SHORTS

Dulwich Runners AC
Weekly Newsletter
August 6th 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 06 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Thu 07 **Assembly League** -Victoria Park, Mile End
Open to all club memebrs, fre to enter.

Tue 12 **Track session with Steve Smythe** - £1 fee
Dulwich College Track - 7 for 7:15pm start

In your SHORTS this week !

2 Fixture list, club champs,XC, road, track etc
4 Race reports & 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

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

EVENT HORIZON

A brief look ahead

full fixture list **page 3**

Aug 07 Assembly League -Victoria Park, Mile End
Aug 31 Seven Oaks 7 - club champs race

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

Tonight August 6

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 3**

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**

James Burrows	**06/08**
Joseph Brady	13/08
Sue Cooper	20/08
Steve Cook	27/08

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)

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

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
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
Oct	11	Surrey League 1	mens		Newlands Corner, nr Guildford
	11	Surrey League 1	womens		Richmond Park
	18	Surrey Masters Champs			Richmond Park
	19	Cabbage Patch 10	(alternative to Rye 10)	(Long)	Twickenham
Nov	8	Surrey League 2	mens		Ham Lands, nr Richmond
tbc	22 or 29	South of Thames 5 miles			tbc
Dec	06	Surrey League 2	womens		Nonsuch Park, Cheam
	20	South of Thames 7.5 miles			Farthing Down, Coulsdon
Jan	3	County Champs			Various venues
	10	Surrey League 3	mens & womens		Wimbledon Common
	24	South of Englands champs			tbc
Feb	7	Surrey League 4	mens		Lloyd Park, Croydon
	8	Surrey League 4	womens		Farthing Downs, Coulsden
	21	National Champs			Parliament Hill Fields

SURREY LEAGUE AND OTHER CROSS COUNTRY FIXTURES

Dates and venues have been agreed for next season's men's Surrey League matches as well as a number of other fixtures.

Please try to keep the Surrey League dates free, particularly if you are likely to be in the scoring (the first 10 runners in each team).

We are hosting the Surrey League fixture at Wimbledon Common and will be asking for helpers.

Since the National Champs take place in London this time, it is likely to be included as part of our own cross country champs.

ASSEMBLY LEAGUE 2014

First Thursday of every summer month, venues ame as last year.

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. Any further information regarding these races it will appear here in Shorts.

Events still to come:

7 Aug	Victoria Park	3.5 miles	7.30 start
4 Sept	Beckenham	3 miles	7.15 start

DULWICH RUNNERS CLUB CHAMPS 2014

9 races in total split into 3 distance categories. 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 current club membership to qualify for points. **Mike Mann** (on belhalf of ADSC)

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

Remaining events are as follows:

31 August Sevenoaks 7 (medium)

19 October Cabbage Patch 10 (Long) (Rye 10 alternative)

CLUB CHAMPIONSHIPS important update

The Committee decided to add the Cabbage Patch 10 on 19th October as an additional 10 mile race to the Rye 10. 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.

to enter:
http://www.sportsystems.co.uk/ss/event/Cabbage-Patch1012

Striders of Croydon's Multi-terrain race

Switchback 5 28th September.

We have kept the entry fee low - £6 for affiliated runners before race day – but still provide a goody bag including free tea and cake.

Details and entry from are here :
http://www.stridersofcroydon.org.uk/?page_id=4005

Online entry forms are here :
http://www.runnersworld.co.uk/events/registrationinfo.asp?sp=&v=2&EN=84639&ms=

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.

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

11	Aug	Norman Park
20	Aug	Eltham
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

GREEN BELT AND WELSH CASTLES RELAYS

It's a long way to go until these relays take place next spring, but we would like to encourage as many club members as possible to take part in 2015. We had very positive feedback from those of you in the 2 teams that completed this year's Green Belt Relay and it was great to see so many newly joined members participating.

A number of you were keen to take part in both events next year. It was disappointing that we were not able to field a team for the Welsh Castles Relay; we were just a few short of a full team of 20. We would particularly like to promote this for 2015 and make every effort possible to field a complete team.

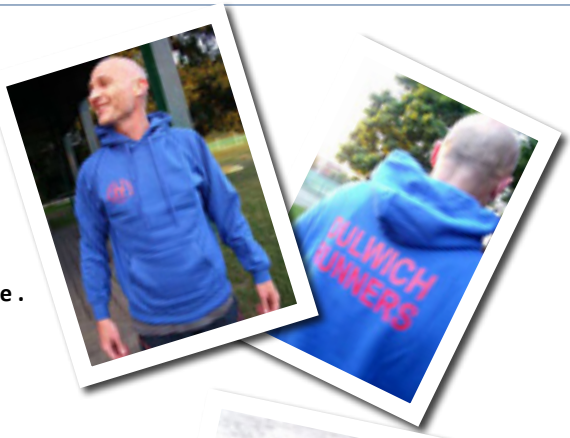
We have just been informed of the date which is 13/14 June, a week later than usual, so please try to keep that weekend clear if you are interested; it is a highly enjoyable running and social weekend. The date for next year's Green Belt Relay has not yet been set but it is likely to be either 16/17 May or 23/24 May.

