DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
March 30th 2016

These are your SHORTS,
Please send your reports, running news & anecdotes to:
shorts@dulwichrunners.org.uk
DEADLINE 17:30 TUESDAY
- THE COMING WEEK –

Wed 30 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 05 Track at Crystal Palace Arena
£2.50 per session.
Meet just after 7pm to warm up, the session around 7.20pm.

In your SHORTS this week !

1... General information
2... Club kit, social events etc
4... Fixture list, club champs,XC, road, track
5... Race reports and results
7... Parkrun results..
8... Wednesday night routes 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

- Excellent for building speed,stamina and endurance
- Go to reception, tell them you are with Dulwich Runners. Allow 10 mins to get from there down to the track
- Pay Ros £2.50 on the track, do not pay at reception
- Elkie will commence a warm-up around 7pm and the main session will start approximately at 7.20pm.

Suitable for all standards

Thurdays morning sessions

And there's also speed/hill work mostly on grass taken by Steve Smythe.
Usually starts between 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
Interested ? then email steve.smythe@athleticsweekly.com to go on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE
PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- **Sign the attendance register and pay £1.**
- **We need the money to help pay for clubhouse hire, map printing etc.**
- **We use the register to compile the new runners' rota, so please write legibly.**
- **We also like to keep an accurate record of weekly attendance.**

Thank you. - Ros

DULWICH RUNNERS MIDSUMMER RACE

Changed to 30th June (due to referendum 23rd)
The Midsummer 5k is going to change into a RELAY this year. There will be teams of 3, each runner doing one lap of Dulwich park.
The proposed date is **Thursday 30 JUNE**.
If you would like to help, plan and organise the race, or have any ideas, please can you contact Ros.
ros.tabor49@gmail.com

EVENT HORIZON

A brief look ahead

full fixture list **page 6**

Apr 7 Assembly League Beckenham
24 London Marathon

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Last week thanks go to: **Sharon Erdman, Charlie Boden and Ian Lilley**
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**

Ian Sesnan	**30/03**
Jo Shelton Pereda	06/04
Tom South	13/04
Katie Styles	20/04

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 !

After your run 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)

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£20 each
Socks	£5 pair
Buffs/snoods	£6 each

Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk
Keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood. - all sizes available - £25

only £5

SOCIAL SPOT

Watch this space for upcoming 2016 events !

SHORTS!

KIT DULWICH RUNNERS' SHORTS

Will be available in all sizes from Wednesday 6 April – buy them before you run the first Assembly league race of the year

They are traditionally cut either 'racing' style, or slightly longer – size medium.
Both styles are a bargain £15.

Buffs/snoods - only £6

HOODIES…

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros

and the number of the eggs in the jar is..... 908

In our latest fund-raiser for José, 'Doug' was announced as the winner of our Guess the number of eggs in the jar competition. He has been tracked down, notified of his good fortune and this week will be presented with the jar and a £30 voucher to spend at Run and Become, both prizes being generously donated by members of Jose's family. By his own admission, Doug may need to embark on a slighly more strenuous exercise regime to counteract his egg consumption, although it would take a brave man to comtemplate eating the whole lot by himself.

Ange sorted through the entries, and with guesses ranging up to 1852, found five entries pretty close to the correct number: Ros and Sue in joint 4th place with 900, third place with 912 was Hugh, Joe in second with 905, and Doug's winning guess of 910

Thanks to everyone who supported the sompetition; the £390 raised has been added to the club donation of £1,000 , £327 from the Christmas party raffle, and £225 from our quiz night, to be channelled through Regain Charity Supporting Sports Tetraplegics via their Restricted Funds account with José as the named recipient.

Steve Smythe suggested weekend runs for marathoners January to April

Apr 3: slow 20-22 miler
Apr 10: 15 miles
Apr 24: (London M Apr 24)

British Masters Road Relays - Sutton Coldfield - Sat May 14

if you are over the age of 35 - male or female - please put this in your diary now. Dulwich have traditionally done well in a number of the age group races but while we have a few who turn up every year, we rarely get everyone we should have.
It would be good to get as many of our leading runners as possible to turn up and represent the club at what is one of the best events to take part and this year we have people available in the event or who have moved up.
A list of possible runners has been published in previous issues of SHORTS which can be found on the clubs website.
- if you have been missed and are interested contact steve.smythe@athleticsweekly.com

20TH GREEN BELT RELAY

Sat 21 & Sun 22 May 2016

http://www.greenbeltrelay.org.uk/

A relay of 11 runners per team who run 220 miles around London over a weekend. 22 stages, each runner runs once on Saturday and once on Sunday. Course is rural and mostly off road with the stages varying in length from 7 - 13 miles and graded in difficulty from 1 - 10 depending on distance and terrain.
A unique event consisting of running some beautiful green routes just on the outskirts of London.
A team event with great camaraderie within our team and between clubs.
11 in a team but due to injuries etc which cause drop outs, we need about 16 names to start with.

