SHORTS

Dulwich Runners AC
Weekly Newsletter
December 27th 2017

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

- THE COMING WEEK –

Wed 27 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.
NO CLUB RUN clubhouse closed - see below

Tues 02 Track - Crystal Palace Arena - details below

In your SHORTS this week !

1 General information
2 Club kit etc
4 **2018 Club Champs races**
4 Fixture list, club champs, road, XC, etc
5/6 Cross country section - Races & useful info etc
8/9 Parkrun results

And much more !

Click to SUBSCRIBE or UNSUBSCRIBE
www.dulwichrunners.org.uk/index.html

You can follow us on

There will be no club run tonight Wednesday 27th
however, there will be a session on the grass at Brockwell Park at 11.30 am, meet outside the Lido. If there is a lot of rain during the next week, it may be necessary to switch to an alternative local venue.

------- EVENT HORIZON -------
A brief look ahead

Jan 6 Kent Champs - Brands Hatch
7 Surrey Champs - Denbies Vineyard
13 Surrey Lge. - m @ Beckenham & women @ Wimbledon
20 Vets Ac Champs - Wimbledon tbc
27 Sth. of England Champs - Stanmer Pk, Brighton

TRACK SESSIONS

Crystal Palace Track

£2.50 per session - Suitable for all abilities.
At reception say you are with Dulwich Runners but do not pay there, pay Ros trackside. Can take up to 10mins to get from reception down to track.
Arrive at 7pm for a full warm-up, of various drills. Strides etc will start around 7.20pm, main session taken by Steve Smythe will start shortly after and be in the region of 45 mins.
In my view apart from the long Sunday run, if you are preparing for a marathon, this is the key session to improve speed and speed endurance and works best if you do it regularly. ***Steve Smythe***

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

NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.
Thanks to **Joseph Brady** for taking out a new runners last weekIf 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

Natalie Davys	3/01
Yvette Dore	10/01

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

Wednesday Night Map

This map for this Wednesday's runs can be found 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

SPOT

Watch this space for future events.

Wednesday Apres-Run Carbo Loading !

For all you hungry runners, fish and chips can be ordered to indulge your calorie cravings after the Wednesday run.
Arrives close to 9pm and the cost is **£6.00**
Just give me your name and money when you sign in - Ros
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 from Ros
ros.tabor49@gmail.com

Keep dry in a Dulwich Runners waterproof jacket.
Incorporated hood. - all sizes available - £25

STOCK CLEARANCE!

BARGAIN KIT !

I have a limited number of old stock vests (mostly large sizes) for sale at £1 each

Available at the club on Wednesdays but please email to make sure

Ros Tabor
ros.tabor49@gmail.com

Socks only £5

SHORTS!

DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or slightly longer– 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

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004
ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

Hi All,

We would just like to say a great big thank you to all of Gill's friends, families and acquaintances at Dulwich Runners, for all of their interest, support and attendance at Gill's recent party and funeral.

Gill was a fun-loving person who, unfortunately, became a victim of a deadly disease. " cancer " . Gill fought it with all of her normal grit & determination but finally succumbed to her cancer on the 20th of November 2017.
Gill did her best to help others too, by trying various trial treatments for her cancer in the hope of finding a cure or at the very least helping to find a cure for others.

We have, through your kindness & generosity collected £1390.00 to date for the Wisdom Hospice Rochester, who, along with Ashleigh & her family looked after Gill in her last few weeks.
The Hospice costs around £12,000 per week to run which comes mainly from selfless people donating time & money . We would like to keep raising money until the end of January , when we hope to present the final amount to the Hospice to help them help others during their final days .
The more we can raise, the more the Hospice can give the kindness and care they give so well .

If anyone missed the collection & would like to donate, they are welcome to send cheques etc to me. If you include your name & address, I will put this on the Hospice envelope and, with your permission, tick for Gift Aid, then the Government will increase the donation by 25%.

Please make cheques payable to "THE WISDOM HOSPICE "
Post to me .....

Chris Johnson, 18 Hurstbourne Rd.
Forest hill, London SE23 2AB

Please stay safe & our best wishes for 2018 .
All our love - Chris and Ashleigh xx.

