SHORTS

Dulwich Runners AC
Weekly Newsletter
August 10th 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 3 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 9 **Dulwich College - £1 per session.**
First half of the session will be on grass,second on the track. Meet 7:15 for 7:30 start

TRACK SESSIONS

Tuesday at Dulwich College - meet 19:00 - £1 per session **Elkie Mace** will start with a warmup for anyone who is keen to do so, then **Steve Smythe** for the first half of the main session which is on the grass and the second half on the track. - ***Suitable for all standards***

If sufficient demand there will be some Thursday evening track sessions - specifically aimed at 800m and 1500m/Mile speed - most will probably be at Ladywell.
No sessions on Assembly League nights.
If interested, contact steve.smythe@athleticsweekly.com

Additionally there may be some Saturday grass hill sessions at Crystal palace every other week or so - if there is demand - if interested advise steve.smythe@athleticsweekly.com

Thurdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
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.**

Thank you. - Ros

LUCKY VEST

August winner Lindsey Annable

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.
Vests £18 each from Ros and all kit ros.tabor49@gmail.com

In your SHORTS this week !

1... General information
2... Club kit, social events etc
3... Fixture list, club champs,XC, road, track
4... Race reports and results...
5... Assembly full report and results
6... Parkrun
7... Map for this Wednesday night routes

And much more !

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

Dulwich Runners AC AGM will be held on 19 October and the minutes of last year's AGM can be found on the website

EVENT HORIZON

A brief look ahead

Sep 1 Assembly league - Beckenham start 19:15

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: **Ian Sesnan and Carolina Lilley**
If you're on the list, please 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**

Volunteers needed	10/08
Natalie Davys	17/08
Yvette Dore	24/08
Sharon Erdman	31/08

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

SOCIAL SPOT

Watch this space for upcoming 2016 events !

curry night

The next curry night will be 31 August after the club run at The Surma www.the-surma.co.uk in East Dulwich
The usual score, £10 a throw (drinks extra)...let me know matthew.ladds@uk.zurich.com

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.tabor49@gmail.com
Keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood. - all sizes available - £25

socks only £5

SHORTS!

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

HOODIES...

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

Buffs/snoods - only £6

SPECIAL HOT WEATHER OFFER
CROP TOPS £1 TO CLEAR
AVAILABLE ON WEDNESDAY

WANTED

For crimes against running.
Do you recognise this person ?
Last seen grimacing in a park in the Dulwich area.
If you see this person please **DO NOT** approach him as he tends to run off.
Was once seen at a London Marathon but upon being agitated by a loud bang sped off on foot and wasnt seen again until 2h 30 later.
Act responsibly and please inform your local running club.

ALGARVE RUNNING CHALLENGE

2 - 6 NOVEMBER

If you want to get away from the cold damp weather of the British autumn, the Algarve Running Challenge presents an excellent opportunity for warm weather racing and training at the eastern end of the Algarve, close to the Spanish border. The races are organized by Steve Smythe and include a 5km cross country, a track mile, a 10km trail race, finishing with the 10 Milhas de Guadiana, actually closer to 11 miles, and takes in the impressive suspension bridge which forms the Spain/ Portugal border. The hotel in Monte Gordo is located just behind the beach and as well as running, there are opportunities for cycling on quiet roads, swimming in the sea which remains warm in November and sightseeing in nearby towns in Portugal and Spain. The trails through the pine woods used for some of the races and the long sandy beach are ideal for an early morning run. The event is organized by Track and Field Tours and should appear on their website shortly. Prices are very reasonable at that time of year. If you want more details, have a word with Steve, Ros, Andy, Jim or myself. - ***Mike Mann***

Trust10 Runs Polesden Lacey

Every 4th Sunday of the month until September
Runs starts at 9am - Explore beautiful Polesden Lacey

Trust10 is a free, monthly, 10k trail running event held across selected National Trust sites, open to both members and non members.
Register on the day and if timing is important to you bring your own device.
trust10@nationaltrust.org.uk | nationaltrust.org.uk/sport

Dulwich Runners 2016/17 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.