We now have 27 names, two teams plus reserves. If anyone is still keen I'll add them to the reserve list.
Email Ange Norris: dulwichladiescaptain@gmail.com

BMAF AND VAC 10K OLYMPIC PARK 2 APRIL

The BMAF and Vets AC 10k champs on 2 April will be a prestigious national event and an opportunity to race on a course entirely within the Olympic Park.

The race is open to all runners and BMAF members should enter through the BMAF website, where there is a separate entry for non-masters on the BMAF page. There is a limit of 700 runners which is likely to be reached quickly, so those interested are advised to enter soon. ***- Steve Smythe***

DULWICH RUNNERS MIDSUMMER RACE

Changed to 30th June (due to referendum 23rd)

The Midsummer 5k is going to change into a RELAY this year. There will be teams of 3, each runner doing one lap of Dulwich park.

The proposed date is **Thursday 30 JUNE**.

If you would like to help, plan and organise the race, or have any ideas, please can you contact Ros.
ros.tabor49@gmail.com

MARATHONS 2016

If you are planning to run a marathon in 2016 please can you tell Shorts so that we can list those with forthcoming races.
After the race make sure you send a report and your time.
We will try to maintain an up to date list so that we can keep a proper record for the club championships.
Thanks - Ros

so far...

Tom Wilson	Seville	Feb	3:00:09
Miles Griffies	Seville	Feb	3:58:21
Michelle Lennon	Thames Meander	Mar	3:31:50
Grzegorz Gałęzia	Jerusalem	Mar	3:52:36
Andy Murray	London	Apr	
Charlie Lound	London	Apr	
Gideon Franklin	London	Apr	

Dulwich Runners 2016 Fixtures

Further information regarding races will usually be here in SHORTS and or announced on a Wednesday club night.
Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

Cross country Club Champs Assembly League **Misc.**

Date		Race	Venue
Apr	7	Assembly League - Beckenham - 7:15pm (3 miles)	Beckenham
	24	Virgin London Marathon (or alternative) (L)	London
May	5	Assembly League - Victoria Park - 7:30pm (3.5 miles)	Hackney
Jun	2	Assembly League - Battersea Park - 7:30pm (5km measured)	Battersea Park
	13	5k Battersea Park	Battersea Park
Jul	tbc 1	Mark Hayes Mile (S)	Ladywell Track, Catford
	7	Assembly League - o2 Dome - 7:30pm (3 miles approx)	North Greenwich
Aug	4	Assembly League - Victoria Park - 7:30pm start (3.5 miles)	Hackney
Sep	1	Assembly League - Beckenham - 7:15pm start (3 miles)	Beckenham
Sep	4	Middlesex 10k (S)	TBC
	tbc 10	5k Parkrun (S)	TBC
Oct	2	Titsey Multi-Terrain 10k (L)	Oxted
	16	Cabbage Patch 10	Twickenham

The mile will no longer take place on 15 July, and is likely to be shifted to 1 July, though this is tbc,

In addition it is likely that the 5km parkrun will be brought forward by a week to 10 September because of a clash with the BMAF T&F champs.

2016 ASSEMBLY LEAGUE

These races range from 3 to 3.5 miles on road or on paths within parks and run on the first Thursday of the summer months against 12 other clubs.
This series of races is extremely popular and all members are encouraged to participate whatever your standard or ability.
They are free to enter, all you need to do is have a club vest, turn up and run.
Any further information regarding these races will appear here in Shorts as and when it becomes available.

