SHORTS

Dulwich Runners AC
Weekly Newsletter
August 20th 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 20 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 26 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
5 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

LUCKY VEST

August winner - James Burrows

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**

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)

"Your Committee will be next meeting on Monday 8th September. "
Grateful for any agenda items to Clare Osborne at:
clareosborne@hotmail.com
by Wednesday 27th August

EVENT HORIZON

A brief look ahead

full fixture list page 2

Aug	31	Seven Oaks 7 - club champs race
Sep	4	Assembly League - Beckenham
Oct	11	Surrey League Cross Country - mens & womens

NEW RUNNERS ROTA

Thanks to **Sue Cooper** for taking out new 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**

Joseph Brady	**20/08**
Steve Cook	27/08
Paul Devine	03/09
Mel Edwards	10/09

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

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	31	Sevenoaks 7		(medium)	Sevenoaks
Sep	4	Assembly League	3miles		Beckenham - 7:15 start
	13	Will Bolton Relays			Sparrows Den
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	1	Reigate Priory Relays			Reigate Priory Park
	8	Surrey League 2	mens		Ham Lands, nr Richmond
	15	London Champs			Parliament Hill Fields
tbc	22 or 29	South of Thames 5 miles			tbc
Dec	6	Surrey League 2	womens		Nonsuch Park, Cheam
	6	Kent Masters			Sparrows Den
	13	South of England Masters			Horspath, Oxford
	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			Stanmer Park, Brighton
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 & 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

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.

Only one left this year:

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

SEAA Road Relays Aldershot, 20/21 September

We intend to enter senior and vets teams for these relays in Aldershot. For the women, both seniors and vets (40+) this is a 4 stage relay of just under 3.9km per leg taking place on Saturday 20 September. The men's relays take place on Sunday 21 September (6x6km for seniors and 4x6km for 40s, 50s and 60s). Teams will be selected shortly and we will be in touch soon. ***Mike Mann***

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

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***

FORTHCOMING TRACK RACES

There are two open track meetings this week. The BMC meeting at Eltham on Wednesday 20 August includes a 5000m at 7pm, 800m races from 8pm and mile races from 9pm. The final HHH open meeting at Tooting Track on Saturday 23 August features a 10000m at 12.00, 800m at 1.05pm, 400m at 3.45pm and 1500m at 5.20.
You can enter on the day at both meetings.
In addition Blackheath & Bromley are holding a club track meeting on Wednesday 27 August, at which we have been informed that guests are welcome. It includes a mile race starting at 7.15pm ***-Mike Mann***

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=

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 .

What !...no race reports ?
Seems everybody must be on hols this time of year.....

beats running I suppose !.....

August 16th

Banstead Woods

151 ran

2	Tony Tuohy	18:01

Brockwell

194 ran

26	Ola Balme	20:09
97	Desmond Edwards	24:12

Crystal Palace

154 ran

45	Bob Bell	22:54
75	Belinda Cottrill	25:09
108	Barry Graham	27:41

Dulwich

145 ran

Getting back to a vaguely respectable level of training after a pretty wretched year trying to shake off a foot injury (not yet with total success). Hopeful, then, of managing sub 23 mins in parkruns, more often than not, but Dulwich's normally faultless timing let me down on this occasion.

Credited with 23-31 when it should have been 23-10 (still behind the missus, then, but not that far!). Also, a bit irritating that on my timing I completed the 'proper' parkrun distance comfortably under 23 (in 22-37).

I've suspected that Dulwich was a bit on the long side for a while now but this isn't marginal, it's at least 100 metres out – I had it as 130 metres too far for what it's worth – or around 30 seconds at my pace.

The course is fast, obviously, but it should be even faster. Does anyone out there agree? **- Mike Dodds**

13	Mel Edwards	18:55
23	Ajay Khandelwal	19:45
35	Graham Stanton	20:28
58	Clare Wyngard	22:35
63	Mark Muffett	22:56
66	Michael Dodds	23:31
139	Chris Vernon	32:49

Finsbury Park

176 ran

80	Linda Byrne	24:08

Folkestone

138 ran

12	Nicholas Brown	20:01

Newark

150 ran

24	Martin Morley	23:06

Orpington

99 ran

19	Colin Frith	23:37

Osterley

64 ran

I returned to the venue of my favourite parkrun and this time was accompanied by Barrie, who had been swanning around a film set on my last visit. The course was somewhat drier than last time although recent rain had filled the puddles along the back lane of the course.

We both had good runs with Barrie setting an all time parkrun best despite the tight turn on the three-lap course. Not only had he broken his parkrun record but also a tennis game earlier in the week had broken his index finger. Arguably his great run was therefore achieved carrying an injury but perhaps that's stretching it a bit..... I also improved on my course best in spite of an exhausting working week in Germany. We both headed our age categories in the small but perfectly formed field.

