SHORTS

Dulwich Runners AC
Weekly Newsletter
August 13th 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 13 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 19 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 Victoria Park assembly league report and results
7 Parkrun results
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

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

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**

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**

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

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 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	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
	15	London Champs			Parliament Hill Fields
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			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 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

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:

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***

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.

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 .

Assembly League, Victoria Park, Thursday 7th August

The August leg of the Assembly League in Victoria Park usually proves the most difficult to attract a good turn-out due to the east London location and summer holidays, and this edition was no exception – although 19 hardy Dulwich Runners still managed to get there and give their best. Overall, both men's and women's A teams were a little below strength and could only finish 5th and 6th respectively on this occasion.

Edwin continued his storming form of late, being our first man home a full half-minute up on last time here, covering the 3.5 miles at sub-16:50 5k pace. Meanwhile, Tony 'but I always do 18:50 to 19:00 here' Tuohy was struggling, watching Edwin disappear during the second half. He blamed his slightly-slower-than-usual time on having no-one to battle out the last downhill half-mile with; although he was actually lucky Wayne wasn't already on his shoulder. As Tony faded (at least securing first M50), Wayne gained, ending up only 9 seconds behind in a time a whole minute faster than he managed last year. Paul completed the A team, a few seconds up on last time but down on his best 5k form.

The B team included improved runs from Kevin and James, split by Alastair making a careful return to racing since his metatarsal fracture (footballer's injury, namby-pamby stuff). Completing the scorers was Steve Smythe making his own careful but welcome return to racing after a summer of injury management.

The sub-18:00 times may not be there at the moment (a year or three back……) but his pace was in fact faster than recent parkruns testing the injury status and he was second M55 on the day. Also making a rare but welcome race appearance was Colin Bailey-Wood, and not too unfit either. A debut run from James Wicks was ahead of Jo Brady and Andy Murray, who was first M60. Club stalwarts Barrie John Nicholls and Kev Wood ran solidly to complete the Dulwich men, split by Des Edwards making his debut here.

Mel's demeanour straight after the finish (flat out on the grass, gasping for air, no response to questions) seemed to indicate she'd put some effort in……and so she had, posting a very fast time and really pushing it to get fourth, just beating three other women who finished right behind her. She was ably backed up by Anna, just a little slower than last time, and Michelle making her debut run here. Lindsay had a very good run, finishing just ahead of Des and within 40 seconds of Barrie John.

Tony Tuohy

16	Edwin McCormack	SM	18:51
18	Tony Tuohy	M50 -1	19:10
21	Wayne Lashley	SM	19:19
46	Paul Devine 43M	SM	20:14
58	Kevin Chadwick 54M	SM	20:36
60	Alastair Locke 56M	SM	20:44
78	James Burrows 74M	SM	21:29
79	Mel Edwards 4W	SW (4W)	21:33
92	Steve Smythe 81M	M55 - 2	22:13
94	Colin Bailey-Wood 83M	M50 - 5	22:15
105	James Wicks 91M	SM	22:50
113	Joseph Brady 98M	M45 - 5	23:13
127	Andy Murray 106M	M60 - 1	23:49
137	Anna Thomas 25W	SW	24:29
159	Michelle Lennon 36W	W45 - 6	25:51
170	Barrie J Nicholls 129M	M60 - 5	26:44
173	Lindsey Annable 42W	W45 - 8	27:24
176	Desmond Edwards 132M	SM	27:29
193	Kev Wood 138M	M55 - 5	29:47

Men A team

VPH	1 2 6 10 =	19
Kent	4 9 11 30 =	54
Stock E	3 8 17 28 =	56
Serp	7 15 19 52=	93
Dulwich	**16 18 21 43=**	**98**
Eton M	12 40 48 51=	151
Lloyds	5 22 68 70=	165
Beck	34, 37 42 57 =	170
Ravens	14 29 49 56 =	171
Camb H	23 78 87 95 =	283
Petts W	39 88 90 114 =	331
Dartf RR	20 94 140 140 =	394
Aquila	85 100 130 140 =	455

Men B team

VPH	24 25 26 27 =	104
Kent	31 33 41 55 =	160
Dulwich	**53 54 74 81=**	**262**
Eton M	59 61 69 80 =	269
Stock E	45 72 73 84 =	274
Beck	60 82 99 101 =	342
Serp	66 89 97 104 =	356
Ravens	79 102 108 115 =	404
Lloyds	86 140 140 140 =	506

Women

Kent	*2 5 9 =*	*16*
VPH	*6 7 10 =*	*23*
Eton M	*3 8 19=*	*30*
Kent B	*11 13 14 =*	*38*
VPH B	*15, 21, 28 =*	*64*
Dulwich	***4 25, 36 =***	***65***
Serp	*16 27 29 =*	*72*
Eton M B	*20, 22, 30 =*	*72*
Beck	*12 26 43 =*	*81*
Stock E	*1, 63, 63 =*	*127*
Ravens	*18, 63, 63 =*	*144*
Serp B	*40, 54, 57 =*	*151*
Petts W	*38, 63, 63 =*	*164*
Dulwich B	**42, 63, 63 =**	**168**
Dartf Rr	*45, 63, 63 =*	*171*

Göttinger Altstadtlauf 10.5k, Wednesday 30. July

This was my second time of competing in the traditional evening of races around the old city centre of my home town in Germany. It's held on the last day of the school year and plenty of students and teachers take part before starting their summer vacations.