Thu April 7	Beckenham - 7:15pm (3 miles)
Thu May 5	Victoria Park - 7:30pm (3.5 miles)
Thu June 2	Battersea Park - 7:30pm (5km measured)
Thu July 7	o2 Dome - Nth Greenwich - 7:30pm (3 miles approx)
Thu Aug 4	Victoria Park - 7:30pm (3.5 miles)
Thu Sep 1	Beckenham - 7:15pm (3 miles)

From this year, women's team scores will be based upon 4-to-score, the same as the men

DULWICH RUNNERS
2016 CLUB CHAMPIONSHIPS

The races for next year's club championships have now been selected. Once again there will be 9 races in total, but this time they will split into 2 distance categories, short (S) and long (L). To qualify it will be necessary to complete 5 races in total, including at least one from each of the two distance categories. Note that the dates of some of the races have not yet been finalized, but updates will be issued as soon as we know.

CLUB CHAMPS UPDATE

It had been intended to schedule the 2 mile race for the first half of June, once the timetable for the Monday night series of summer races in Battersea Park had been scheduled. However this race has now been scheduled for 1 August, which is not ideal as it falls within the summer holiday season, and there are no alternative 2 mile races available. We have therefore decided to scrub this race and replace it with the 5km in Battersea Park on Monday 13 June. All other club champs races remain unchanged, including the 5km parkrun on 17 September

13	Mar	Dartford Half Marathon (L)
24	Apr	Virgin London Marathon (or alternative) (L)
13	Jun	5k Battersea Park (S)
15	Jul tbc	Mark Hayes Mile, Ladywell Track (S)
4	Sep	Middlesex 10k (S)
17	Sep	5k parkrun, venue tbc (S)
2	Oct	Titsey multi-terrain 10k (L)
16	Oct tbc	Cabbage Patch 10

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.

Trimpell 20 Lancaster
20th March

As part of my preparations for my first marathon (London) I decided to try the Trimpell 20 which begins and ends at Lancaster castle. I am from Lancashire and my Dad lives in Lancaster, so a nice excuse for a trip home.

It's a good course, nearly totally flat (except a short and brutal climb up to the castle at the end) and 99% traffic free. It's quite residential over the first half - with a run out to Morecombe but then stunning scenery with an 'out and back' route through the Lune Valley. Conditions were perfect: cool and bright blue skies. This was my longest run to date, so I was very happy with my time.

127 Paul Greenhalgh 2:28:19
718 ran

Newport to Ryde 7
26th March.

Point to point is not just for horses. The guide said "undulating" multi terrain.

Start in Newport at Quay St through a pedestrian tunnel up a hill over a style then muddy waterlogged fields, then a disused railway line followed by more muddy paths that were really streams with tree roots. Ouch ankle. Then some road river crossing at Wooton Bridge up another hill down a hill then up through some woods then down a hill then.....up a hill to the finish in Ryde school grounds. Beer mat instead of a medal...just ready for a glass of Quarr Abbey ale. The bags were in the van at the finish. Great race put on by my second claim club Ryde Harriers. Amazing organisation with 30 plus marshals required with all the wiggles.
Achilles hurts (in sympathy with Tony McP).

49 Duncan Wilson 1.01.56 3rd M50
115 ran

Folkestone 10
26 March

In breezy and surprisingly hot conditions I was pleased to duck under 80 mins again. Such was the weather I decided to stay over for the Folkestone Park Run the following day.
finishers. The winning time was 52.58. I did catch sight of another Dulwich Runners (Cara Oliver ?) but I believe that due to injury she may not have finished?
247 Colin Frith 1.19.28
(chip time 1.19.21)
641 ran

IAAF/Cardiff University World 1/2M Champs.

Having friends living in Cardiff I have completed the Cardiff Half Marathon a couple of times before, using my participation in the race as a good excuse to go down for a visit.

A relatively flat course with a large field and lively support makes it a good venue for PB's and fast times, an ideal opportunity for me to try and break my elusive 1 hour 35 min barrier. Plus this year it also had the (admittedly somewhat remote) possibility of becoming World Champion - all I needed to do was improve my personal best by about 30 minutes or so.

Arriving on Good Friday the weather was beautiful, not a breath of wind, bright sunshine - ideal conditions for running. Unfortunately the race was on Saturday when the meteorological office had issued weather warnings for heavy rains and gales - not so ideal conditions for running. I decided the fast time was probably not going to happen but the dream of being World Champion was still as alive as it ever was....