DULWICH RUNNERS 2016 CLUB CHAMPIONSHIPS

A total of 9 races split into 2 categories, short (S) and long (L). To qualify you need to complete 5 in total, including at least one from each of the two categories. See fixture list for the remaining four events

CLUB CHAMPS UPDATE

CLUB CHAMPS 5km (and mile) clarification With the Assembly League race at Battersea Park on 2 June used for the 5k club champs, trophies and individual points will be awarded at this race. However in view of the late change, resulting in part from bringing forward the date of the Mark Hayes Mile, it has been decided that times at the Sri Chimnoy race on 13 June will count for overall points and for completing sufficient club champs events.

Thus for overall points (ie age graded scores) the better of the two races will count for those taking part in both.
Individual age group points will initially be based though solely on the first race - ie Assembly League (as per club Mile).

However if for example 10 M50 athletes run the club mile or Assembly League then 11th place onwards is possible at the Eltham mile or Sri Chinmoy 5km.

Some amendments have been made made to the club policy on race expenses and club champs rules - these can be found on the club website

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 your time.
We will try to maintain an up to date list so that we can keep a proper record for the club championships.

10m race - CLUB CHAMPS UPDATE

With the Cabbage Patch 10 taking place on 16 October falling on the same weekend as the (later than usual) first Surrey League cross country fixture, we have been looking for alternatives. These are limited with one on the same weekend as the SEAA relays on 17/18 September and another involving a long coach trip. We have therefore decided to go for the Epsom 10, organized by Epsom and Ewell Harriers, on 20 November. This is the day after the BMAF cross country relays, but for those selected for this, it should be possible to combine both with the relay stages only 3km. Entry forms are not yet available but hopefully should be soon.

2016 ASSEMBLY LEAGUE

These races started in April and 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. They are 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.
From this year women's team scores will be based upon 4-to-score, the same as the men

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

NOTE: There have been some changes/additions to the womens Surrey League XC

Date		Race		Venue
Sep	1	Assembly League - Beckenham - 7:15pm start (3 miles)		Beckenham
	4	Middlesex 10k (S)		Victoria Park, Hackney
		Event website:http://www.middlesexaa.org.uk/		
		Event details on Runner's World site:http://www.runnersworld.co.uk/events/viewEvent.asp?en=100010		
	10	Will Bolton Relays		Sparrow's Den
	17/18	**SEAA Road Relays**		**Aldershot**
	24	England Masters Inter Area Challenge Cross Country		Wimbledon Common
Oct	2	Titsey Multi-Terrain 10k (L)		Oxted
	15	Surrey League	men	Richmond Park
	15	Surrey League	women	Nonsuch Pk, Cheam
	22	Surrey Masters Champs		Richmond Park
	29	5k Parkrun (S)		Burgess Park
Nov	12	Surrey League	men & women	Farthing Down (m) & (w)
	19	BMAF Relay Champs		Long Eaton
	20	Epsom 10 (L)		Epsom
	26	South of Thames 5m		Ham Lands
Dec	3	Surrey League	women	Mitcham Common
	17	South of Thames 7.5m		Venue tbc
Jan	7	County Champs		Lloyd Park (Surrey) tbc (Kent)
	14	Surrey League	men	Mitcham Common
	14	Surrey League	women	Ham fields, Ham
	21	Vets AC Champs		Wimbledon Common
	28	South of England Champs		Parliament Hill
Feb	12	Surrey League	men & women	tbc (m) Ham Lands (w)
	26	National Champs		North of England tbc

Track Meetings

The table includes a list of track meetings over the forthcoming season. You do not have to be a member of a track club to take part in any of the open meetings.
Check details of the races on offer at respective club websites.
In most cases you can either enter in advance or on the day.

Aug	15	Blackheath&Bromley Open	Norman Pk
	17	Cambridge Harriers Open	Sutcliffe Pk
	17	5km Festival Night Wimbledon Pk Stadium	Wimbledon
	22	GLL	Mile End
	27	HHH Open	Tooting
	28	Vets AC T&F Champs	Kingsmeadow
Sept	7	Vets AC 10,000m	Battersea Pk
	10/11	BMAF T&F Champs	Birmingham

In addition the Watford Open Graded Races take place on alternative Wednesdays until 7 September, (see WATFORD ATHLETICS AND WATFORD HARRIERS ATHLETIC CLUB for details.