Surrey Athletics Network

INJURIES HAPPEN

FIRST AID COURSE

Saturday 3rd Feb 2018 9am-1pm

Athletics presents the potential for a wide variety of 1st Aid situations...
- Do you have the confidence to deal with minor injuries?
- Can you manage serious injuries until professional help arrives?

First aid may be required at training and during competition. It may apply to athletes or even officials and spectators, therefore the more 1st Aiders we have amongst our coaches, officials and club volunteers the greater the chance of any accidents being dealt with correctly. Surrey Athletics Network is pleased to offer a 1st Aid for Sport course to coaches, officials and club volunteers. Those successfully completing the course will receive a HSE certificate, valid for 3 years, and directions to obtain a 1st Aid manual.

Venue: CADAC clubhouse, King's International College, Watchetts Drive, Camberley, GU15 2PQ. Turn right for parking. Clubhouse in clockwise direction.
Cost: £45 ea but only £35 to members of Surrey Athletics Network clubs.
Pay by bank transfer to sort code 09-01-27 Acc no 78661002.
Cheques if necessary to Gillian Wilder 3 Redcourt Woking GU22 8RA
Booking: Martin Goodway – course facilitator on megoodway@hotmail.co.uk

Athletics Networks SPORT ENGLAND UKA UNITED KINGDOM ATHLETICS ENGLAND ATHLETICS

If interested the club will pay the fee

2018 Club Championship Programme

We now have the full programme of races for the 2018 club championships in place, subject to a few dates not yet publicised. The races are as follows:

Feb 3	Dulwich parkrun
Mar 24	Run Through 10k, Hyde Park
Apr 8	Paddock Wood 1/2M (or earlier alt. for those entered for Brighton marathon)
Apr 22	Virgin Money London Marathon (or alt. prior to final event)
Jun 7	(date tbc) Assembly League 5k, Battersea Park
Jul 20	(date tbc) SOAR Mile, Battersea Track
Sep 15	(or alternative early autumn date) Beckenham parkrun
Sep 30	Middlesex 10k, Victoria Park, Hackney
Nov 24	(date tbc) South of Thames 5 mile

The marathon, 1/2M and two 10k races are classified as long races, with the remaining 5 short.
The dates of some of the later events have yet to be announced, so likely dates have been inserted and will be confirmed as soon as known.
Please make sure that you enter the Hyde Park 10k and Paddock Wood Half Marathon in good time.

Dulwich Runners 2017/18 Fixtures

Further information about 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.

Road & other **Cross country** **Club Champs** **Assembly League** **Track**

2018		Race		Venue
Jan	6	Kent Champs		Brands Hatch
	7	Surrey Champs *note revised date - see below*		Denbies Vineyard
	13	Surrey League 3	men	Beckenham Place Park
	13	Surrey League 3	women	Wimbledon Common
	20	Vets AC Champs		Wimbledon Common **tbc**
	27	South of England Champs		Stanmer Park, Brighton
Feb	10	Surrey League 4	men	Lloyd Park
	10	Surrey League 4	women	Richmond Park
	24	National Champs		Parliament Hill
Mar	17	BMAF Champs		Forres, Scotland

Correction. It has come to our attention that the Surrey County champs at Denbies Vineyard is scheduled for Sunday 7 January, not 6 January.

Brockwell Parkrun

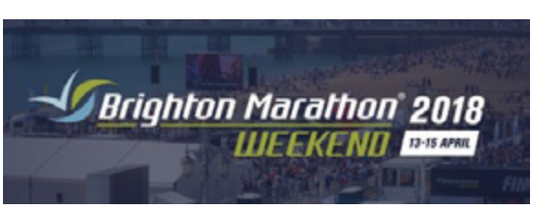
We are intending to take over the organisation of one of the parkruns at Brockwell in the New Year. This is intended to be one element in our efforts to raise the profile of the club locally.
Volunteers will be required for the various tasks at the finish and for marshalling on the course.
A request for help will be put out once a date has been fixed.

CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like to have more coaches. The club has a policy of contributing to coaching costs. There are various levels of qualification and different pathways which can be followed. Details are on the website: www.englandathletics.org
Our current coaches (Steve Smythe and Elkie Mace) have agreed to help or advise interested members.
If you are interested please contact me or another committee member. ros.tabor49@gmail.com
Thanks - Ros

Club places

There is now a chance to get a place in the Brighton marathon a week before London (Sunday 15. April 2018).
Regular entry has closed but the organisers give up to 10 places to running clubs like us. The cost is £69.50 per entry
Email me ebeprill@yahoo.co.uk if you are interested and I can apply for these places.
So far three of our members who missed out on our London marathon club places have applied. 7 place are left and will be allocated on first come first serve basis.



In addition our committee has decided to give everyone with a club place for the Brighton marathon the choice to nominate a different Half Marathon to Paddock Wood as her/his club champs race. Paddock Wood Half will be the main club champs Half but it takes place just a week before Brighton.
The alternative Half marathon must take place before Paddock Wood. ***Ebe Prill***

The cross country season starterd in October with races taking place on most Saturdays until mid February.
Here is some key information for the benefit of both newly joined members and regulars.

Surrey League
We compete in the Surrey League and this is the club's main priority. There are 4 fixtures during the season. Details on Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible. Our men were relegated to Div. 2 last season, but will need to maintain their excellent turnouts and performances to be sure of returning to Div. 1.

Distance
The men's Surrey League races are around 8km, the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, from around 8km in the autumn to 12km and over for the men later in the season, but normally not more than 8k for the women.

Scoring
In the Surrey League, the first 5 women for the club and the first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible. Cross country races are not elite and are suitable for runners of all abilities. They are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance, from which you will reap benefits over a wide range of races. The hill sessions on Tuesday nights in September will help, and there are likely to be other hill sessions during the season.

Surrey League entry
For the men's Surrey League there is no need to enter in advance or pay; simply turn up on the day in good time to register (though your captain will find it helpful to know your availability in advance in order to help with the online declarations). For the women's Surrey League, runners have to be entered in advance. The women's captains will contact everyone for availability. It is free for all runners.

Other Races
In addition to the Surrey League there are a number of other cross country races, almost all of which take place on Saturdays. Races include the county champs (including Masters), London champs, 2 South of Thames races, South of England and National champs, which take place at Parliament Hill Fields in February. There are also a number of other races for Masters. See the fixture.

Cross country champs
Once again, we will be holding a cross country champs.
For details see article below.

Which races to go for
From around mid October until late February, there are cross country races on most Saturdays. Here is some advice on races to target. Our main priority is the four Surrey League races, but other important events are the BMAF Masters relays and the SEAA Masters champs. In addition to the Surrey League races our cross country champs includes the South of Thames 5 miles and the National Champs, being held next February at Parliament Hill Fields, so these are races to prioritize from an individual point of view.

Other races can be regarded as medium priority but you are encouraged to compete for your eligible county in the Surrey and Kent Masters champs and the county champs in early January. In the Masters champs in particular we have had success in winning team medals in recent years. There are a number of other races, while not high priority are nice to do. These include the London champs, Reigate relays, South of Thames 7 miles and the South of England champs, likely to be held in Brighton. Finally VAC members are encouraged to take part in the Vets AC champs in January.

Entry for other races
For virtually all races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email, requesting those interested in participating to put their names forward in advance of a deadline, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear
You can often get away with road or trail shoes in early season races, but as the ground becomes heavier, cross country spikes or fell shoes become necessary.

Contacts
For further information please contact your captains at:
dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk

Ken Crooke Cross Country Champs

With the National cross country champs being held at Parliament Hill next February, it has been decided to include this event in the races comprising the cross country champs. The championships will consist of the best 4 of the following 6 races; the 4 Surrey League matches, the South of Thames 5 miles and the National Championships.

Men's Surrey League Volunteers Needed for 13 January

We will be hosting the third men's Surrey League fixture at **Beckenham Place Park on 13 January, starting at 2.30pm**.

We will need volunteers for the finish and to marshal the course (at least 6 marshals, 4 time recorders, 4 number recorders and 2 stewards to help with parking) so at least 16 in total.