As I stood in the pen waiting for the start of race it started to drizzle, I was beginning to think it couldn't get much worse when we were "treated" to the Welsh National Anthem by "Wales' Own" Rhydian Roberts and I must say if I was Welsh I'd be looking for the receipt to take him back - it was truly awful.

And then we were off. The large field prevented a too fast start and I quickly got into a rhythm and was feeling good. The wind and rain was not as bad as feared and I passed 10km in 45:20 even the run over the Cardiff Bay barrage was OK, windy at the best of times it was strong but a cross-wind rather than directly into the face. But at 11km the heavens opened with a veritable deluge and after that my pace gradually began to decrease. A combination of fatigue, increased wind and the fact that I was now carrying an extra couple of kilos of rainwater in my socks meant that I finished in 1:36:55. Not too bad, I'd have settled for that before the race started. I finished in 1,771 place. Does that make me the 1,771 best half marathon runner in the world?
No, is the simple answer! :-)

1771 Graham Stanton 1:36:55

Maidenhead Easter 10 miles
Friday 25th March

The Maidenhead 10 on Good Friday is one of my favourite races. It's a big well-established event (63rd edition) on a nice course with good prizes and I get tempted back each year with a free entry by dint of winning the M50 prize for the last three years. This bribery isn't actually required as I'd enter anyway but this year I really shouldn't have (poor form, lack of training, injured calf/shin, blah blah). However, the small possibility of extending that run of M50 wins was just too tempting, so the chance had to be taken although getting anywhere near my previous times here (four 58s and a 57) was a pipedream. Joining me for the trip to Berkshire were half a dozen Dulwich Runners with loads of winter miles in their legs by virtue of marathon training, with most hoping for big revisions to their 10 mile PBs.

Mark was the only Dulwich man with a sub-hour PB going into the race but all five of them (as well as me) were aiming to do just that. I set off at 58-something pace (felt alright, but you know what's coming...) and Mark came with me. He'd pressed on long before halfway as I slowed, by which time Paul and Steve came through followed a while later by James and then Ian, all looking good for their targets. I'd passed 5 miles in 29:38 and still felt confident enough of going under the hour but my lack of strength soon showed as I slowed dramatically in the 8th and particularly the 9th (uphill) mile, losing a whole minute from my average speed. Having been left behind by the whole contingent of Dulwich men I was wondering where Clare was, fully expecting to see her cruise past at any moment. However, as I started the last (downhill) mile I realised that Ian had come back towards me considerably and in fact seemed to be dying on his feet, and so stirred myself to go after him. The downhill gave me the necessary impetus to catch him just before the line but too late for either of us to break 61 minutes (never mind the hour). Ian's been having treatment for a tendon injury lately but he's well capable of sub-60 for 10 miles and will do it another day; nevertheless he got a very decent one-minute PB.

Mark (by 36 secs), Paul (a huge 3:35), Steve (by 1:06) and James (an also huge 2:52) all achieved excellent and sizeable PBs, just reward for a hard winter's marathon training. Both Paul's and Steve's 'comebacks' are coming on apace. James is worth a special mention as his 10k PB at Chichester just a few weeks ago was virtually the same speed he ran here (spot-on six minute miles) and his fitness has obviously come on in leaps and bounds; just a pity he was denied that elusive 59 by a couple of seconds – must have been painful sprinting for the line and watching the finish clock trip over...

So the prizes for the day were picked up by the slowest and oldest. Clare's excellent 1:02:17 shows her own marathon training appears to be on course and puts her second in this year's W50 UK rankings, just behind long-time rival and fellow world-class W50 Fiona Matheson. It also won her a nice silver plate, 25 quid's worth of shorts and socks and a large chocolate Easter bunny. My run of 1st M50s came to an end but second prize got me smaller versions of the plate, vouchers and choccy bunny. Could be worse I suppose. And it was, the next day, after an ill-advised parkrun brought back my shin injury with a vengeance. Ah well.