My event was the last of the evening: the 'Langstrecke' (long distance) of 10.5k, consisting of six laps inside the medieval town walls. You might remember from my report last year that I finished 'hand in hand' with my main competitor for the age group, Dr Hoffmann, a club runner from the Harz mountains. This year however I had high hopes of clinching a clear victory on the back of improved form and vigorous training under a regime of local beer and sausages.

All runners congregated next to the old town hall and its landmark of a fountain with a bronze figure of a girl herding geese, the 'Gänselieselbrunnen'. And amidst the crowd I spotted the slender figure of my rival Matthias Hoffmann, who cheerfully greeted me with "Oh bother, now I have to run seriously!" Consequently we lined up side by side at the start, right behind the race favourites, who were all introduced to the large and animated crowd. This year there even was a grand stand erected in front of the start/finish area, with seats for the town dignitaries, heads of the university colleges etc.

The race was chiefly between the serial winner from recent years, Florian Reichert, a teacher from my old school (depressingly born the year after I matriculated), who also is a semi-pro ultra mountain runner and the uniquely named Geronimo von Wartburg, a road race specialist from Northern Germany. Off we went, and Dr Hoffmann set a blistering pace for the first lap.

I stayed at his shoulder, thinking that this was at the upper limit of my 5k pace and hopefully more of a doomed attempt to distance me early on than a sustained effort on Doc Hoffmann's part. The second lap wasn't much slower, but I managed, encouraged by strategically placed friends and family along the route. I clearly had the home advantage. The third lap showed signs of a slowing pace and a tiring Dr Hoffmann.

At this point we had to weave through throngs of fellow runners whom we were lapping, some with pint in hand, many in teams with matching t-shirts. I was proudly wearing my Dulwich vest, now forging ahead and setting the pace, still feeling quite fresh, the sausage-power kicking in. Casually glancing over my shoulder at some of the many corners of the course I noticed Doc Hoffmann dropping back further and further and the way clear to age group glory. I was in the zone, overtaking every- and anything ahead of me.

No one could get past me now! At the end of lap five however my bubble was painfully pricked by the lead bicycle appearing at my side and shouts of: The race leader! And past me sprinted Florian Reichert on his last metres to the finish, lapping me in my turn. He was minutes ahead of everybody else and set a new best.

So, slightly humbled I proceeded on my final lap, nevertheless enjoying it tremendously and finishing in 19. place overall, winning my age group (and the M45 too) and the battle with Doc Hoffmann for this year. He had a good last lap, kept me in sight and finished only nine seconds down, right behind me. Battle will be resumed next year !
Ebe Prill

19 Ebe Prill 40:31 (1.M50)
600 ran 10.5k, winner in 33:17

Southern Women's League, Premier Division, Eton 9 Aug.

It was the final fixture of the league so time for one more "last attempt" at a sub 11 3000m. Having accepted my limited ability to keep track of splits, I decided to write my target lap splits on my hand. Perhaps I should have heeded them more closely as having gone through 1k 5 seconds ahead of plan, the second half of the race became a case of trying hang on and gradually seeing my time buffer dwindle away over the final kilometre.

I managed to pick up the pace on the final lap to just squeeze under 11 minutes. Having thrown everything into the 3000, running the 1500m shortly afterwards was not surprisingly a rather unpleasant affair. My legs seemed to get going again on the final lap (psychological, I'm sure) but not enough to avoid recording a PW for the distance.

Tereza had been due to make her debut for Herne Hill on the track in the 800m but unfortunately heavy traffic on the M25 caused her to miss the race and arrive too late to be entered for her preferred distance of 400m. Running the third leg of the 4x400m relay, Tereza put in a superb performance to narrowly hold off a challenge from a fast finishing Channel Islands runner and to handover to the final runner with a small lead, which was extended to a clear victory for the team. Unfortunately, the times for the individual legs aren't available.
Mel Edwards

3000m
10:59.3 Mel Edwards (3rd A string, PB)
1500m
5:26 Mel Edwards (7th A string)
4x400m
4:03.6 Tereza Francova (1st team)

British Masters Track Championships, Birmingham, Saturday 9th - Sunday 10th August

Eight medals including three gold for Dulwich Runners!