We will be asking other Division 2 clubs to provide one volunteer each. We will require help from club members not taking part in the race, including some with experience of working on the finish in races we have hosted in Dulwich Park. Hopefully some of our women competing earlier in the day at Richmond Park will be able to help out, but it will be difficult for them to arrive much before the start, so we do need help from others not planning to run.
Any volunteers please contact ***Mike Mann***
mcmann90@yahoo.co.uk

Marathon Training

For those looking ahead to a marathon or possibly just a half-marathon in the Spring, the onset of December is a good time to start building up the training so you are fit and ready in the New Year.
I am happy to give anyone (of any ability or target) a more detailed schedule but would suggest something along the lines of the following for December.
Monday: rest or easy 45 mins
Tuesday: track or speed work (alternating reps from distances at least over a range of 400m to 1600m
Wednesday: Medium run of at least a hour (up to 75 mins) at a comfortable pace
Thursday: tempo or speed endurance - ie 5 miles picking up pace or a block of 3-4 miles at half-marathon pace between an easy mile before or after
Friday: rest or easy 45 mins
Saturday: XC race, parkrun or hills
Sunday: long relaxed run of 100 mins to 2 hours
steve.smythe@athleticsweekly.com

Cross Country Entries

So far this season, numbers have been encouraging for the men's and women's Surrey League, and for the South of Thames race on 25 November. However although we had 40 entries in total for Beckenham, we had a disappointingly high drop out rate with only 27 running on the day.

Although some had good excuses such as illness of themselves or partners, it seems unlikely that this was the case for all those not attending. The club pays for cross country races, and for some the cost is quite high, so you are encouraged not to put yourself forward for entry to races on a speculative basis when you have no real intention of running or when another option that appears better crops up on the day.

National Cross Country Champs

24 February
This season the National Cross Country Championships take place at Parliament Hill Fields, the national home of cross country. It is an iconic event as well as being the final race in this season's cross country champs, so we are looking for a large entry. The distances are 12k for men and 8k for women. The closing date for entries is very early so please **contact your captains no later than 10 January**.
The plan afterwards is to adjourn for refreshments at a pub in the Kentish Town area.

Box Hill Fell Race

Saturday 20 January 2018

Sixteen Dulwich Runners have entered this year, which is definitely a record, and I think we will have a great day. But as you are aware it fills up ridiculously fast and I know of some who have missed out.
Therefore if you are ill or injured or can't do it for any other reason, please let me know and someone could take your place. My email is hugh@christchurchpeckham.info
Can I also stress the need to have proper fell shoes. Trail shoes won't do.
The descents are too steep and muddy (unless we have no rain at all for the next month!). Walsh, Inov8 and Salomon all make good fell shoes. ***Thanks Hugh Balfour***

To enter any of the above races or if you require any further information about them or any other races in Shorts then contact your respective captains:
Men: mcmann90@yahoo.co.uk
Ladies: dulwichladiescaptain@gmail.com

parkrun December 23

Banstead Woods
199 Ran

Pos	Gen		
4	4	Tony Tuohy	18:23

Brockwell
149 Ran

Pos	Gen		
15	14	Edward Simmons	20:12
37	3	Lucy Pickering	22:19
102	76	Rafe Collier	28:00
116	34	Rhoda Collier	28:54
118	84	Lloyd Collier	28:58

Burgess
181 Ran

Pos	Gen		
93	20	Claire Steward	26:33
177	114	Chris Vernon	41:58
181	66	Susan Vernon	44:21

Burnham-On-Crouch
54 Ran

Pos	Gen		
2	2	Jonathan Whittaker	18:56

Cleethorpes
184 Ran

Pos	Gen		
32	26	Colin Frith	22:44

Congleton
245 Ran

Pos	Gen		
116	21	Marjorie Epson	25:33

Crystal Palace
220 Ran

Pos	Gen		
19	18	Tom Wilson	21:20
33	4	Belinda Cottrill	22:46
35	5	Yvette Dore	22:53
47	40	Bob Bell	23:30
50	8	Laura Vincent	23:41
51	9	Helen Lister	23:41
57	10	Eleanor Simmons	24:11
75	62	Michael Dodds	25:13
84	17	Clare Wyngard	25:45
85	18	Joanne Shelton Pereda	25:53
136	101	Paul Hodge	28:49
138	102	Ameet Patel	28:57