- Tony Tuohy

28	Mark Lacey	59:01 PB
32	Paul Devine	59:13 PB
34	Steve Davies	59:26 PB
43	James Burrows	1:00:01 PB
56	Tony Tuohy	1:01:07 2nd M50
57	Ian Lilley	1:01:12 PB
65	Clare Elms	1:02:17 1st W50 (6th overall)

803 finishers

March 26th

Banstead Woods

206 ran

Pos	Gen		
8	8	Tony Tuohy	18:40

Bromley

577 ran

Pos	Gen		
404	304	Peter Jackson	29:36

Burgess

118 ran

Pos	Gen		
15	1	Lucy Elms	20:51
25	3	Kim Hainsworth	21:26
30	27	Stephen Smythe	21:49

Brockwell

167 ran

Pos	Gen		
16	15	Mark A Foster	20:36
30	28	Cameron Timmis	21:41
47	43	Andy Murray	22:43
71	9	Emma Vernon	24:08
78	12	Clare Wyngard	24:46
79	67	Michael Dodds	24:47
105	24	Sharon Erdman	26:09

Colwick

239 ran

Pos	Gen		
151	40	Hannah Harvest	30:44

Crystal Palace

173 ran

Pos	Gen		
5	5	Tom Wilson	20:00
16	16	Simon Lang	21:03
41	4	Belinda Cottrill	22:31
58	52	Bob Bell	23:30
66	58	Andy Cottrill	24:14
89	12	Claire Steward	25:49
105	18	Joanne Shelton Pereda	26:38

Dulwich

194 ran

Pos	Gen		
26	24	Simon Burnett	19:59
88	75	Mark Muffett	24:08
122	96	Kevin Smith	26:37
126	100	Mick Mead	27:09

Fell Foot, Newby Bridge

207 ran

Pos	Gen		
83	18	Sian Maguire	25:40

Folkestone

130 ran

Pos	Gen		
31	27	Colin Frith	23:47

Greenwich

195 ran

Pos	Gen		
24	21	Joseph Brady	22:16

Lanhydrock

227 ran

Pos	Gen		
50	4	Laura Vincent	25:14

Malling

144 ran

Pos	Gen		
14	14	Nicholas Brown	21:34

Nostell Priory

222 ran

Pos	Gen		
107	43	Selina Wray	30:22

Old Deer Park

62 ran

Pos	Gen		
23	4	Lindsey Annable	26:25

Peckham Rye

94 ran

Pos	Gen		
2	2	Kevin Chadwick	18:17
5	5	Ebe Prill	18:59
8	8	Gideon Franklin	20:30
22	1	Michelle Lennon	22:42

Riddlesdown

122 ran

Pos	Gen		
23	4	Ange Norris	22:50

Royal Tunbridge Wells

143 ran

Pos	Gen		
121	73	Rafe Collier	34:07
122	74	Lloyd Collier	34:08

Southwark

117 ran

Pos	Gen		
1	1	Lewis Laylee	17:03
8	8	Martin Holt	18:22
31	30	Graham Laylee	22:23
60	49	Paul Keating	24:58
73	18	Kaylee Coxall	26:20

Tooting Common

225 ran

Pos	Gen		
221	138	Chris Vernon	38:03

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.

MARATHON TRAINING FOR LONDON (OR OTHER SPRING MARATHON)

For those hoping to run a Springtime marathon around 3:45 to 4:45, not really aimed at faster club members (who will be referring to Steve Smythe's schedules), everyone welcome, and likely to be friends from other club(s) at some of the sessions. , Longer runs we will probably split into two groups, faster with Claire, slower with me. Sessions may change according to how the training goes.Claire and I cannot guarantee to make it to all of these sessions but we will do our best to keep the training momentum going. For me it will be my 50th marathon, if everything works out and possibly my last; it will be Claire's 44th.If you intend being part of this group please email me to confirm then I will have an idea of numbers to expect