Tony Tuohy writes.....

Five intrepid Dulwich veterans (sorry, we're all 'masters' now) made the trek/pilgrimage this year looking for medals or even to land the odd national championship gold – and none came home empty-handed!

Saturday

W40 1500m

Nicola won a bronze medal last year with a 5:16 run but a lot faster than that was needed this time. The gold medallist was too good but Nicola found herself in a three-way scrap for the other medals and had to dig deep for another improvement to her barely two-week-old PB in order to grab bronze again, only a second short of the silver. A PB at the national championships, can't ask for more then that.

3 Nicola Richmond 5:05.43 PB

W50 1500m

This was as straightforward as it gets for Clare. The race started slow as the field waited for her to lead but she just stayed back until long-time rival Bernadine Pritchett (current W45 world indoor 1500m champion) took it on and speeded things up. Clare followed easily before sprinting off just before the bell to open up a five second gap by the finish. Another gold for the collection – can't I just borrow one please?

1 Clare Elms 4:45.92

W65 1500m

Ros may have just moved into a new age group but that didn't mean things suddenly got easier as she now had multiple world champion and record holder Angela Copson to contend with. Ros pushed it hard with Copson all the way to the last 100m, recording her fastest time for two years, but just had to give way in the finishing straight.

2 Ros Tabor 5:42.70

M65 1500m

Mike benefited from a useful scrap with a younger rival that pulled him well clear of the other M65s and resulted in his best time of the summer alongside a gold medal and national title.

1 Mike Mann 5:17.86

W65 400m

Sprint specialist Moira West (also just moved up to W65), who won both 100m and 200m here, was too good for Ros, who was running her second event of the day. She lost out by a close enough 1.82 seconds, and as West is a 31-second 200m runner, a second silver medal of the day was a pretty good result.

2 Ros Tabor 76.72

Sunday

W65 800m

With Angela Copson opting for the 5000m today Ros had a straightforward task to win the 800m but pushed for a good time anyway. She was rewarded with her best of the summer, only two seconds down on her Budapest race back in March. A gold and two silvers, not a bad weekend.

1 Ros Tabor 2:54.85

M65 5000m

Mike needed to match his best road 5k time of the year and use good tactics in the strong winds to win this. He again followed the same younger rival as yesterday, which pulled him clear but he had to work hard in the latter stages, particularly into the back straight headwind, to maintain a 10-second lead to the line. Two races, two golds, can't be bad.

1 Mike Mann 19:50.72

M50 5000m

With two of the best UK M50s entered, with PBs far superior to the rest of us, there was bunch of us with PBs in the 16:30s to 16:40s who were realistically all racing for the bronze. Good tactics would be the key. The first mile or so was run at 16:40 pace and I stayed well tucked in out of the very strong wind against us on the back straight.

When the race inevitably split I thought discretion was best and decided against chasing after a potential silver medal as I was just as likely to end up in limbo and blow up badly in the wind. The pace slowed a lot from halfway and I was comfortable following M50 rivals Colin Ridley and Rob Sheen – so comfortable that a couple of times I poked my nose out into the wind aiming to go past but thought better of it. Patience is a virtue, even if I did feel a little guilty letting the other two bear the brunt of the gale.

Sheen was leading with two laps to go; Ridley let him keep the lead up the windy back straight, then upped the pace and went past at 600m to go with me in hot pursuit. Sheen was immediately dropped and I felt Ridley's effort falter quite soon after so made my own effort just before the bell, going almost flat out to get a gap quickly before hitting that wind.

By the home straight I was wobbly but held a four second lead to the line. Tough, but very pleased to get a medal after finishing fourth at the previous attempt.

