



# SHORTS

Dulwich Runners AC

Weekly Newsletter

September 12th 2018

## These are your SHORTS,

Please send your reports, running news & anecdotes to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

### Wed 12 Club Night, Edward Alley Club

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

### Sat 15 Beckenham parkrun/Club Champs 5k

9am start, dont forget your barcode !

### Tue 18 Hill Session - Last one :(

We shall be going to the Dulwich Woodhouse after the session for drinks

## In your SHORTS this week !

- 1 General information
- 2 Fixture list, 2018 & race details
- 3 Race reports and times
- 5 Parkrun times
- 7 Club kit - new kit additions !
- 8 Social events etc
- 9 Wednesday map + Strava links

**And much more !**

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

our website: [www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

Connect with us:



**Like us on Facebook @dulwichrunners**

### ----- EVENT HORIZON -----

*A brief look ahead*

Sep 15 Parkrun ( 5k club champs ) Beckenham Place Park

## TRACK SESSIONS

Next Tuesday 18 will be the last hill session opposite Sydenham Hill station. There is no fee  
The session will start at 7.20pm and be around 40 minutes.

The likelihood is track sessions will commence at Crystal Palace on Sept 25 but will confirm at a later date.

*Steve Smythe*

### 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](mailto:steve.smythe@athleticsweekly.com) to go on the mailing list

## LUCKY VEST

### September winner - Lucy Pickering

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](mailto:ros.tabor49@gmail.com)

## 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)

## 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.



## NEW RUNNERS ROTA

Thankyou to Hugh Balfour, Mike Dodds, Clare Wyngard and Andy Murray for running with new people 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 as early in advance as possible.

Thanks. - Ros

<b>Emma Ibell</b>	<b>12/9</b>
Paul Keating	19/9
Matt Ladds	25/9

## Wednesday Night Map

This map for this Wednesday's runs can be found at the back 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

*We are in the process of putting the new maps onto Strava (you don't need an account) and links can be found here:*

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

**I've a big birthday coming up** - and much more importantly than that I will be entering the MV60 category - and so I'd be delighted if you'd let me buy you a drink in the bar after tonight's club run. I'll also be providing pizza.  
Thanks- Mike Dodds

**Post Summer Track/Hills drinks in The Dulwich Woodhouse after the final hill session on Tuesday 18th**

# 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
Sep	15	Beckenham parkrun (S)	Beckenham Place Park
	23	Southern 6/4/3 stage road relays	Crystal Palace Park
	30	Middlesex 10k (L)	Victoria Park, Hackney
Oct	13	Surrey League Xc Men	Richmond Park
	13	Surrey League Xc 6k -11am Women	Wimbledon Common
Nov	10	Surrey League Xc Men	(tbc)
	10	Surrey League Xc 6k -1pm Women	Nonsuch Pk, Cheam
	24	South of Thames 5 mile XC (S) (inc. club champs 5M)	(tbc)
Dec	15	South of Thames 7 mile XC	Beckenham Place Park
2019			
Jan	12	Surrey League Xc Men	Mitcham Common
	12	Surrey League Xc 8k -11am Women	Happy Valley, Coulsdon
Feb	9	Surrey League Xc Men	Lloyd Park
	9	Surrey League Xc 8k -1pm Women	Richmond Pk, Kingston end
Mar	10	Virginity Big Half (L)	London

## Beckenham Place parkrun Club Champs - Sep 15

For those not familiar with this parkrun here is a link to the course and other details you may find useful.

<http://www.parkrun.org.uk/beckenhamplace/course/>

## SEAA Road Relays - 23 SEPT

The SEAA 6/4/3 stage relays take place at Crystal Palace on 23 September. We will be looking to enter strong men's and women's senior and vets teams, so we will be approaching those of you who competed last year plus other in-form runners based on recent race performances. In the meantime please keep that date free and if you are able to contact your captains about your availability that would be helpful, and please reply promptly to emails and other communications from your captains.

## CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like 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](http://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](mailto:ros.tabor49@gmail.com)

As we are using this for a Club champs event they have requested that we supply a few volunteers, so if you aren't intending to run or would just like to volunteer and get the parkrun credits contact them here:

[beckenhamplaceoffice@parkrun.com](mailto:beckenhamplaceoffice@parkrun.com) or just turn up on the day and offer to help.

## Big Half - Club Champs 10 March 2019

We don't normally select the programme of club champs races for the next year until late autumn, but this time it is necessary to make an exception. A number of members took part in this year's Big Half and it proved a popular race with good feedback. In view of this and because the Paddock Wood is often close to the London Marathon and is difficult to get to by train, we have chosen the Big Half on 10 March 2019 as our club champs half marathon. This is likely to fill up fast so it's best to enter as soon as possible. - *Mike Mann*

<https://www.thebighalf.co.uk/how-enter/>

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

Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

Men road: [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)

Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

# Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to [barry@1bg1.com](mailto:barry@1bg1.com)

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

## South London Harriers Club Champs/Open 1500m & 5000m Coulsdon

Wednesday 5th September

With the dying embers of the track season still glowing for a week or two more (alright, I'm not starting a poem), a select band of Dulwich Runners found this little gem of a meeting. As it was at Woodcote High School (my kids' alma mater), all of one mile from my front door, I readily signed up and was surprised/pleased to see so many club members having the same idea. A mild evening with a light breeze meant conditions were good and most came away more than happy with their efforts after a great night of racing.

### 1500m race 1

First up, I was in the slower of two 1500m races and as I lined up with my exclusively under-15 opposition I realised I was on a hiding to nothing, what with the prospect of little kids giving me a hammering and even if I beat them, who cares? Anyway, my quick enquiry as to whether anyone on the start line was less than 40 years younger than me (answer: no) raised a titter before our pacemaker Ben Noad agreed to set off at 4:40 pace. Yes, that's right, we had our very own pacemaker. I claimed the inside birth (senior citizen's rights) and sprinted the first 50m to ensure the usual mad rush from loads of pesky young blighters didn't engulf me before settling down behind Ben. From then on it was a straightforward follow-my-leader with 800m passing in a fast 2:28 (sub-4:40 pace) before my speed inevitably slackened, although just enough of a sprint remained to sneak a season's best.

1 Tony Tuohy 4:42.80 SB

### 1500m race 2

Wayne was flying to Malaga the next day for the World Masters 800m and used this for a workmanlike final tune-

up effort. The ensuing comedy of errors from the King of Comedy Gold however made him wish he hadn't bothered. A plaintively pathetic text late that night informed me that he had discovered his race spikes were missing, obviously left at the track; the flight from Gatwick was about 18 hours away... I got the ball rolling with messages to Ange Norris and Dylan, who passed on enquiries to various South London Harriers. The mission moved on the next day when the shoes were actually found and deposited at the school reception; I was sent word, dashed direct from work and was stopped on my way in by no less than the headmaster asking me to state my business. I took great exception to his not recognising me as a parent to ex-students of the school. Anyway, I really must work on losing the shifty look. Having passed all security checks I duly made the collection in time to then intercept Wayne's Gatwick-bound train at Coulsdon South. I had envisaged lobbing said shoes into the train carriage but thankfully Wayne deigned to get off and wait for the next one. He really needs his own personal chaperone. I haven't made any of this up, honest m'lud.

4 Wayne Lashley 4:27.30

### 5000m race 1

Christina's impressive mile times this summer whetted her appetite for some more track racing and she set out here hopeful of beating her road 5k times and maybe breaking 20 minutes. A well-paced effort later and she was easily inside the first target and very close to the second, which is definitely within reach.