Cheers - Steve Wehrle steve.wehrle@immediate.co.uk

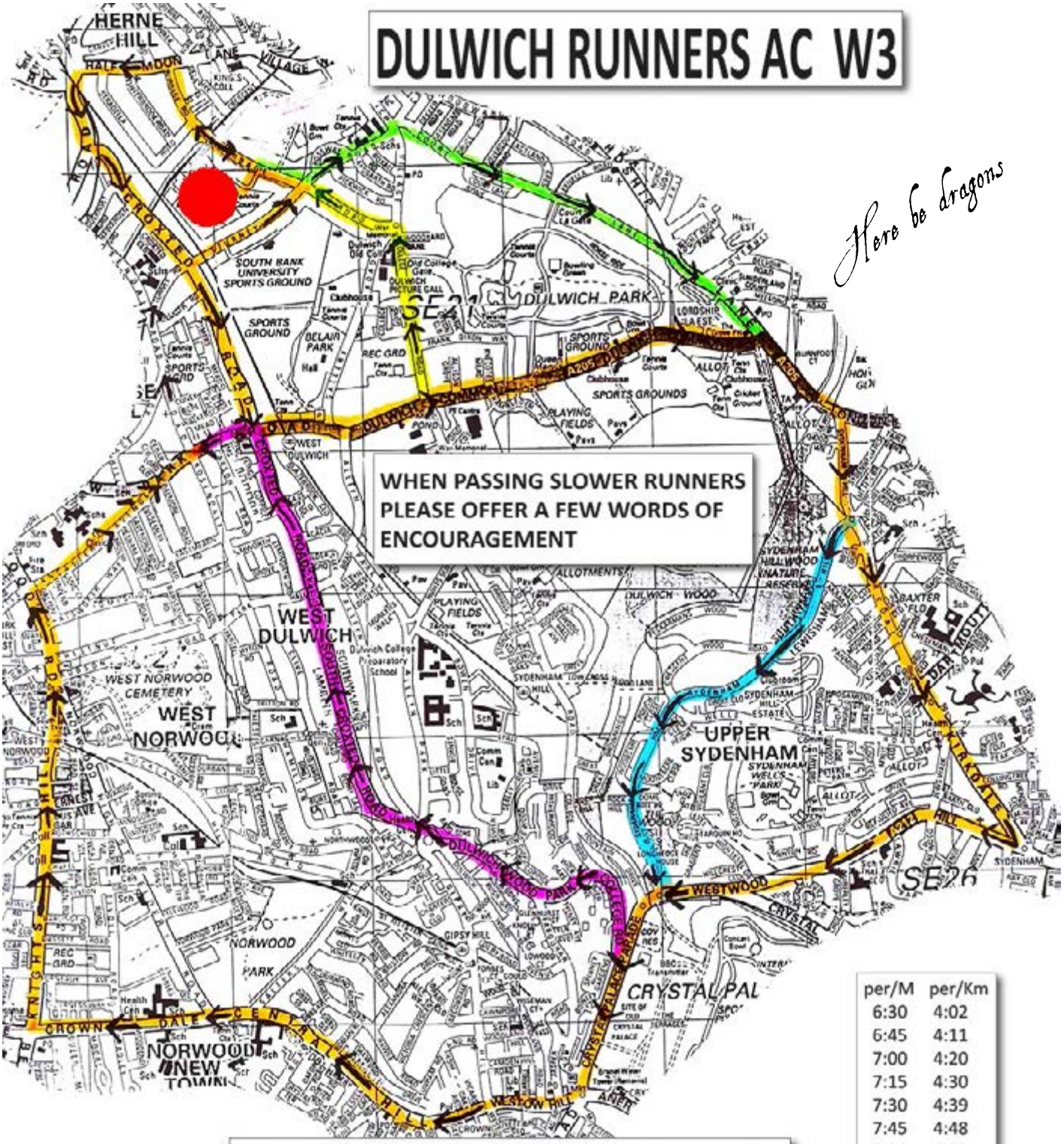
Weeks to go!	Date	Event / Distance	Information
3	3 Apr	Westerham Run	09:00 Grasshopper Inn, Moorhouse – off road 3-4 hrs
	10 Apr	Orpington 20 miles	09:00 3 hours + on the road
1	17 Apr	Darenth 10km, Eynsford	08:00 Road Race
Zero	**24 Apr**	**LONDON MARATHON**	**This is it ! Club Champs**

Alternative / additional race options:

Orion 15 (Epping Forest)	2 Apr (Sat) 10:00	www.orionharriers.com
Paddock Wood Half	3 Apr, 09:30	www.paddockwoodhalfmarathon.co.uk
Thames Towpath 10 (Chiswick)	17 Apr, 09:00	www.west4harriers.com

High Elms runs ('HERoS' High Elms Runners on Sunday) mostly off-road, start 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

DULWICH RUNNERS AC W3



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	9.5	15.3
5HORT CUT	BLUE	8.5	13.7
SHORT CUT	PINK or GREEN	8.0	12.9
SHORT CUT	GREEN & BLUE	7.0	11.3
5HORT CUT	GREEN & PINK	6.5	10.5
SHORT CUT	GREEN, BLUE & PINK	5.5	8.9
SHORT CUT	YELLOW	3.0	4.8

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12