3 Tony Tuohy 17:07.79

August 9th

Bexley

170 ran

7	Michael Fullilove	20:39

Brockwell

185 ran

4	Paul Devine	18:08
57	Graham Laylee	22:32

Bromley

407 ran

96	Kim Hainsworth	22:44
102	Colin Frith	22:58

Burgess

123 ran

14	James Charles	20:16
61	Barry Evans	24:39
107	Piers Vernon	31:45
108	Susan Vernon	31:49
113	Chris Vernon	33:09

Crystal Palace

137 ran

18	Andy Cottrill	21:48
33	Bob Bell	23:11
69	Belinda Cottrill	26:12

Dulwich

160 ran

18	Ajay Khandelwal	20:27
23	James Wicks	20:48
27	Graham Stanton	21:08
53	Mark Muffett	23:02
76	Claire Steward	24:32

Eastbourne

150 ran

8	Simon Burnett	20:22

Orpington

128 ran

96	John O'byrne	32:33

Peckham Rye

50 ran

1	Edwin Mccormack	17:48

Preston Park , Brighton

227 ran

13	Nicholas Brown	19:41

Richmond

267 ran

60	Barrie John Nicholls	23:37
82	Lindsey Annable	24:53

Walsall Arboretum

223 ran

28	Andy Murray	21:46

Lodmoor Country Park, Weymouth

119 ran

62	Barry Graham	27:33

Whitstable

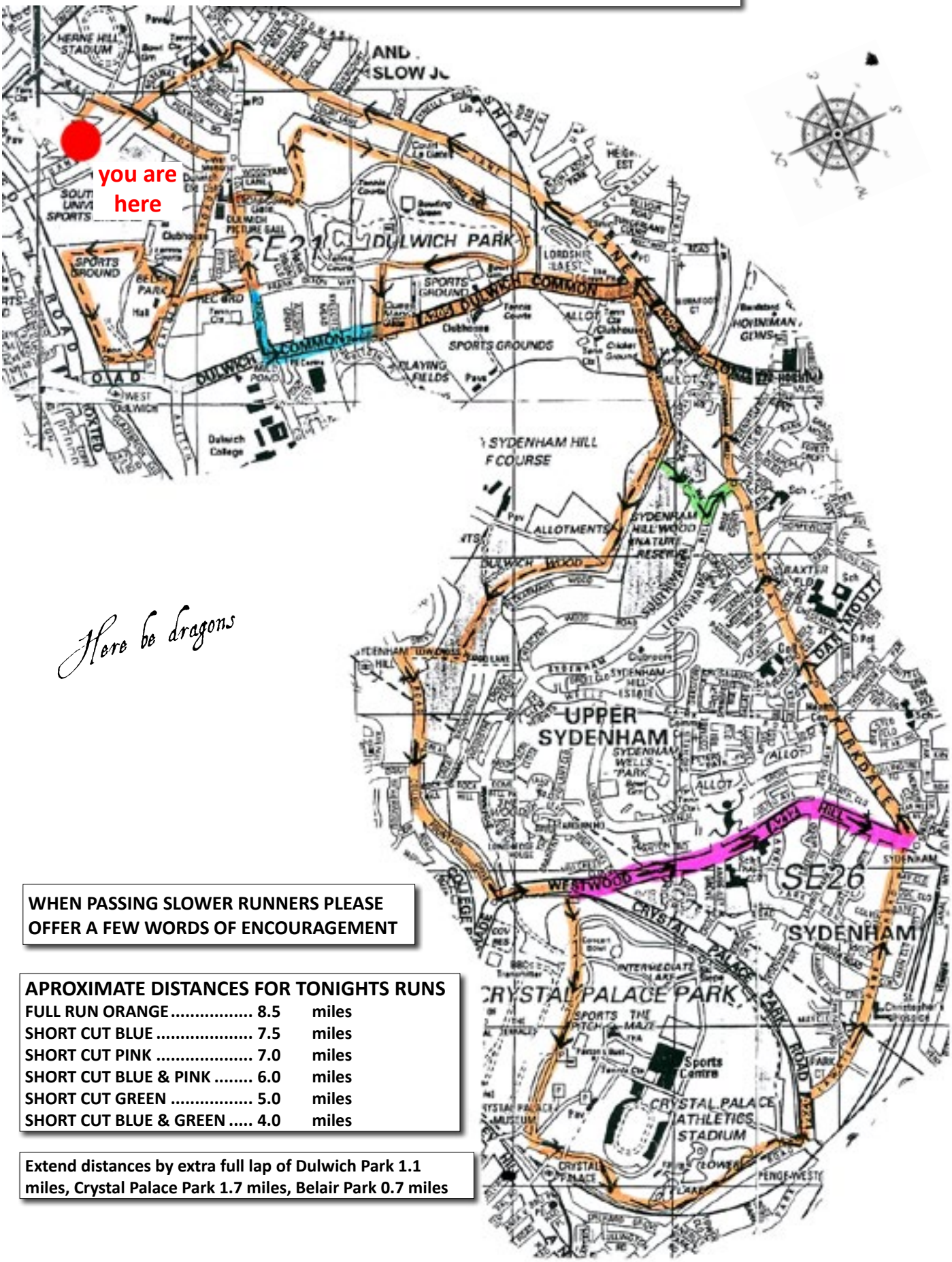
187 ran

84	Di Morgan	26:48

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 S13



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APROXIMATE DISTANCES FOR TONIGHTS RUNS

FULL RUN ORANGE	8.5	miles
SHORT CUT BLUE	7.5	miles
SHORT CUT PINK	7.0	miles
SHORT CUT BLUE & PINK	6.0	miles
SHORT CUT GREEN	5.0	miles
SHORT CUT BLUE & GREEN	4.0	miles

Extend distances by extra full lap of Dulwich Park 1.1 miles, Crystal Palace Park 1.7 miles, Belair Park 0.7 miles