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.

Sri Chinmoy 5k Battersea Park

8 August

The last of this summer's Monday night race series in Battersea Park saw a sparser Dulwich contingent than there'd been on other nights but conditions were near perfect for us: it's always nice to have some excuse to fall back on in case of a poor run but it was neither too hot, too muggy nor too windy. So having taken a couple of days easy beforehand, a bit of pressure was on for a decent run after a few so-so races recently from me.

There was the usual speedy start to the race: I lost touch with the first two runners as I reined it in after the first k but I kept them in sight. They were too far ahead for me to catch them as I tried to pick it up in the last k but they were close enough to help me keep up the effort and it got me across the line for the hoped for PB, (I think) a club record for the distance and a very tasty mango prize.

Next in for Team DR was Paul Devine. Despite the let down of not making the GB artistic gymnastics squad for Rio, he's been on roaring running form and he too was out for a big PB from the start – a solid race got him the PB by 7seconds but there's plenty of scope for him to go faster at this distance. Mike Mann had a decent run in line with recent form – coming in fourth in the V50's – just missing out on a fruit-prize spot. Finally, fresh from her high altitude training, Laura Vincent also scored a big PB, breaking the 22min barrier for the first time.

Excellent execution all round.

-Tm Bowen

3	Tim Bowen	15:45 PB
22	Paul Devine	16:40 PB
145	Laura Vincent	21:48 PB
132	Mike Mann	20:59

229 ran

SALCOMBE REGATTA FUN RUN

30 JULY

It has now become traditional for me to take part in this race which marks the start of Salcombe Regatta week, with a beer festival later in the day. The course which is probably slightly under 5km starts in the town centre and follows an undulating route parallel to the estuary for the first mile. After that there is a long steady climb from North Sands, mostly on a footpath, and becoming quite steep towards the end.

There is then a sharp descent down Batson Hill, up to 17% in places back down to the estuary, followed by a welcome flat stretch of some 800m on reclaimed land. Then the course reverts to a type with a short sharp hill up to the church followed by a steep descent to the finish where braking skills are essential in avoiding ending up in the water.

My time of 25:56 was my slowest to date. The rest of the week, staying at the Cooks' house, was taken up by walking, kayaking, swimming, eating, drinking and lounging around, all very enjoyable, with several runs thrown in for good measure on narrow single track roads or coastal path. Even the relatively easy ones take in at least one tricky climb.

- Mike Mann

Hercules Wimbledon Open

3/8/16

Keen to build on some recent good form, and unfortunately not being available for the Assembly League, I took a trip to Wimbledon to take part in this low key open meeting.
I was joined by Alastair who was keen to recapture some racing sharpness.

Our race was delayed by about 20 minutes and as a result there was just one race as opposed to the earlier stated two, which meant for a big field and quite a variance in speeds. I set off steadily, but picked up several places with faster middle laps, and despite fading slightly in the last 800 I was delighted with a near 10 second PB. Al making his debut over the distance just missed his sub 10 minute target but was pleased with another solid outing on his road back to full fitness.

- Paul Devine

6	Paul Devine	9:28.79 (PB)
13	Alastair Locke	10:08.90

Assembly League 3.5 miles, race 5 Victoria Park

Thursday 4th August

Here we go for race five (of six) in the 2016 series. This time there were a highly creditable 28 Dulwich Runners making the trek to the 3.5 mile event in Hackney as part of the 270-strong field. Team scores were good, with the women in their currently habitual second place to Kent AC in both A and B competitions – although the A team scored very well and only missed winning the fixture by three points. The men did well overall, 5th and 4th respectively for the A and B teams. All these positions are the same in the overall competition with one fixture to go.