12 Christina Dimitrov 20:05.90 PB

### 5000m race 2

Just half an hour after scraping myself off the track, the 1500m lactic appeared to have cleared enough so I lined up for the 5000m for an extra workout and without any expectations to see how long I could keep up with Ian and Paul. All three of us soon found decent shelter in a large pack of about ten runners following the pacemaker (Ben Noad again, no rest for the wicked) taking us along a bit

quicker than the promised 17:30 pace. I was actually enjoying myself as the three of us bowled along, moving up the pack as gaps opened and still seemingly comfortable as 3k was passed in 10:19 (sub-17:12 pace). At this point I finally started feeling it and Ian drifted ahead; Paul appeared at my shoulder a couple of times, I pushed it a bit to keep him off and with 1k to go found myself back up with Ian. With 600m to go I gave it whatever was left and passed Ian and two other runners for my best time in three years - and a lot of head-scratching re. 'intensity of warm-up'. Meanwhile Ian was hanging on to record by far his best 5k time, a quality run on a par with his Soar Mile and testament to his persistence in getting fit again since a long injury-hit hiatus. Paul suffered over the last couple of laps but his gradual return to form still took a big leap forward as he recorded his best 5k time this year by far. It's fair to say that all three of us were chuffed enough - and happy to take up spectating/cheering duties for the final race.

3 Tony Tuohy 17:08.42 SB

6 Ian Lilley 17:14.09 PB

7 Paul Devine 17:24.25 SB

### 5000m race 3

The club record list has taken a severe battering in recent months with some senior track records in particular gaining highly respectable updates. Ed Chuck is the man of the moment over 5000m and 10000m although former 5000m record holder Tim Bowen is hardly allowing Ed to just disappear into the distance. Here at Coulsdon Ed was confident enough to state beforehand that the plan was to run strict 73.2 second laps (3:03 per km) for a hoped-for 15:15. This clinical approach, ignoring any racing around him and referring to the watch every lap, is hardly intuitive racing but Ed currently seems to know exactly what he can get out of himself and distribute his effort accordingly. The lap splits were metronomic and even with every ounce of energy going into as strong a finish as possible, Ed still clocked a fifth km in 3:03, just like the previous four. Mind-blowing precision. The Dublin Dynamo took the brave approach of testing the waters at Ed's pace for the early laps but inevitably

had to give way and run his own race. He held concentration superbly while slipping back gradually but reached the bell in need of a sub-70 to break his own personal best. The gang of spectators loved his great-to-watch last lap and he got it, by 0.15 seconds.

Meanwhile, Andy Bond had his own club record to chase and his recent form meant the current M40 mark of 16:37 was a foregone conclusion; more important for respectability the M50 record of 16:21 needed to be put in its correct place in the pecking order too and was duly dispatched with a half-minute buffer after

an enthralling tussle with an SLH runner. The initial sub-15:40 pace subsided by halfway and with 1km to go had drifted out to near 16:00 pace, but Andy blew away his rival with a frankly ridiculous 66 second last lap (31 last 200m). An excellent run with more to come. Shane's recent sub-34 10000m indicated well under 16:30 was a good aim and his 3:15 kms (16:15 pace) took him through 3k spot on (9:45). Thereafter things got hard and by the last km his laps were slipping to tired 80s as opposed to the previous 78s, but a big last lap effort in 77 still netted an excellent best time. Dylan's superb sub-16 road 5k in Battersea a few months ago

convinced him to try for a similar pace here, but although fit he is very lightly raced recently and red-lined himself a bit earlier than expected leading to a very hard second half; nevertheless he got the job done and still gained a very decent PB.

#### **Tony Tuohy**

3	Ed Chuck	15:15.69	PB club senior record
7	Tim Bowen	15:40.07	PB
9	Andy Bond	15:51.51	PB club M40 record
12	Shane O'Neill	16:17.93	PB
14	Dylan Wymer	16:22.93	PB 2 <sup>nd</sup> claim

## World Masters Athletics Champs, Malaga, Spain

Just a brief report from us for now, as there are more races to come. Further details next week. Andy Murray, Ros Tabor.