Dartford
211 Ran

Pos	Gen		
2	2	Gregory Hills	17:51
14	14	Michael Fullilove	21:02

Dulwich
225 Ran

Pos	Gen		
3	3	Buzz Shephard	16:16
60	52	Paul Vivash	22:08
81	69	Mark Muffett	23:37
160	116	Mick Mead	28:20

Hastings
277 Ran

Pos	Gen		
33	27	Joe Farrington-Douglas	20:01
42	35	Nicholas Brown	20:30

Hilly Fields
178 Ran

Pos	Gen		
9	9	Justin Siderfin	19:53
11	11	Gary Sullivan	20:17

Long Eaton
394 Ran

Pos	Gen		
61	4	Michelle Lennon	21:18

Marlay
459 Ran

Pos	Gen		
2	2	Timothy Bowen	16:54

Newbury
396 Ran

Pos	Gen		
68	58	Matthew Ladds	23:32

Newcastle
472 Ran

Pos	Gen		
372	263	Sam Mattu	31:06

Nonsuch
583 Ran

Pos	Gen		
40	38	Paul Devine	20:53

Peckham Rye
152 Ran

Pos	Gen		
1	1	Andy Bond	17:58
11	11	Rob Cope	19:37
12	1	Chloe Green	19:43
50	42	Graham Laylee	23:58
63	10	Emily Warburton-Brown	24:50

South Norwood
64 Ran

Pos	Gen		
27	23	Peter Jackson	26:19

Southwark
168 Ran

Pos	Gen		
91	67	Paul Keating	26:44

Swindon
519 Ran

Pos	Gen		
32	1	Ellie Balfe	20:32

Wakefield Thornes
204 Ran

Pos	Gen		
53	10	Claire Barnard	24:25

parkrun December 25

Beckenham Place
114 Ran

Pos	Gen		
6	1	Clare Elms	19:38
14	2	Lucy Elms	20:41
46	41	Stephen Smythe	24:27

Bromley
490 Ran

Pos	Gen		
140	120	Colin Frith	23:47

Burnham-On-Crouch
69 Ran

Pos	Gen		
1	1	Jonathan Whittaker	19:23

Congleton
170 Ran

Pos	Gen		
80	21	Marjorie Epson	25:16

Dulwich
300 Ran

Pos	Gen		
3	3	Lewis Laylee	16:41
7	7	Lloyd Collier	17:59
21	21	Alexander Dodds	20:13
26	26	Chris Loizou	20:43
33	32	Grant Kennedy	21:05
57	53	Graham Laylee	22:22
59	55	Rafe Collier	22:29
65	5	Susan Cooper	22:38
78	9	Eleanor Simmons	23:14
89	79	Michael Dodds	23:32
96	13	Clare Wyngard	23:51
105	89	Mark Muffett	24:10
125	104	Nick Bell	25:14
172	131	John Breslin	27:05
241	77	Rhoda Collier	29:59
299	108	Penelope d'Arcy Graham	48:30

Eastbourne
230 Ran

Pos	Gen		
33	28	Nicholas Brown	21:24

Hilly Fields
151 Ran

Pos	Gen		
12	11	Gary Sullivan	20:36

Marple
220 Ran

Pos	Gen		
36	10	Andrea Pickup	23:00

Oak Hill
179 Ran

Pos	Gen		
97	20	Emily Warburton-Brown	26:49

Peckham Rye
166 Ran

Pos	Gen		
8	8	Tom Wilson	19:50
22	3	Helen Lister	21:16
24	4	Emma Ibell	21:23
27	5	Belinda Cottrill	21:27
35	30	Bob Bell	22:42
41	35	Andy Cottrill	23:07

Roundshaw Downs
159 Ran

Pos	Gen		
9	9	Tony Tuohy	19:12

Royal Tunbridge Wells
174 Ran

Pos	Gen		
37	5	Tereza Francova	23:21

Tring
287 Ran

Pos	Gen		
25	23	Justin Siderfin	22:15

Whitstable
249 Ran

Pos	Gen		
1	1	Edward Chuck	17:05

Worcester
499 Ran

Pos	Gen		
237	58	Elizabeth Begley	29:47