Mike Mann

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/reports appear in SHORTS you must send them in. barry@1bg1.com
All road, fell, XC, Tri results etc, are welcome .

London Triathlon, 2nd/3rd Aug

Leann Peters writes....

Last weekend saw one of London's largest triathlons, the London Tri. This vast event lasted 2 days and saw about 10,000 competitors over the Olympic and Sprint distances. An Olympic Tri consists of 1500m swimming, 40km cycling and 10km running. I entered the Olympic distance and was entered into a wave on Sunday morning.

Sorry, a bit of triathlon speak coming up. The first ladies wave of the day at 08:30. Having to be there over an hour before meant an early start and a taxi to get to ExCel London. After arriving, I needed to collect my chip and ankle bracelet, since the chip needs to be worn in the water, it is wrapped around the ankle. Then I needed to rack my bike and set up my bike shoes and run shoes so that I could transition between the disciplines quickly and efficiently. Once that was complete, I was to gather with my swim wave: 320 other females were due to set off in Wave 5. The announcer made a few little jokes, explained the course and sent us off to the water.

The weather was a bit chilly, perfect for a run, but not so lovely when you need to get into the water for a swim. The swim was held at the Royal Victoria Dock and despite what you may think, it really wasn't too bad to swim in, however, wetsuits are compulsory. The swim course on Sunday was set up so competitors would have to complete 1 large lap. I managed to do the swim well. I went into a minimal training (not on purpose) and thought to myself, "if I can manage 40min, I won't be overly disappointed". When I exited the dock, I didn't even look at the time, just focused on quickly getting my wetsuit off and finding my bike.

The bike went out from ExCel London to Westminster and back, past ExCel a few KM and then back out towards Billingsgate Market and back past ExCel again. It was 2 laps with the first one a bit longer than the second one. It was a bit windy, so you could feel it on the bike on the way out, coming in, it was a nice tail-wind. The course was mainly flat, although there was the occasional overpass and underpass.

I felt good on the bike, I knew I was moving and was below where I could have been based on my power output (I judge my riding in power, Kilojoules, rather than speed or heart rate). The course was a bit crowded and we aren't allowed to draft; I had to be careful not to get too close to the other cyclist unless I knew I would pass them. Rounding out the final climb (up a parking ramp into the ExCel centre) I quickly un-tied my shoes and dismounted my bike. Had to run quickly to re-rack my bike and put on my running shoes and visor then I was off to run.

The run course was a twisty, windy 3 loop course. My mantra "DIG DEEP." I managed the first loop in under 20 min, and with my jello legs I felt pretty good about it. It meant that I could run the 10km in less than an hour if I didn't slow down. With my lack of training, that was

a good thing. I managed the second lap in the same time and dug a little deeper in the third lap. Approaching the finish, I mustered up all the energy I could to sprint to the end! Finally, I was finished. Thoughts went through my head about my time, I thought to myself, "if it's less than 3h30 I'll be ok", although that would be my worst time ever.

Much to my surprise, I managed the whole race in 2:58:11. I was shocked! (30:56 swim, 1:19:43 cycle, 58:24 run). Overall it was a fantastic and well organised, huge event. And just good fun!

Overall: 3160/4598
Female: 395/813
F30-34: 95/192

Orion Forest 5/Regents Park 10k

Matthew Ladds reports....

Having run a 5k PB on the Monday at Battersea Park I was feeling good going into the weekend so decided to double up. However an attempt at the Devastator Challenge at Red Dog Saloon on the Friday night probably wasn't the greatest idea....

Anyway on Saturday I was up bright eyed and bushy tailed for a short trip over to TOWIE territory for a 5 mile trail race around Epping Forest hosted by Orion Harriers, the last in their summer series. A good turnout, partly down to a few local clubs having this as a fixture on their inter-club champs. Off the start I got stuck behind a few slower runners and got caught up at a bottleneck at the bottom of the first hill which probably lost me a good minute. The course was fairly challenging with quite a few inclines probably a little more than I'd bargained for however it was a lovely course and I got myself round in 39.27.
I will certainly be back to better my time!