#### **c 7k Cross Country 05.09.18**

W65 3 Ros Tabor 38:40 Bronze medal, 1st scorer in GB's 1st w65 team. Gold team medal.

M65 32 Andy Murray 39:47

#### **10k Road 09.09.18**

M65 34 Andy Murray 50:01

#### **800m W65**

2nd Semi-final 10.09.18

4 Ros Tabor 3:06.52

7th fastest qualifier through to the final 12.

Final 11.09.18

4 Ros Tabor 2:57.15

## UK Young Athletes League Final Bedford

September 9

Lucy was picked for Blackheath for the National final for under-20 and under-17 athletes and Blackheath proved they are the strongest junior club in the country with a huge victory.

Lucy ran the 3000m first and in very windy conditions settled to finish as high as possible and not match her fast time from midweek.

The first three ran 10:20 or faster and Lucy finished a clear fourth as Blackheath's A string (and would have needed a 20 second PB to finish any higher) which helped Blackheath's B runner win her section.

Lucy then tried her first ever steeplechase and this time was very much the B runner but though struggling a little with the water jump, she easily won the B string gold medal for a highly successful debut at the event.

#### **Steve Smythe**

U20 A: 3000: 4 Lucy Elms 10:59.81  
U20 B: 1500SC: 1 Lucy Elms 5:58.06

## Watford Open

September 5

The Elms' made the long trek to Watford having entered before realising all the other track runners were off to Coulsdon.

Both were drawn in the same 3000m.

Clare started slowly and got boxed and took a while to pass Lucy and never got with the leaders who were running at a pace inside her British W50 record from earlier in the year, Playing catch-up, she ran virtually the whole race alone in breezy conditions and slowed though picked off a few who dropped off the pace and had a good sprint all the way along the straight with a runner 36 years her junior and the pair were inseparable to the hundredth of a second. While Clare was alone, Lucy after a ambitious start at 10:30 pace, had a huge group around her - almost too many as the space around her was continually invaded. She held on well but was not able to use her usual kick and came at the back of a seven person group spread over just three seconds. She did take half a minute off her PB though.

#### **Steve Smythe**

4 Clare Elms 10:21.42  
14 Lucy Elms 10:42.51



## Beckenham Place

201 Ran

Pos	Gen		
1	1	Timothy Bowen	16:37
6	6	Joe Farrington-Douglas	19:13

## Brockwell

314 Ran

Pos	Gen		
147	28	Claire Barnard	25:32
167	39	Sharon Erdman	26:23

## Cleethorpes

201 Ran

Pos	Gen		
14	14	Stephen Williams	20:56

## Crystal Palace

332 Ran

Pos	Gen		
27	27	Ebe Prill	20:32
29	1	Belinda Cottrill	20:42
43	4	Kim Hainsworth	21:08
56	6	Michelle Lennon	21:46
65	7	Lucy Pickering	22:04
72	8	Yvette Dore	22:20
73	65	Bob Bell	22:22
74	9	Emma Ibell	22:23
77	68	Cameron Timmis	22:29
81	10	Lucy Clapp	22:34
85	75	Paul Hodge	22:42
86	11	Tereza Francova	22:47
99	12	Susan Cooper	23:25
128	17	Clare Wyngard	24:36
132	113	Michael Dodds	24:46
198	33	Claire Steward	27:31
214	175	Rafe Collier	28:28
224	182	Paul Hilton	28:48
263	59	Rhoda Collier	31:06
325	226	Tom Wilson	42:21

## Dulwich

316 Ran

Pos	Gen		
1	1	Edward Chuck	15:47
7	6	Jonathan Whittaker	17:16
13	12	Robbie Puddick	17:58
21	20	Eugene Cross	19:12
41	39	Rob Cope	20:08

## Foots Cray Meadows

113 Ran

Pos	Gen		
14	14	Colin Frith	22:22
65	54	Peter Jackson	28:47
79	63	Michael Fullilove	30:54