Tim Bowen bagged the fastest Dulwich time here for over twenty years back in May and this time knocked another few seconds off as his summer onslaught continues. He's our stand-out performer at the moment and was a minute clear of Steve Davies, who was making a sizeable improvement himself while wrapping up the overall M45 contest with one match still remaining. Just 15 seconds further back Alastair's comeback was progressing well, and he held me off easily enough as I completed the A team while slipping 12 seconds short of my run in the May fixture, but hopefully securing the M50 title if I can just complete match 6 in Beckenham.

Next in was Clare Elms, not just 1st W50 but an excellent overall win. She did enough to distance Kev Chadwick by 10 seconds, slightly short of his recent 5k form and just ahead of Mark Lacey, also running short of best form lately. Half a minute further back Jonathan Whittaker was making a very useful debut for Dulwich, well in line with his best parkruns, while just behind him Sam Mattu ran another blinder to follow his excellent run at the Dome last month.

Steve Smythe's current improvement curve continues as he ran nearly half a minute quicker than last time and has also secured his age group overall. Simon Lang managed to hold off Claire Baglin by only five seconds at the Dome and this time the deficit was reduced to four as both returned solid runs, just like Mel who was only six seconds behind. We'll miss Mel at Beckenham if she's already emigrated up north by then...?

A minute further back Mark and Jim were ticking over nicely with good runs just a little ahead of Selma matching her run from May as the closing counter for the A team. Still improving is Lucy Elms, 40 seconds up on last time, and the 16-year-old has wrapped up the under-20 competition with a match outstanding. Katie has come back to excellent form recently and improved by over 20 seconds, half a minute ahead of Matt who for a change was a bit slower this time.

Ros was as reliable as usual but only just ahead of an excellent time from Laura, nearly a minute up on previously. Andy and Barrie were their consistent selves while Clare and Mike both made notable improvements with Clare again getting the nod. Lindsey's form this year is excellent and her time here compares favourably with her best 5k runs. Duncan eased round obviously not in standard form at the moment and the Dulwich contingent was completed by another great run from Karina who all but matched her best 5k pace achieved at the Battersea fixture ***- Tony Tuohy***

10	Tim Bowen		SM	18:15
38	Steve Davies		M45- 1	19:19
43	Alastair Locke		SM	19:34
45	Tony Tuohy		M50- 1	19:39
60	Clare Elms	1W	W50- 1	20:15
63	Kevin Chadwick		SM	20:25
67	Mark Lacey		SM	20:34
80	Jonathan Whittaker		SM	21:02
85	Sam Mattu		SM	21:08
97	Stephen Smythe		M55- 1	21:37
101	Simon Lang		M40	21:46
103	Claire Baglin	5W	SW	21:50
105	Mel Edwards	6W	SW	21:56
131	Mark Foster		M50	22:55
142	Jim Dowsett		M40	23:11
148	Selma Benattia	15W	W35	23:22
158	Lucy Elms	18W	U20W	23:46
176	Katie Styles	25W	SW	24:13
191	Matt Ladds		SM	24:46
195	Ros Tabor	37W	W65	24:54
197	Laura Vincent	38W	SW	25:00
203	Andy Murray		M60	25:30
210	Barrie John Nicholls		M60	25:59
212	Clare Wyngard	45W	W55- 1	26:13
213	Mike Dodds		M55	26:19
219	Lindsey Annable	47W	W45	26:34
233	Duncan Wilson		M50	28:05
235	Karina Burrowes	56W	W60	28:22

270 finishers

Teams on day

Men

1 Serp 29
2 Kent 32
3 VPHTH 34
4 Stock E 89
5 Dulwich 132
6 Lloyds 187
7 Ravens 195
8 Eton M 216
9 Dartf 336
10 Beck 379
11 Petts W 453
12 Camb H 541
13 Aquila 598

B team

1 Kent 75
2 VPHTH 113
3 Serp 150
4 Dulwich 282
5 Stock E 325
6 Eton M 347
7 Lloyds 439
8 Dartford 664
9 Ravens 719
10 Beck 736

Women

1 Kent 24
2 Dulwich 27
3 VPHTH 64
4 Eton M 74
5 Dartf 102
6 Serp 132
7 Beck 145
8 Lloyds 245
9 Camb H 272
10 Stock E 297
11 Petts W 304

