BLUE	8.8	MILES
SHORT CUT	PINK & BLUE	7.7	MILES
SHORT CUT	BLUE & GREEN	7.5	MILES
SHORT CUT	PINK BLUE & GREEN	6.5	MILES
SHORT CUT	YELLOW	3.5	MILES