## Highbury Fields

325 Ran

Pos	Gen		
41	38	Paul Collyer	20:56

## Hilly Fields

300 Ran

Pos	Gen		
1	1	David Stacey	17:56
12	12	James Burrows	19:40
14	1	Jen Smith	19:49

## Leicester Victoria

307 Ran

Pos	Gen		
112	17	Marjorie Epton	24:40

## Medina I.O.W.

272 Ran

Pos	Gen		
1	1	Dylan Wymer	17:10
26	1	Ange Norris	21:35
71	65	Barrie John Nicholls	24:26
72	7	Lindsey Annable	24:32

## Peckham Rye

331 Ran

Pos	Gen		
1	1	Andy Bond	16:49
9	9	Charles Lound	18:42
21	1	Hayley Seddon	19:28
45	44	Tom Shakhli	20:58
59	57	Matthew Ladds	21:47
62	60	Gideon Franklin	21:51

## South Norwood

102 Ran

Pos	Gen		
17	17	Martin Double	21:40

## Southwark

348 Ran

Pos	Gen		
173	142	Paul Keating	25:37

**New members especially, and others....**

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

# Club Championship 2018

The club championship in 2018 consists of 9 races at various distances during the year at which members are encouraged to take part, to maximise competition and team spirit amongst all abilities. The full rules for 2018 will be on the club website shortly.

## A series of club medals is awarded for each event:

Overall age-graded, 1-3m, 1-3w, 1m&w40, 1m&w50, 1m&w60, next best m&w age graded, captains' award

## Also there are age group points competitions for the year

### – medals for top 3 in each category

- **5 events must be completed** including at least one long and one short, best 5 scores for the year to count;
- **Age groups** -senior men, women plus 40's, 50's, 60+'s age groups for each
- 50 points for 1<sup>st</sup> in age group in each race, 49 for 2<sup>nd</sup> etc. Plus one point per event completed.

## Plus an overall age graded competition for the year -medals for top 3, plus for 5 events completed

- uses World Masters Athletics tables for men and women at each age – score is basically world best time for sex/age as a percentage of runner's time; then this %age x 1000.
- **5 events must be completed** including at least one long and one short, best 5 scores for the year to count;

## Fixtures (make sure you enter in good time - see event websites for 1 mile and long events)

### Short

3 Feb Dulwich Parkrun 5k (71 DR's ran)  
 7 Jun Battersea Park Assembly League 5k  
 27 Jul SOAR 1 Mile London Stadium, Stratford  
 15 Sep *tbc* Beckenham Place Parkrun 5k  
 24 Nov Beckenham Place S of Thames XC 5m

### Long

24 Mar Run Through Hyde Park 10k (28 DR's ran)  
 8 Apr Paddock Wood Half Marathon  
 22 Apr London Marathon (or any certified marathon up to 24 Nov)  
 30 Sep Middlesex Victoria Park 10k





## 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. any questions contact Ros at: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



### Showerproof Team Jacket

Full Zip Multi 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](mailto: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

## SOCIAL SPOT

P  
O  
T

*Upcoming events.*

Post Summer Track/Hills drinks in The Dulwich Woodhouse after the final Hill session on Tuesday 18th



Instagram

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!

## 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](mailto:jonathanwhittaker79@yahoo.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)

## 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](mailto:ola.balme@btinternet.com)

[www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)

