

**These are your SHORTS,**

Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 21 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Mar 24 Club champs - RunThrough10k - Hyde Park

Tue 27 Track - Crystal Palace Arena - details below

In your SHORTS this week !

- 1 General information
- 2 Social events etc
- 3 Club kit - new kit additions !
- 4 Fixture list, **2018 Club Champs** and all other races
- 6 Marathon schedule and training advice
- 7 Race reports -
- 8 parkrun times
- 9 Wednesday map

And much more !

MEMBERSHIP RENEWALS 2018/19 DUE

By now you should have received your renewal email for 2018/19. (our membership year is now April 1 to March 31)

Current memberships expire on March 31 and if you do not renew you will not be able to take part in the Club championships or run in any races as a Dulwich Runner.

If your membership card has 2019 on it then you do not need to do anything, if you cant find your card, haven't received an email or are not sure then please email me: barry@bg1.co.uk

Many thanks to those of you that have already renewed

The Committee are sure you will agree that membership fees give excellent value for money.

Some of the benefits of membership include:

- Free entry to 5 Assembly League road races during the summer.
- Free entry to 4 Surrey League XC fixtures, XC relays, County, Area and National XC races and National and Area Road Relays.
- The opportunity to qualify for one of the club's places in the London and Brighton marathons
- Advice from our qualified coaches
- Subsidised entry to Green Belt Relay
- Kit and race entry discounts with EA Affiliation

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.

Thursdays 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

LUCKY VEST

March winner - Claire Steward

Wear your Dulwich Runners vest or t-shirt 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 spot prize !

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

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

Click to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)

www.dulwichrunners.org.uk/index.html

Connect with us:

**----- EVENT HORIZON -----**

A brief look ahead

Mar 24 RunThrough 10k - Club Champs - Hyde Pk, London

April 5 Assembly league - Beckenham

April 8 Paddock wood 1/2 - club champs race

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 **Andy Murray and Sharon Erdman for taking out new runners last week.**

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

Andy Murray	21/3
Chris Loizou	28/3
Barrie John Nicholls	4/4
Claire Steward	11/4

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

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)



Instagram

We have now set up an Instagram account for Dulwich Runners.

So if you would like to see any of our photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z uploaded, please send through to one of Barry Graham, Yvette Dore or Jonathan Whittaker who will take care of it!

The Instagram feed will be linked to our new and upgraded website - more on that soon.

Photographs needed !...

If anyone has any good recent photos of Dulwich Runners in action either on the race course or at the pub (or dance floor for Ajay) for inclusion in the brand new website, please could you send them to:

jonathanwhittaker79@yahoo.co.uk

SOCIAL SPOT

P
O
T

Upcoming events.

Watch this space !

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



NEW KIT – BUY ONLINE DIRECT FROM THE MANUFACTURER

We have set up an arrangement with pbteamwear to provide showerproof jackets and mid-layer training tops. You just click on the link to the Dulwich Runners shop:

<https://www.pbteamwear.co.uk/athletics-clubs/dulwich-runners.html> and purchase directly.

I am getting a couple of samples to check sizing.

any questions contact Ros at: ros.tabor49@gmail.com



Showerproof Team Jacket

Full Zip Multi

NEW

Purpose

Club Jacket. Unisex

Fit, Chin guard, Concealed

hood. Drawcord system,

Durable water repellent textured fabric,

Inside pocket. Mesh lining. Scooped hem, Generously sized



Pro Mid Layer 1/4 Zip Top

Technical Mid layer Pro 1/4 Zip Training Top,

220gsm 4 Way stretch matt finish / full dull

polyester outer Scooped hem dropped back, Soft

touch anti - pill fleece reverse

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
Bufs/snoods	£6 each

Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



SHORTS!

DULWICH RUNNERS' SHORTS - All sizes available

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



Socks only £5



Bufs/snoods - only £6

HOODIES...

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



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

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.

2018		Race	Venue
Mar	24	Run Through 10k (L) (entries now closed)	Hyde Park, London
Apr	5	Assembly League	Beckenham Place Park
	8	Paddock Wood 1/2M or earlier alt. 1/2 if doing Brighton mar. (L)	Paddock Wood or alt.
	14	National Road Relays (depending on club qualifying)	Sutton Park, Birmingham
	22	Virgin Money London Marathon (or alt. prior to final event) (L)	London or alt.
	28	British Masters Open Road Relay champs	Birmingham
May	3	Assembly League	Victoria Park, Hackney
Jun	7	Assembly League (incorporating 5k club champs)	Battersea Park
Jul	5	Assembly League	Tottenham Marshes
	20	(date tbc) SOAR Mille (S)	Battersea Track
Aug	2	Assembly League	Victoria Park, Hackney
	30	Assembly League (note new date)	Beckenham Place Park
Sep	15	(or alt. early autumn date) Beckenham parkrun (S)	Beckenham Place Park
	30	Middlesex 10k (L)	Victoria Park, Hackney
Nov	24	(date tbc) South of Thames 5 mile (S)	(tbc)

Road & other Cross country Club Champs Assembly League Track

2018 Club Championship

2018 club championships races (subject to a few dates and venues tbc) are now in the fixture list above. The marathon, 1/2M and two 10k races are classified as long races, with the remaining 5 short. Details for TBC's will be shown as soon as known. Ensure to enter Paddock Wood 1/2M in good time.

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

Paddock Wood 1/2 Sunday April 8th. at 9.30 a.m.

if intending to go by train there is only one choice. It is as follows :-

Herne Hill.	7.34 (It is the first train running)
West Dulwich.	7.36 a.m.
Orpington.	8.05 a.m. arrives
: (Platform 3).	8.36 a.m. departs (NO earlier train.)
Paddock Wood.	9.03

Assembly League 2018

The dates and venues of this summer's series of Assembly League series are now in the main fixture list, all taking place on the first Thursday of the month.

Note: final fixture at Beckenham has been brought forward to 30 August. New course at Beckenham used for this and the April race will take in parts of the route used in the January Men's Surrey League cross country race. Cutting out the woods should remedy running in semi darkness.

Brockwell Parkrun Takeover

7 April

Thank you to those of you who have come forward to volunteer for Brockwell parkrun on 7 April when we are taking over the organization.

We are still short of a few slots, notably some marshals, a tail walker (around 40 mins) and an additional pacers (20 mins and slower).

If you are able to help please contact:

Mike mcmann90@yahoo.co.uk

or Graham g.a.laylee@btinternet.com

Those of you who have volunteered will receive details shortly of which role you have been allocated.

Try to get in 4th/5th garage to go straight out of gate 5 minute walk to start area.

Don't risk getting the train 30 minutes later at Herne Hill/ West Dulwich as you will only have 1 minute to cross platforms and are likely to miss connection.

Return trains are only hourly at 19 minutes past the hour.

Ron Searle

CLUB Championships

There will be definitely be more entries for Paddock Wood on Sunday April 8 than this weekend's Club championship 10km, as unlike the 10k, it does not have a ridiculous small limited entry limit that was reached a month before the event meaning a lot of potential club members did not have the opportunity to enter.

Paddock Wood is down on normal though with 40 entries as per Tuesday night and a very disappointing total of 12 women. It does clash with some marathons and even some London marathoners are deciding to avoid because it is two weeks before.

My past experience suggests two weeks should be ok for a marathon – but only if you go in very fresh and run a sensible race – ie not flat out from the start and risk blowing up or struggling second half.

However a half-marathon where you finish full of running

English National Road Relays Sutton Coldfield

Saturday April 14th

The SEAA road relays at Milton Keynes scheduled for Sunday 18 March were cancelled because of the adverse weather conditions provided by the 'mini beast'.

We had managed to enter a male team for the 12 stages and are now invited to take part in the English National road relays on Saturday April 14th at Sutton Coldfield.

We are currently trying to get a team of 12 together for this and if you are interested, even as reserve and didn't let me know yet, please contact me under ebepriill@yahoo.co.uk

British Masters Open Road Relay Championships

Saturday 28th April 2018

Sutton Park, Sutton Coldfield, Birmingham.

Teams in age groups:

W35+ (4 legs), W45+ (3 legs), W55+ (3 legs), W65+ (3 legs)

M35+ (6 legs), M45+ (4 legs), M55+ (3 legs), M65+ (3 legs),

M75+ (3 legs)

Each leg is roughly 3 miles.

Last year we had teams in most categories, winning gold in W55s and silver in W45s.

This year the early date makes it more of a challenge, coming the week after the London marathon.

If you'd like to run please contact

W: Ange Norris, Clare Wyngard: dulwichladiescaptain@gmail.com - M: Ebe Prill, ebepriill@yahoo.co.uk

Entries close Sunday 8th April 2018

and at a pace a bit quicker than intended marathon pace should be beneficial with a small taper and a good post half recovery.
Steve Smythe

40 entries as per March 21 am

SM (10): Tim Bowen, Ed Chuck, Matt Cooke, Joe Farrington-Douglas, Ed Harper, Greg Hills, Grant Kennedy, Matt Ladds, Ed Simmons, David Stone

M40 (9): Andy Bond, Martin Double, Jim Dowsett, Hugh French, Michael Hutchinson, Ian Lilley, Buzz Shephard, Justin Siderfin, Cameron Timmis

M50 (3): Mark Foster, Gideon Franklyn, Mike Fullilove

M60 (6): Bob Bell, Colin Frith, Barrie John Nicholls, Andy Murray, Steve Smythe, Gary Sullivan SW (6): Ellie Balfe, Claire Barnard, Tereza Francova, Helen Lister, Rebecca Schulleri, Katie Styles

W40 (2): Louisa Pritchard, Jo Shelton-Pereda

W50 (3): Lindsey Annable, Lucy Clapp, Michelle Lennon

W60 (1): Ros Tabor



Saturday and Sunday 19th & 20th May 2018

See the website - www.greenbeltrelay.org.uk for full details

We have one team for 2018, so we won't be able to get any more. If you're keen let me know by email or on a Wednesday evening. I'll put people into the team on a first-come-first-served basis then have a list of reserves.

NB Reserves needed. We now have a complete team and the event is now full with 50 teams entered

But - injuries, work, family commitments and stuff just happens and every year we call on reserves. So that's what we need now, a few people who could put their name down just in case, so I don't have a to panic

Ange - dulwichladiescaptain@gmail.com

If you require any further information about any races in Shorts then contact your respective captains:

Men: mcmann90@yahoo.co.uk

Ladies: dulwichladiescaptain@gmail.com

Marathon training

A reminder that the most important thing about training in the final month of marathon training is not to get injured!

At this stage, don't try and train as hard as you can but as hard as you need to – there is a subtle difference.

Any gains in training now will be marginal but doing too much can lead to fatigue, injury or illness.

There are no bonuses for great sessions, all that matters is training hard enough to stay as fit as your target needs to be and getting to the start line, healthy, fit and tapered and injury-free.

Steve Smythe

March		
Wed	21	12 miles relaxed
Thu	22	10km at slightly slower than Mar pace but 4th and 9th km at 10km pace and 5th and 10th at Mar ie for sub-3 runner 4:30, 4:30, 4:30, 3:45, 4:15, 4:30, 4:30, 4:30, 3:45, 4:15
Fri	23	5M easy or rest
Sat	24	Club 10km champs
Sun	25	17-20M slow – ideally off-road
Mon	26	5M easy or rest
Tue	27	Track/speed: ie 400m reps
Wed	28	13 miles relaxed
Thu	29	12km at Mar pace with 15 second faster bursts at start of every km
Fri	30	5M easy or rest
Sat	31	5M easy
April		
Sun	1	23 miles steady – after easier first 5, approx 30 secs slower than marathon pace for sub-3 runner at 7:15 pace

SUNDAY RUN GROUPS

There are 2 regular Sunday groups particularly for those planning spring marathons and half marathons

9 am Dulwich Park (College Rd entrance) - Suitable for those running at 8min/mile and faster. Details usually posted on the Facebook page.

8am Brockwell Park (Herne Hill gate)- for those running 8min/mile and slower

Other future races of note

Apr 5 Assembly League

Apr 8 Paddock Wood 1/2M

Marathon training schedules

I am happy to give anyone (of any ability or target) a detailed schedule - steve.smythe@athleticsweekly.com

#This is my suggestion for those doing marathon training.



Steve Smythe says thanks for those who contributed towards my generous gift for my 60th which was presented to me on Tuesday at a very well-attended track session at Crystal Palace

Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to barry@1bg1.com

All road, fell, xc, tri and track results etc, are welcome.

Bedford Duathlon

11 March

To mark the beginning of Spring I was going to treat you all to a double duathlon report (irony, you see?). Clare had a couple of champs qualifiers lined up on consecutive weekends. The first was on familiar ground, both for her and for many a DR relay runner, at Bedford Autodrome and took place as scheduled. Meanwhile we were all packed and ready to go up the M1 to Notts last Friday morning but were carefully monitoring social media at the same time for news of the second event planned for the following morning at Clumber park. By 10.00 the organisers had made the only sensible decision available to them and postponed it to the first weekend in May (over optimistic, maybe!). Anyway, that left a free day for Clare to organise our trip to the World age group champs in Odense, Denmark this coming July that she'd just qualified for at Bedford. Great!

So, how did she get there? For

automatic qualification she needed to finish in the top 6 and ended up being 5th so actually quite comfortable in the end (although she did win a fantastic sprint for that penultimate qualifying place but didn't realise that at the time, of course). Conditions were reasonable, very flat, but with a pretty stiff wind. Her first element, a 5k run that was slightly under distance, was the 8th (out of 10) fastest in the 55-59 age group and, at 4.39 per km hour pace, more or less in line with recent parkrun form. By the second run, supposed to be 2.5k but actually 2.7, she had slowed a bit to 4.59 but, interestingly, this was the 5th fastest time so her stamina, relative to her peer group, seems very sound.

Interesting too, on this occasion, was the "technical" bike leg of 20k sandwiched between the two runs. This was because, for the first time in Clare's competitive experience, it was 'draft legal' (provided the drafting was done off the same gender of competitor). She soon managed to put theory into practice by latching onto a peloton and as well as using it to her advantage did her stint at the front. Her time was a

whole 5 minutes, or 15% if you prefer, faster than at a qualifier in autumn 2016 at the same venue. The atrocious weather conditions on that occasion account for some of this but it's mainly shared between that drafting effect and her additional experience and confidence on the bike, some of that coming from just across Burbage road at the velodrome (and possibly a recent bike focus tri training boot camp!?).

Lloyd Collier also took part and came 13th in what is probably the most competitive age group of all in under an hour and was still buzzing when we caught up with him as he was about to mount the physio's couch in the finish area. For him, too, the tactical thrill of the bike element seems to have been the best bit. **Mike Dodds**

Lloyd Collier: 59.35 (18.16 (run 5k), T1 48 secs, 29.20 (bike 20k), T2 42 secs, 10.27 (run 2.5k)), 13th VM45-49/28)

Clare Wyngard: 1.11.15 (23.17 (run 5k), T1 56 secs, 34.23 (bike 20k), T2 44 secs, 12.29 (run 2.5k)), 5th VW55-59/10

Hastings 1/2M

271 Lucy Pickering 1:36:48 chip 1:36:26
273 Gower Tan 1:36:53 chip 1:36:22

My confirmed 3000m time from Sunday 11th was 12.15.25
Mike Mann



March 17

Brockwell

198 Ran

Pos Gen

42 41 Gower Tan 22:03

52 6 Lucy Clapp 22:55

Bromley

362 Ran

Pos Gen

164 36 Claire Steward 26:56

Cannon Hill , Birmingham

533 Ran

Pos Gen

139 8 Susan Cooper 23:57

Canterbury

91 Ran

Pos Gen

1 1 Edward Chuck 17:35

Crystal Palace

164 Ran

Pos Gen

2 2 Stephen Davies 18:44

39 4 Yvette Dore 23:27

44 5 Belinda Cottrill 23:50

74 11 Joanne Shelton Pereda 26:01

Dulwich

188 Ran

Pos Gen

12 11 Grzegorz Galezia 19:24

27 26 Derek Lee 20:37

50 46 Rob Cope 22:03

69 62 Mark Muffett 23:22

81 9 Clare Wyngard 23:52

87 75 Michael Dodds 24:01

147 112 Mick Mead 28:14

Gladstone

128 Ran

Pos Gen

15 2 Becca Schulleri 22:11

Horsham

282 Ran

Pos Gen

259 141 Gary Budinger 38:18

Leicester Victoria

222 Ran

Pos Gen

64 4 Marjorie Epton 24:58

Malling

125 Ran

Pos Gen

125 43 Tereza Francova 46:44

Northala Fields

197 Ran

Pos Gen

11 11 Nicholas Brown 21:02

Old Deer Park

96 Ran

Pos Gen

31 3 Lindsey Annable 25:40

Peckham Rye

155 Ran

Pos Gen

18 18 Matthew Ladds 21:36

19 1 Michelle Lennon 21:36

42 3 Kim Hainsworth 22:57

47 43 Gideon Franklin 23:16

60 10 Ros Tabor 24:25

136 54 Caroline Maynes 31:31

Richmond

280 Ran

Pos Gen

220 66 Hannah Harvest 31:58

221 67 Claire Barnard 32:15

Riddlesdown

72 Ran

Pos Gen

62 13 Ange Norris 34:16

Rising Sun

246 Ran

Pos Gen

6 6 Paul Devine 19:49

South Manchester

369 Ran

Pos Gen

61 55 Matthew Cooke 22:12

South Norwood

76 Ran

Pos Gen

1 1 Andy Bond 18:34

4 4 Alastair Locke 20:03

21 2 Carys Morgan 24:38

Southwark

226 Ran

Pos Gen

120 101 Paul Keating 26:17

Tooting Common

328 Ran

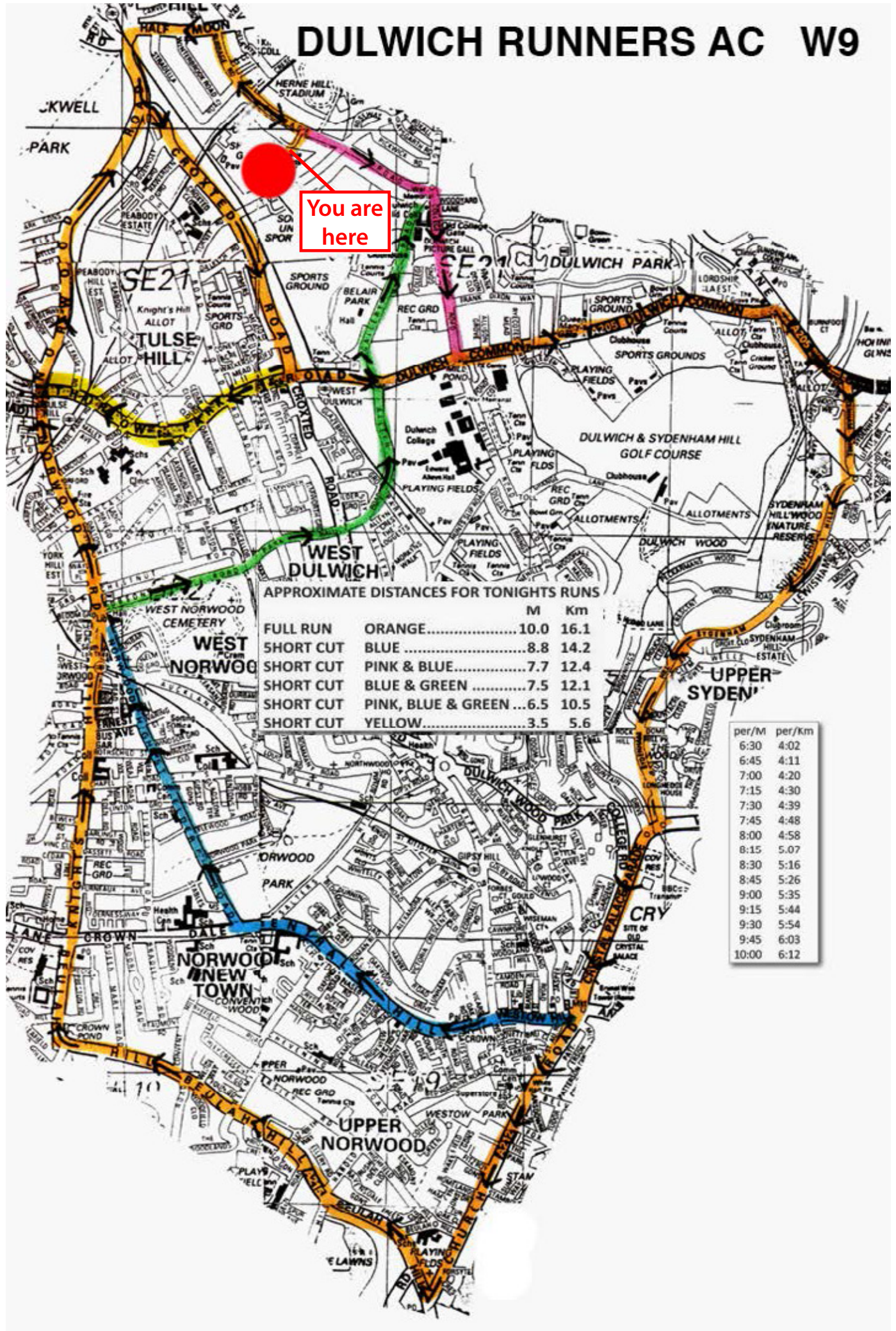
Pos Gen

128 107 Ian Sesnan 24:53

New members especially, and others....

For your results to appear here you need to update your parkrun profiles to show you are a current member of Dulwich Runners AC. or send them in.

DULWICH RUNNERS AC W9



You are here

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE.....	10.0	16.1
SHORT CUT	BLUE	8.8	14.2
SHORT CUT	PINK & BLUE.....	7.7	12.4
SHORT CUT	BLUE & GREEN	7.5	12.1
SHORT CUT	PINK, BLUE & GREEN ...	6.5	10.5
SHORT CUT	YELLOW.....	3.5	5.6

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