113	Matthew Ladds	39.27
250 ran		

.....So the following day Karina & I made our way over to Regents Park with my excesses sweated out the day before! I was hoping for a PB here and with 2 of the 3 laps down I was bang on target but with yesterday's run still in my legs and a deceptively undulating course I couldn't hold onto it and finished just outside my PB. Karina on the other had a stormer, running a very well paced race and smashing her PB by almost 3 minutes! With the Pride 10k next weekend at Victoria Park which is ultra flat I'll be looking to nail that PB and I'm sure Karina has still got more to come.....

86	Matthew Ladds	45.08
233	Karina Burrowes	53.27
447 ran		

Self Transcendence 10k, Battersea Park, Sat 2nd August

Thought I'd get up early again and run this race – after Wednesday's 3000m I had thoughts of getting another result well inside 35 minutes. So I just scraped inside 36 minutes. Edwin passed and left me at about 6km despite being well below his own potential after his holiday – at least he paced his run properly and revised his PB.

Meanwhile, Martin was having a great run for his own PB but Des had to settle for about a minute slower than last time. But run-of-the-day goes to Michelle who knocked another minute from her PB set only 3 weeks ago.

8	Edwin McCormack	35:27 PB
13	Tony Tuohy	35:59 1st M50
91	Martin Double	44:18 PB
97	Michelle Lennon	45:47 PB
145	Des Edwards	51:22
207 finishers		

Watford Open Graded meeting, Wed 30th July

These Watford meetings are famed for having massive fields of similarly ranked runners, thereby hopefully providing the best conditions for fast times. Their popularity is shown by how many 1500m races there were – 19, with an average field of around 15 runners. There aren't many open meetings with getting on for 300 runners turning up for a 1500m. But these two intrepid Dulwich Runners decided to make the effort (painfully traffic-filled journey) looking for a fast 3000m, as these races could be equally good with about 30 runners in each.

3000m race 1

Clare's improving form lately (I think we can call UK and world records 'improving form') gave her the confidence to have a go for a decent 3000m. With little distance training to speak of and a couple of rough experiences in early/mid-season road races, she was still wary of the extended hard efforts required in anything longer than 1500m. But nothing ventured, nothing gained, and this time it paid off. Recent mile and 1500m times showed that a sub-10 minutes 3000m should be possible so 80 second laps were the target.

After the initial scramble of the first 200m in 38 seconds, Clare settled into the right pace and ticked off the 80s with metronomic efficiency. At the bell she was still one second inside target pace but didn't settle for that, pushing home the last lap in 78.4 seconds to record her fastest time for two years, and a new UK W50 outdoor record of 9:57.39. The only fly in the ointment is that Fiona Matheson has run 3000m indoors exactly one second faster – but the comparative 'ease' of Clare's run here hopefully shows there's more on the cards.

13	Clare Elms	9:57.39 W50 UK record (outdoors)

3000m race 2

My own quest for a 3000m PB seems never-ending. Said PB (9:22.83) dates from February 2011 and at the time was a bit of a jump-up from my race performances back then – it still stands as one of my best runs. Unfortunately, an 'outlier' on your race record like that can be a bit difficult to approach again and despite numerous attempts in the last couple of years getting within 8 or 9 seconds the closest I've got to it is a 9:27 last year. So, what could Watford do for me.....?

I set off with confidence and duly despatched the first km in 3:06 and the first 1500m in 4:41. Unfortunately that was as good as it got as by now I could tell the speed was already gradually fading. In fact from here I slowed a second per lap, down to 78s, but pulled out a 75 for the last to clock 9:30.08 – hardly a bad time but ultimately disappointing. So, what could Watford do for me? Well, not enough it seems; so the quest must continue..... ***- Tony Tuohy***

25	Tony Tuohy	9:30.08

August 2nd

Brockwell

195 ran

12	Lewis Laylee	18:49
43	Michael Mann	21:05
53	Graham Laylee	21:42

Bromley

382 ran

80	Colin Frith	21:46
90	Martin Morley	22:06
167	Di Morgan	24:48
183	Clare Osborne	25:25

Burgess

97 ran

18	James Charles	20:36

Crystal Palace

126 ran

33	Bob Bell	23:06
40	Barrie John Nicholls	23:43
52	Lindsey Annable	24:25
66	Paul Hodge	25:33
71	Claire Steward	26:08
85	Barry Graham	27:48