## Algarve Running Challenge

7-11 NOVEMBER

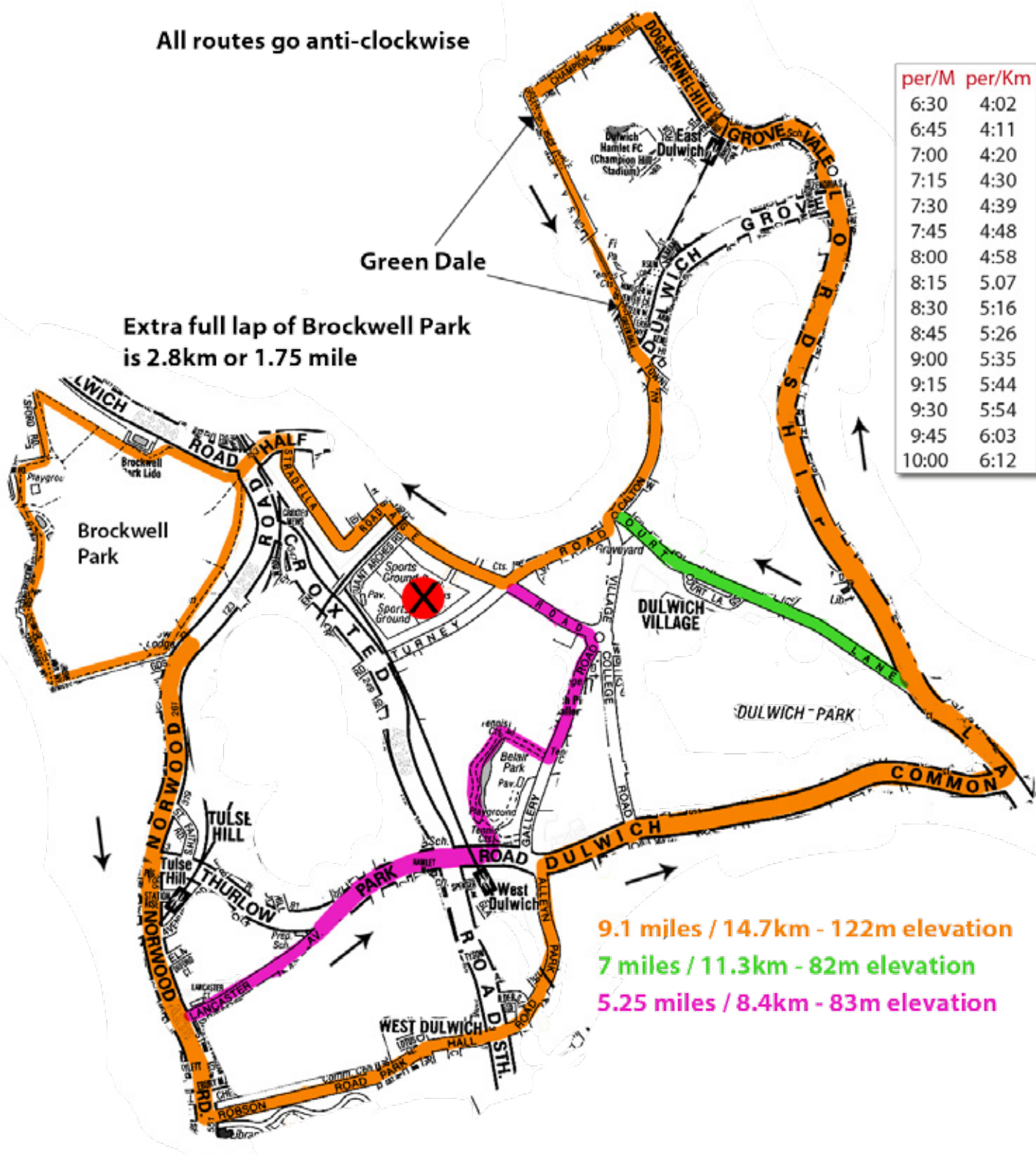
For those of you interested in some warm weather training and racing this autumn, this year's Algarve Running Challenge takes place between 7-11 November. Accommodation and races are in Monte Gordo at the eastern end of the Algarve in Portugal and it is organized by Track & Field Tours.

*Mike Mann*



# Dulwich Runners Summer Map 11

All routes go anti-clockwise



We are in the process of revising, updating and putting the maps onto Strava. There are some new routes. You don't need an account to view them and links can be found here:

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