B team

1 Kent 72
2 Dulwich 118
3 VPHTH 132
4 Eton M 184
5 Dartford 243
6 Beck 298
7 Serp 301

August 6th

Ashton Court
419 ran

Pos	Gen		
141	120	Barnes Stringer	25:53

Bexley
316 ran

Pos	Gen		
10	9	Michael Fullilove	20:59

Bromley
532 ran

Pos	Gen		
21	21	Simon Lang	19:06
74	5	Lucy Elms	21:03
475	310	Peter Ogden	33:39

Brockwell
225 ran

Pos	Gen		
29	26	Mark A Foster	20:25
33	30	Sam Crump	20:47
79	67	Barrie John Nicholls	23:30
80	13	Lindsey Annable	23:39
150	115	Alex Haylett	27:17
200	70	Selina Wray	30:44

Burgess
159 ran

Pos	Gen		
22	21	Jim Dowsett	20:26
31	29	Hugh Balfour	21:20

Chelmsford Central
485 ran

Pos	Gen		
19	2	Kim Hainsworth	19:42

Conwy
222 ran

Pos	Gen		
100	78	Freddie Vernon	28:35
149	44	Susan Vernon	32:45
178	117	Chris Vernon	35:28

Crystal Palace
184 ran

Pos	Gen		
4	4	Stephen Davies	18:39
5	5	Paul Devine	19:05
9	1	Mel Edwards	19:55
21	2	Fiona Askew	21:35
55	6	Belinda Cottrill	23:42
68	61	Andy Cottrill	24:47
121	31	Penny D'arcy Graham	27:53

Dulwich
211 ran

Pos	Gen		
8	8	Simon Burnett	18:52
11	11	Sam Mattu	19:01
24	24	David Haviland	19:50
70	62	Mark Muffett	22:53
152	111	Mick Mead	28:17

Finsbury
248 ran

One of our former lodgers, another Mike, recently moved out to this bit of north London but not before developing a taste for parkrun during his stay with us. He therefore committed to invite us to his new local parkrun at the earliest convenient opportunity. The invitation also extended to our other former lodger of the time, Sue Cooper.

Sue didn't bring her barcode, given her present calf issues, but bravely negotiated the full course nonetheless.

Clare was comfortably the highest age grading scorer out of nearly 100 women finishers and kept the younger Mike, well over 30 years her junior, in her sights throughout. Meanwhile the elder Mike managed to keep his own hamstring issues at bay not far behind on what is quite a testing course of just under 2 laps with a short, but nasty, hill repeated.

Afterwards the old household was re-united for breakfast at one of Islington's numerous trendy eateries. Highbury Fields next, maybe?

Pos	Gen		
88	6	Clare Wyngard	24:04
95	87	Michael Dodds	24:24

Greenwich
190 ran

Pos	Gen		
6	6	Stephen Smythe	20:17

Harwich
133 ran

Pos	Gen		
10	9	Rob Hollands	19:45

Medina I.O.W.
247 ran

Pos	Gen		
28	27	Duncan Wilson	22:27

Mile End
186 ran

Pos	Gen		
4	4	Martin Holt	18:33

Pendle
103 ran

Pos	Gen		
9	2	Ange Norris	21:54

Peckham Rye
125 ran

Pos	Gen		
3	3	Alastair Locke	17:53
19	2	Helen Lister	21:49
28	25	Rob Cope	22:36
84	24	Claire Barnard	27:07