Chelmsford Central

320 ran

85	Kim Hainsworth	23:02

Clair

121 ran

9	Nicholas Brown	20:52

Dulwich

132 ran

7	Mel Edwards	18:51
38	Mark Muffett	22:50
42	Ian Sesnan	23:23
57	Mick Mead	24:50

Peckham Rye

56 ran

9	Ajay Khandelwal	20:38

Pollok, Glasgow

471 ran

30	Stephen Smythe	20:05
81	Andy Murray	22:01
97	Ros Tabor	22:36

Pymmes

27 ran

2	James Wicks	20:44

Victoria Parkrun, Glasgow

212 ran

199	Susan Jane Vernon	31:16
205	Chris Vernon	33:32

Worcester

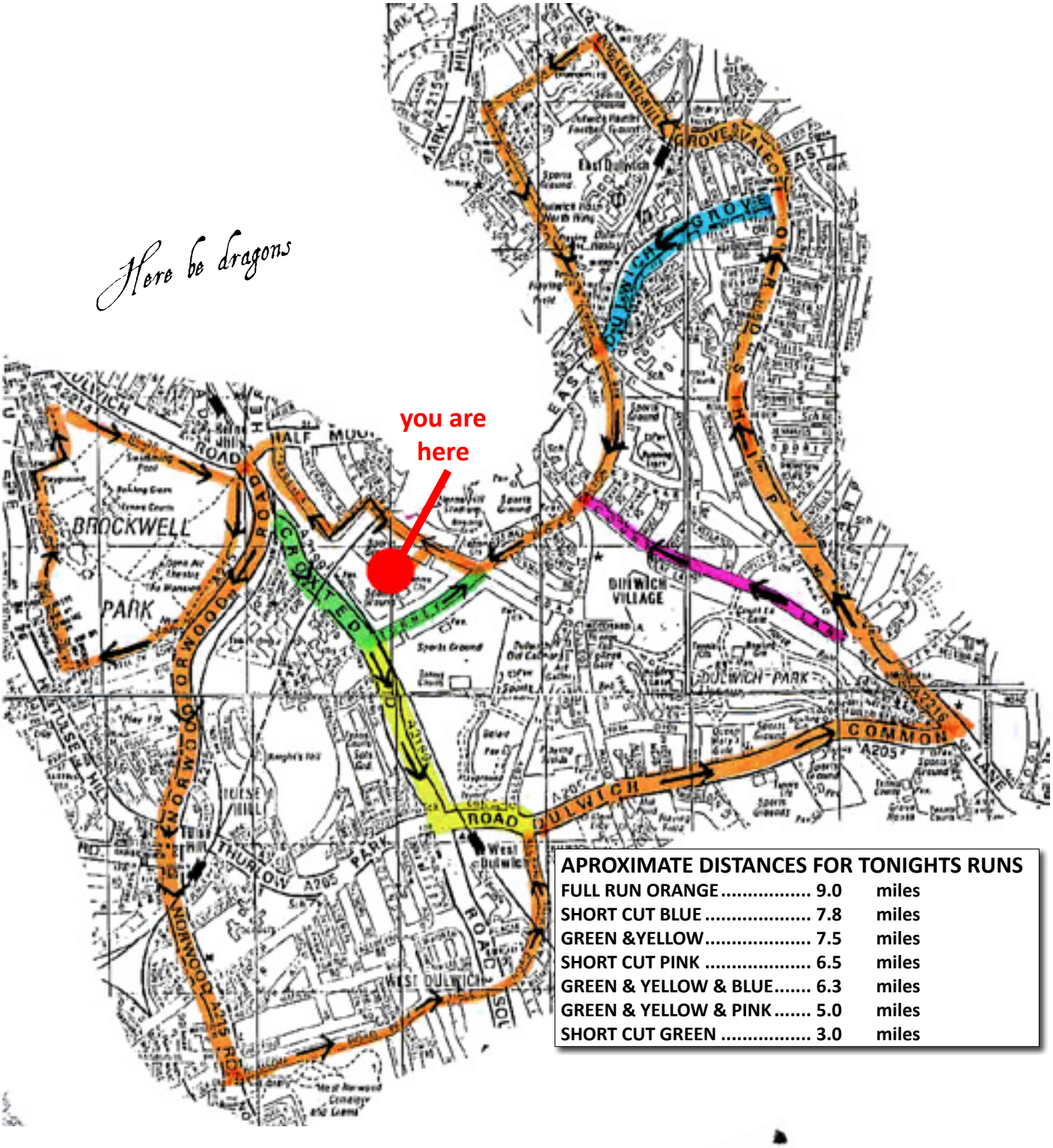
344 ran

30	Ange Norris	21:40

New members especially ! and others....

Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC. This helps ensure your results get picked up and saves you having to send them in.

DULWICH RUNNERS AC S11



APROXIMATE DISTANCES FOR TONIGHTS RUNS

FULL RUN ORANGE	9.0	miles
SHORT CUT BLUE	7.8	miles
GREEN &YELLOW	7.5	miles
SHORT CUT PINK	6.5	miles
GREEN & YELLOW & BLUE	6.3	miles
GREEN & YELLOW & PINK	5.0	miles
SHORT CUT GREEN	3.0	miles

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT