



SHORTS

Dulwich Runners AC

Weekly Newsletter

July 17th 2019

www.dulwichrunners.org.uk

These are your SHORTS,
Please send your reports, running news & anecdotes to:

barry@bg1.co.uk or barry@1bg1.com

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 17	Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Fri 19	Mark Hayes Memorial Mile - Dulwich track
Tue 23	Dulwich College £2 per session Start with a warm up taken by Elkie Mace at 7:10pm then 7.25 main session on grass. See "Speed Sessions" following page Ladywell Track session - - meet 7.30 contact steve.smythe@athleticsweekly.com

[Like us on Facebook @dulwichrunners](#)

Connect with us:



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

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)

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**.
- The money is to help pay for clubhouse hire, map printing, club costs etc.
- We use the register to compile the new runners' rota, so please write legibly.

In your SHORTS this week !

- 1 General information
- 3 Fixture list & race details
- 4 Upcoming races etc
- 5 Race reports & results
- 7 parkrun times
- 8 Club kit
- 9 Social events etc
- 10 Wednesday route map

And much more !

----- EVENT HORIZON -----

A brief look ahead

Jul 19	Mark Hayes Memorial Mile - Dulwich track
Aug 1	Assembly League - Victoria Park
Aug 2	SOAR MILE - Stratford
Aug 29	Assembly League - Beckenham



Thanks go to **Cameron Timmis** for taking out new runners last week

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota. 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 asap. - Thanks. - Ros

Tony Tuohy

Laura Vincent

Mick Ward

17/7

24/7

31/7

Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. Copies will be at the clubhouse, but feel free to print your own and 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.

All maps also on Strava (you don't need an account)

<https://www.dulwichrunners.org.uk/wednesday-night-routes>

Tuesday Speed Sessions

For the coming weeks, there will be a *choice of two speed sessions on Tuesdays* –

The Dulwich College session on grass as usual – and a track session at Ladywell Arena. Whilst both sessions are open to all members and are suitable for all abilities, they each have their own focus and one will therefore be more suitable depending on your training target. See below for further details

Dulwich College

Cost is £2 per session

Warm up drills and stretches etc start around 7.10pm.

Main session starts around 7.25pm

These sessions a mix of grass and track are more suitable for all levels of ability than the track sessions at Ladywell, perfect for those preparing for 5 and 10kms over the summer.

They will take a similar format to those taken by Steve previously.

A team of Elkie, Anna and Katie will be delivering these sessions at Dulwich College for June and July.

Anna and Katie are working towards their coaching qualifications and will be leading some of the sessions under Elkie's supervision.

Ladywell Arena Track

Cost is £2.65 per session tbc.

Meet 7.30pm for a 7.45pm start.

Ladywell Arena, Silvermere Road, Catford, London, SE6 4QX

Track sessions with Steve Smythe at Ladywell focusing primarily on improving speed for upcoming races including the club mile.

Dependant on how busy the track is and numbers running from Dulwich, these sessions will continue through June and July though could be switched to Crystal Palace if that is thought to be better. steve.smythe@athleticsweekly.com

A reminder of some etiquette - don't warm up on the grass immediately in front of the throws and try and not run beside someone at the same pace during the rep - stay in lane one unless you have to overtake.

When finishing rep, ideally keep to the left and filter onto grass rather than move to the right where you might hamper faster runners coming up on the outside.

If you are being overtaken on the second half of the rep, by runners you started with, you are going too fast on the first half - it is best for you and athletes who have to try and pass you during the rep that you start slower and are less aggressive in the first 100m of any rep and risk affecting others sessions. Be realistic with your pace.

DULWICH RUNNERS 2019/20 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**

2019		Race	Venue
Jul	19	Mark Hayes mile	Dulwich Track
Aug	1	Assembly League - Victoria Park	Hackney
	2	SOAR Mile short - FULL, there is a waiting list	Olympic Park, Stratford
	29	Assembly League - Beckenham Place Park	Beckenham
Sep	22	SEAA road relays	Crystal Palace Park
	28	England Masters cross country Inter-Area Challenge	t.b.c
Oct	6	National 6/4 stage road relays	Sutton Park
	12	Surrey League cross country (men)	t.b.c
	26	BMAF XC Relays	Long Eaton
Nov	3	Regents Park 10k short	Regents Park, London
	9	Surrey League cross country (men)	t.b.c
	16	British & Irish Masters cross country,	Southport
	23	South of Thames 5 miles	Morden Park
Dec	14	or 21 tbc South of Thames 7.5 miles	Lloyd Park
2020			
Jan	4	County cross country champs	t.b.c
	11	Surrey League cross country (men)	t.b.c
	25	South of England cross country champs	t.b.c
Feb	8	Surrey League cross country (men)	t.b.c
	22	England cross country champs,	Nottingham
Mar	21	England area 12 and 6 stage relays	t.b.c
Apr	4	National 12 and 6 stage relays	Sutton Park

Surrey League Xc dates and venues to be confirmed

Note: Track fixtures on seperate list below

If you require information about any races in Shorts, how to enter etc then contact your respective captains:
 Men road: ebepri1@yahoo.co.uk - Men Xc: mcmann90@yahoo.co.uk - Ladies: dulwichladiescaptain@gmail.com

2019		Track races and meetings	Venue
Jul	17	BMC meeting	Eltham
	22	Blackheath and Bromley Open meeting	Norman Park, Bromley
	24	VAC 5000m champs	Battersea
Aug	2	SOAR Mile club champs (short)	Olympic Park
	14	BMC meeting	Eltham
	24	HHH open meeting	Tooting
Sep	4	Sth London Harriers 1500m & 5k Festival	Purley
	11	Highgate end of season open meeting	Parliament Hill
	18	VAC 10,000m champs	Battersea

Mark Hayes Memorial Mile Dulwich College Track

Friday 19 July

This event is in memory of Mark Hayes who was club mile champion back in the 90s and in whose memory we hold this series of races. It's also excellent preparation for the clubs champs SOAR Mile on 2 August.

To take part in these races contact

Mike Mann at: mcmann90@yahoo.co.uk and Jonathan Whittaker jonathanwhittaker79@yahoo.co.uk including your predicted mile time, **before 17 July**.

Those of you unsure about your predicted time, speak to one of

your coaches at Tuesday's grass/track session or provide details of any recent 5k or parkrun times. If doing our midsummer relays on 26 June, we can use those times, subject to a small adjustment for the longer distance. We don't need accurate predictions as it's simply to allocate runners to a series of races on the night. The first race will start around 7.30, with subsequent races at 10 minute intervals.

Please do not wear club vests. You will be allocated to races and provided with race numbers on arrival. The presentation will be after the final race at around 8.30.

Drinks will be available trackside before we head off to the Alleyns Head afterwards.

There is also a 600m race for youngsters, so please let us know if you plan to bring them along and don't worry about their predicted times.

There is no entry fee but donations which will go to Karine Brissy Hayes and her family are encouraged.

2019 Club Championships

Here are the club championship races for 2019
Four long and five short with two dates to be confirmed.
To complete and qualify for the champs you must run at least 5 events, including at least one from each distance category.

16 Feb	Dulwich parkrun	short
10 March	Big Half	long
14 April	Thames Towpath 10M	long
28 April	London Marathon (or alt.)	long
10 June	Sri Chinmoy 5k	short
16 June	Eltham Park 5M	short
July 14	Sevenoaks Seven Mile	long
Aug 2	SOAR Mile	short
3 Nov	Regent's Park 10k	short

Assembly League

A series of races from 3 to 3.5 miles on road or paths within parks and take place on or close to the first Thursday evening of the summer months against 12 other clubs.

These are extremely popular and all members are welcome and encouraged to participate whatever your standard or ability. They are free to enter, no pre-entry or registration needed, all you need to do is have a club vest, turn up and run.

All details in main fixture list and any further information will be here in Shorts as and when it becomes available.

Ladywell 10000 - 1 Sept

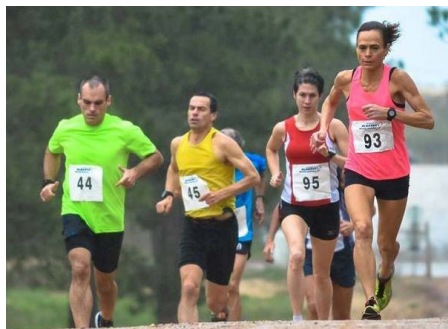
Kent AC's annual festival of 10000m running back for its third year on Sunday 1 September. Seven seeded races open to anyone faster than 55 minutes for 10000m. Food and drink available for spectators and runners to buy. This event sells out quickly so enter at: <https://www.entrycentral.com/event/110805>

Algarve Running Challenge

6-10 November

This annual series of races takes place at Monte Gordo in Portugal close to the Spanish border over the period 6-10 November. There are 4 races including a 5km cross country, a track mile, 3km beach race and 10km trail race. In addition to the running events there is plenty of time and opportunities for sightseeing, cycling and swimming in this attractive part of the Algarve. We stay at a 4 star hotel on the beach where half board is available. For further details have a chat to Ros, Andy, Steve Smythe or myself.

Mike Mann



Thames River Relay Sunday 8th Sept.

Starts 9 a.m. Dorney Lake, finish at Kingston, teams of 5 run a marathon distance between them, stages from 4.4m - 6.5m.

A baton relay alongside the Thames, mainly off road, for runners of all abilities. http://www.stragglers.org/river_relay

It seems a long way off but it is popular so we have to enter early. To take part let Ange know on Wednesday evening or reply to dulwichladiescaptain@gmail.com

The Vitality Big Half Sunday 1 March 2020 - Club Places

This is a club championship race.

We have 10 discounted entries @ £10 each, to be considered for one let me know **by Sunday 4th August** (unless you've already asked on post in DR FB group).

5 places to be awarded on appearances in club events (cross country, club champs, assembly league) and 5 by ballot on club night Wednesday 7th August.

Eligibility for a club place requires you to have been a member for at least a year (up to deadline of 4th August).

If you had a club place this year then you'll only be considered if less than 10 apply.

All members did get a place this year but there is no guarantee for 2020. General entry open now at £46 but possible discounts if you live in Southwark, Greenwich, Lewisham or Tower Hamlets. Also, generally discounted (early bird) entries might become available again. Good for age entries aren't open yet.

Info: <https://www.thebighalf.co.uk/events/vitality-big-half/>
Ebe Prill ebepriill@yahoo.co.uk

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.

Sevenoaks 7 miles Multi-Terrain Club Championship Knole Park

Sunday 14th July

The Sevenoaks 7 is a real stalwart event of the Kent running scene and this 26th edition was as well organised as ever by Sevenoaks AC's local running legend Darrell Smith (who's won it at least six times himself). With 379 finishers and six runners breaking 40 minutes this one could be the biggest and fastest yet. Formerly used regularly in the Dulwich championships we were returning this time after an absence of four years and 15 of our 38 runners were returning after competing in that 2015 event. The passing of time hadn't made the course any easier, a mixture of tarmac paths and grassy trails either comprising long uphill or long downhill, hardly flat anywhere and providing a real test.

Up front Ed Chuck was having his now customary quality run to gain second in the overall race, impressively breaking 39 minutes so not far short of five-and-a-half minute miling on very difficult terrain. Jack still seems to be improving in quantum leaps and finishing only a minute behind Ed is tremendous, as well as putting 19 seconds into Andy who was hardly hanging about himself and won the overall club championship on age grading. Those three were in their own league

but three minutes back Tom's typically strong effort did well to hold off the resurgence of The LockeStar - possible evidence of some training being resumed since the pitter-patter of tiny feet. Alastair's customary easy-does-it approach was evident early on as he was still in the vicinity of Wayne and my good self after a mile or so but soon shed our company as my now not-so-good self capitulated on the early uphills and watched the pair of them disappear up the road.

Wayne ran decently enough after recent achilles troubles to keep within two minutes of his excellent run four years ago with Alastair losing only 40-or-so seconds on that run - the two minute loss in my case might be age-related...

Only lightly raced recently, James did well to put a minute into Marta's strong run (2nd overall woman) as she led in solid efforts from Grant and on-the-comeback-trail Jonathan. Justin was too strong for Matt Cooke and Grzegorz, all of whom would have been in the sights of Coach Steve if his calf hadn't let him down before the last mile, reducing him to a jog to the finish that nevertheless at least still secured the 1st M60 prize. Yvette's run was strong, keeping Cameron Lund at bay and a good distance ahead of the closely matched quartet of Michelle, Belinda, Kim and Tess - Yvette and Michelle are vastly improved since their

2019 champs categories	SEVENOAKS 7
Overall winner (AGE GRADING)	Andy Bond
1st Man (any age category)	Ed Chuck
1st Woman (any age category)	Marta Maskiewicz
2nd Man (any age category)	Jack Ramm
2nd Woman (any age category)	Yvette Dore
3rd Man (any age category)	Tom South
3rd Woman (any age category)	Michelle Lennon
First M40 (excl. above)	Justin Siderfin
First W40 (excl. above)	Emma Ibell
First M50 (excl. above)	Tony Tuohy
First W50 (excl. above)	Lucy Clapp
First M60 (excl. above)	Steve Smythe
Age Graded MAN (excl. above)	Alastair Locke
Age Graded WOMAN (excl. above)	Kim Hainsworth
13 Captains' award	James Burrows Belinda Cottrill

efforts here four years ago.

Ebe is down on fitness since his accident and didn't like this course any more than I did but got round after good runs from Matt Ladds (well up on last time) and Emma, but ahead of decent efforts from Anna and Cameron Timmis. Laura was next, six minutes superior and such an improved runner since the last time here, a decent distance ahead of Lucy, Graham and Bob. Hugh and Ameet weren't far outside the hour, and nor was serial club Champs attendee Barrie John, followed in by Jo and Sonja. Claire Barnard and Sharon finished in close order and it was great to see Clare Osborne back amongst a large Dulwich mob contesting a club championship.

Tony Tuohy

Dulwich Runners' times in Sevenoks 7Mile 14 Jul 19

Pos.		Time	Chip	Age %	Cat.	Points in age category m/f								Age grade points	Club champs awards
						ms	m40	m50	m60	f s	f40	f50	f60+		
2	Ed Chuck	38.56	38:56	78.58	SM	50								832	1st man
6	Jack Ramm	39.58	39:58	76.51	SM	49								810	2nd man
7	Andy Bond	40.17	40:17	81.25	M40-49		50							865	Overall winner
12	Thomas South	43.06	43:06	74.83	M40-49		49							796	3rd man
13	Alastair Locke	43.08	43:08	71.62	SM	48								763	Age grade man
17	Wayne Lashley	44.05	44:05	70.54	SM	47								750	
23	Tony Tuohy	44.41	44:41	80.04	M50-59			50						857	1st m50
45	James Burrows	46.43	46:43	66.93	SM	46								712	
50	Marta Miaskiewicz	47.45	47:45	71.07	W35-44					50				771	1st woman
53	Grant Kennedy	47.55	47:55	64.17	SM	45								687	
55	Jonathan Whittaker	47.58	47:58	64.96	SM	44								694	
61	Justin Siderfin	48.21	48:21	67.79	M40-49		48							727	1st m40
65	Matthew Cooke	48.44	48:44	63.36	SM	43								679	
67	Grzegorz Galezia	48.58	48:58	68.57	M40-49		47							736	
84	Stephen Smythe	50.19	50:19	74.40	M60-69				50					796	1st m60
92	Yvette Dore	50.47	50:47	73.72	W45-54						50			786	2nd woman
96	Cameron Lund	50.58	50:58	59.56	SM	42								635	
101	Michelle Lennon	51.24	51:24	76.17	W45-54							50		823	3rd woman
102	Belinda Cottrill	51.31	51:31	65.73	W35-44					49				715	
104	Kim Hainsworth	51.33	51:33	67.06	W35-44					48				723	Age grade woman
105	Tess Bright	51.40	51:40	58.85	SM					47				709	
106	Emma Ibell	51.53	51:54	58.84	SM						49			769	1st w40
107	Matt Ladds	51.54	51:53	72.09	W45-54	41								624	
123	Ebe Prill	53.13	53:13	67.64	M50-59			49						726	
127	Anna Thomas	53.23	53:23	64.37	W35-44					46				695	
136	Cameron Timmis	53.48	53:48	61.91	M40-49		46							664	
157	Laura Vincent	55.19	55:19	61.60	W35-44					45				668	
176	Lucy Clapp	56.40	56:40	70.26	W45-54							49		766	1st w50
178	Graham Laylee	56.46	56:46	66.32	M60-69				49					712	
195	Bob Bell	58.01	58:01	66.88	M60-69				48					717	
221	Hugh French	60.43	60:43	52.84	M40-49		45							565	
241	Barrie John Nicholls	62.24	62:25	56.51	M60-69				47					667	
243	Ameet Patel	62.25	62:24	62.13	M50-59			48						608	
248	Joanne Shelton Pereda	62.40	62:40	58.00	W35-44						48			619	
255	Sonja Jutte	63.35	63:35	55.28	W35-44						47			592	
269	Claire Barnard	65.22	65:22	51.67	SW					44				560	
271	Sharon Erdman	65.27	65:27	57.52	W45-54						46			617	
317	Clare Osborne	70.57	70:57	53.09	W45-54						45			569	
		38					10	6	3	4	7	6	2	0	

Southern Athletics League, Tonbridge,

July 13

Clare warmed up for her 5000m this Wednesday with a good double, winning the B 800m and then easily winning the 1500m overall on a warm sunny day.

Steve Smythe

800: B: Clare Elms 2:24.4

1500: A: 1 Clare Elms 4:54.0



July 6th

Beckenham Place

278 Ran

Pos	Gen		
16	16	Stephen Smythe	19:28

Bethlem Royal Hospital

173 Ran

Pos	Gen		
56	8	Claire Barnard	25:23
171	109	Chris Vernon	50:27

Burgess

510 Ran

Pos	Gen		
26	24	Justin Siderfin	19:43
40	37	Hugh Balfour	20:25
181	22	Ros Tabor	23:54
246	201	Andy Murray	25:28
508	192	Susan Vernon	49:22

Brockwell , Herne Hill

335 Ran

Pos	Gen		
53	6	Lucy Pickering	21:44
167	134	Michael Dodds	26:14
231	62	Sharon Erdman	28:56
330	129	Clare Wyngard	49:45

Bromley

607 Ran

Pos	Gen		
347	278	Peter Jackson	28:31

Catford

233 Ran

Pos	Gen		
1	1	Andy Bond	17:42
16	1	Kim Hainsworth	19:53

Clapham Common

649 Ran

Pos	Gen		
257	212	Ian Sesnan	25:20

Cleethorpes

249 Ran

Pos	Gen		
61	55	Colin Frith	23:53

Dulwich

461 Ran

Pos	Gen		
12	12	Timothy Bowen	17:46
21	21	Tom Shakhli	19:02
52	1	Sara Roloff	20:07
61	2	Belinda Cottrill	20:31
99	93	Ajay Khandelwal	22:00
119	11	Charlotte Sanderson	22:46
122	111	Bob Bell	22:50

Gladstone

198 Ran

Pos	Gen		
3	3	Des Crinion	19:15

Greenwich

428 Ran

Pos	Gen		
20	20	Michael Fullilove	20:11

Llyn Llech Owain

115 Ran

Pos	Gen		
1	1	Paul Devine	18:10

Mile End

370 Ran

Pos	Gen		
34	33	Matthew Ladds	20:49
245	63	Karina Burrowes	28:34

Peckham Rye

356 Ran

Pos	Gen		
27	25	Oliver Bottle	20:36
36	4	Emma Ibell	21:04
42	5	Michelle Lennon	21:19
83	10	Helena Flippance	23:11

Riddlesdown

268 Ran

Pos	Gen		
159	40	Ange Norris	29:43

South Norwood

191 Ran

Pos	Gen		
14	14	Eugene Cross	20:40
39	2	Helen Lister	23:46
70	10	Carys Morgan	25:40

Southsea

371 Ran

Pos	Gen		
19	18	Alex Loftus	19:28

Southwark

443 Ran

Pos	Gen		
210	31	Michelle Key	25:18

Wimbledon Common

579 Ran

Pos	Gen		
247	210	Barrie John Nicholls	25:58
300	51	Lindsey Annable	27:36

Whitstable

368 Ran

Pos	Gen		
59	7	Alison Peel	24:04
229	65	Elizabeth Begley	29:59

For your results to appear here ...

you need to update your parkrun profile to show you are a current member of DR AC.

DULWICH RUNNERS CLUB KIT

- Vests £18 each
- T-shirts short sleeved £20 each
- T-shirts long sleeved £22 each
- Socks £5 pair
- Bufs/snoods £6 each

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

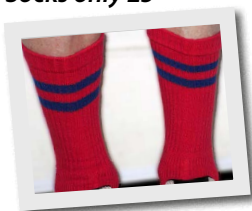


DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or
slightly longer- Both styles are a bargain £15.



Bufs/snoods - only £6

Socks only £5



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



The Beast from the East !

It's on the way!.. be prepared...
get yourself a bobble hat £15

ros.tabor49@gmail.com

! Coming Soon !
Women's "Racer Back"
vests - £25



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces and hoodies. You just click on the link to the Dulwich Runners shop and purchase directly. <https://www.pbteamwear.co.uk/athletics-clubs/dulwich-runners.html> any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1/4 Zip Top

SOCIAL SPOT

P
O
T

Upcoming events.

Watch this space !.....

Dulwich Runners are on Instagram....So if you would like to photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, or Jonathan Whittaker who will take care of it! If people mention [@dulwichrunners](#) on their posts then we can easily repost pictures on the main Dulwich Runners account of



Instagram

key achievements that you want to share, or cover club races that neither Jonathan or Yvette are at.

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

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 Summer Map 7

15.1km / 9.4 M
 10.9km / 6.7 M
 7.4km / 4.6 M

An extra full lap of
 Dulwich Park is
 1 mile / 1.6 km

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

An extra full lap of
 Crystal Palace Park is
 1.75 miles / 2.8 km