We sat in the sunshine afterwards over coffee and breakfast in the café, which is housed in the stables and stable-yard and then indulged in some retail therapy in the National Trust shop and farm shop.

The run celebrates its first anniversary on 30th August and all participants and volunteers that day will be given a voucher for complimentary entry to the grand Osterley house.

15	Barrie John Nicholls	23:24
18	Lindsey Annable	24:05

Peckham Rye

77 ran

3	Paul Devine	18:40
5	Kevin Chadwick	19:13
15	Gideon F ranklin	20:46
25	Nicola Mcivor	21:54
50	Karina Burrowes	26:49

Riddlesdown

132 ran

34	Ange Norris	22:58

Roundshaw Downs

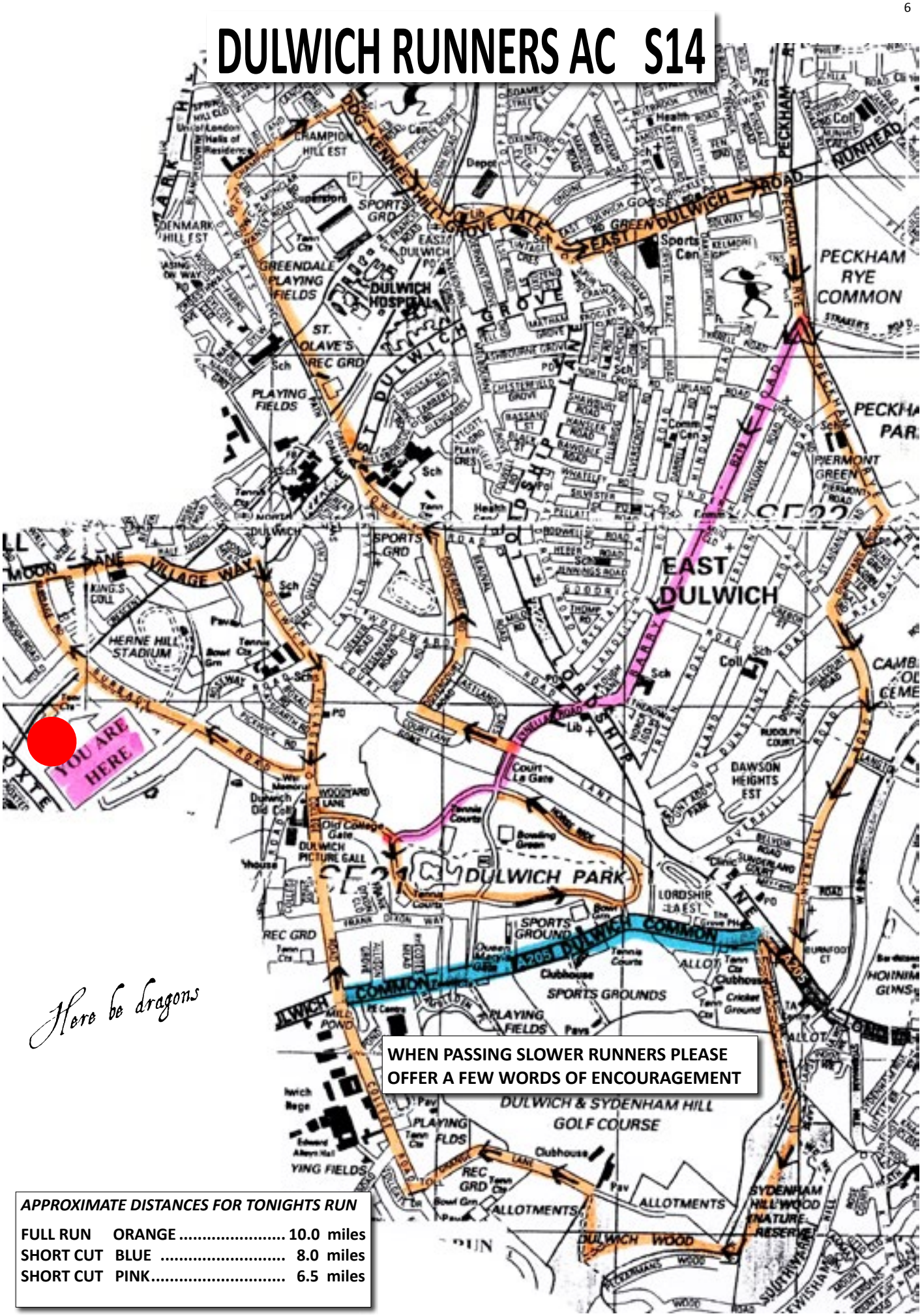
77 ran

3	Piers Vernon	19:42

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 S14



Here be dragons

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**	**8.0 miles**
SHORT CUT	**PINK**	**6.5 miles**