Richmond
327 ran

Pos	Gen		
67	7	Ros Tabor	22:41
69	62	Andy Murray	22:46

Riddlesdown
137 ran

Pos	Gen		
34	31	Peter Gibbons	23:35

Southwark
203 ran

Pos	Gen		
96	73	Paul Keating	24:45
131	94	Peter Jackson	26:59

Stevenage
279 ran

Pos	Gen		
49	46	Matthew Ladds	23:15

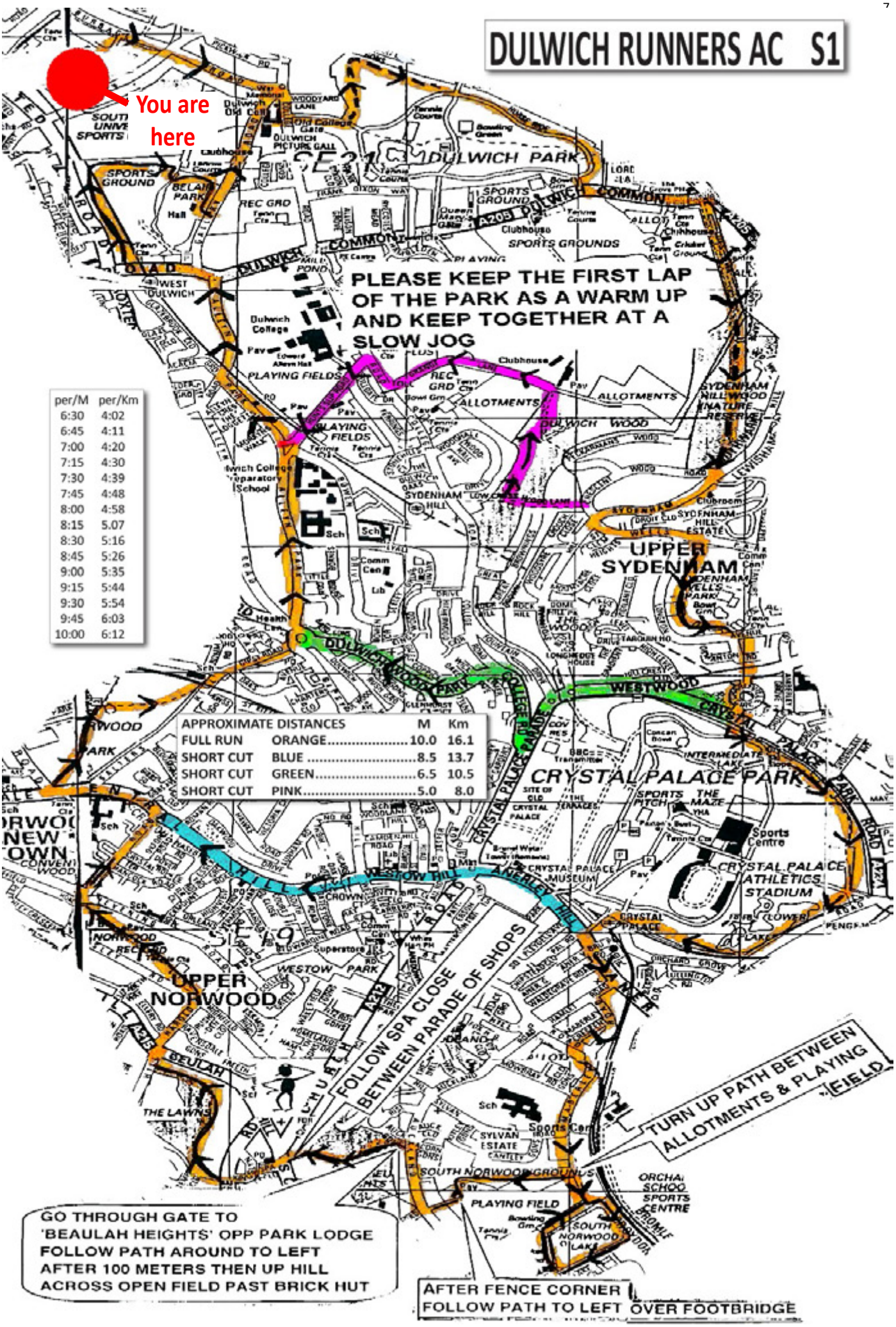
Thurrock , Orsett Heath
60 ran

Pos	Gen		
5	5	Nicholas Brown	19:49

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 S1



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

APPROXIMATE DISTANCES		M	Km
FULL RUN	ORANGE	10.0	16.1
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	GREEN	6.5	10.5
SHORT CUT	PINK	5.0	8.0