



SHORTS

Dulwich Runners AC

Weekly Newsletter

April 29th 2020

www.dulwichrunners.org.uk

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

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

DEADLINE 17:30 TUESDAY

No club runs, track sessions etc until further notice - Full statement below.

Like us on Facebook @dulwichrunners

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In your SHORTS this week !

- 1 General information
- 2 Virtual Club 5k Challenge and other virtual races...
- 3 Fixture list (reference only !)
- 4 Training & Misc.
- 6 Virtual race reports, results etc
- 11 Club Virtual 5 challenge - results
- 17 Club Kit
- 20 The map we would have used tonight !

As you will see a few of the regular items have been removed from Shorts as they are not relevant under the current conditions ,they will return once things get back to normal

Meanwhile feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

COVID-19 (Coronavirus) Dulwich Runners AC Statement

Until there are any changes or further advice the following statement, instructions and advice will stand.

Dear Club Members

Due to Covid-19 and Government guidance and advice the club committee made the decision that until further notice all club activities will cease, Wednesday night runs, Tuesday track sessions and also to postpone the AGM.

There is nothing to stop any of us going outside to run under current government guidelines and should the situation change we will keep you informed via the club weekly newsletter Shorts, the website and our social channels.

If you have any questions or concerns please

contact a committee member and keep up to date with the Government guidance.

Hope you all stay safe and well.

Ros Tabor

On behalf of Dulwich Runners AC Committee

Renewals

We have been informed by England Athletics that they have decided to reduce their registration fee from £16 to £15 for the 2020/21 year.

This would mean that the Club Membership fee would be reduced from £46 to £45. Many of you will already have renewed your membership at the £46 and in light of this it is proposed that once things are normal again you will get your first club run on a Wednesday night at no charge.

Graham Laylee

VIRTUAL RUNNING

VIRTUAL CLUB 5K CHALLENGE

As we cannot train as a group, we thought it might be a good idea to set up a Virtual Club Championship for those of you who want to have a competitive fix, miss their weekly parkrun or just want to maintain some routine to their running while we are still allowed to run outside.

The Championship takes the form of a weekly SOLO 5K time trial taking place on a Saturday or Sunday at a time and place of each runner's choosing. Runs and times are tracked through Strava which can be downloaded for free to smart phones/laptop/tablet etc. A weekly table of results will be published in Shorts.

HOW IT WORKS

1. Join Strava by downloading the App at www.strava.com
2. Once logged in join the Dulwich Runners Group
3. Any Saturday or Sunday, record your 5K run on your Garmin/phone/other GPS device & upload to Strava (please caption in the description DR Virtual Champs)
4. Results in Shorts each week

THE RULES

1. Your 5K can be run on any course or surface (road, track, off-road) at any time on Saturday or Sunday.
2. The 5K is a solo time trial. Please comply with all government guidance and practice responsible social distancing
3. Your recorded distance must be at least 5k

Dulwich Runners

Landmarks Photo Competition



Dulwich has many unique landmarks that we've all run past many times; some famous and others less well known. When you're out for your next run, take a photo of whatever landmark is quintessentially Dulwich to you. There are no hard and fast rules - it can be a landmark, a view, with or without a runner etc. Be as creative as you like.

The winning 12 photos will be used for a 2021 Dulwich Runners' calendar. To enable photos of other seasons, the competition will run for several months. Deadline tbc.

You may enter as many times as you wish, but any person will only be able to have one photo in the printed calendar.

Entries have started to be sent in, but we want lots more.

NB - interpret the word 'Dulwich' to be 'Dulwich and the surrounding area'. We have photos taken in Brockwell park, Peckham Rye and Burgess park. That's all fine.

entries to Ange: dulwichladiescaptain@gmail.com

It's time for the next Dulwich Runners' Relay

Saturday and Sunday 9th and 10th May

. The last one was fantastic fun as it was a great way to see others from the club, (at a social distance) and

motivate ourselves to have a run by feeling part of a group activity. Each stage is run solo, from one person's house to another, or a mutually agreed place in between. Everyone can join in with a run on Saturday and Sunday, or just one day if you wish. For anyone who has been ill or are coming back from injury, it can also be a walk with no pressure on time.

If you'd like to be involved, contact Andrea with your postcode and length of time you'd like to run. Andrea 07814 439279

Social News

During lockdown we're all trying to keep training our bodies but are you ready to put your brains to the test? The ever popular **Dulwich Runners Quiz night** is coming soon in new virtual format!

So - you've been warned to be ready. Watch this space for more information.

Virtual Pub nights - coming soon

Many of us are missing the Wednesday evening social; the chat, the drinks and the banter. You'll need to provide the drinks yourself but we can still chat together - virtually.

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.

Due to current circumstances please only use these fixture lists as a guide. Many events have already been cancelled or postponed. When further information is received the fixture lists will be revised

2020				Road & other
May	7	Assembly League	CANCELLED	Victoria Park
Jun	4	Assembly League	CANCELLED	Jubilee Pk, Leyton
	15	Sri Chinmoy 5km	short	Battersea Park
Jul	2	Assembly League		Crystal Palace Park
	18	Richmond Summer Riverside 10km	long	Richmond
tbc		SOAR Mile	late July/early August tbc	short t.b.c
Aug	6	Assembly League		Victoria Park
Sep	3	Assembly League		Beckenham Place Park
	13	Second Sunday of Month 5M trail	short	Wimbledon Common
Oct	18	Cabbage Patch 10	long	Twickenham

Cross country

Club Champs

Assembly League

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

2020 Club Champs Races

The programme of races for the 2020 club championships has now been selected. Races still to come are as follows:

- 26 Apr London Mar. **cancelled** (or alternative) long
 - 15 Jun Sri Chinmoy 5km, Battersea Park short
 - 18 Jul Richmond Summer Riverside 10km long
late July/early August tbc SOAR Mile short
 - 13 Sep 2nd Sun. of Month 5M trail, Wimbledon Comm. short
 - 18 Oct Cabbage Patch 10 long
- 4 races to qualify from a total of 8 including at least one from each distance category.

SEAA 12 and 6 stage road relays

These relays were cancelled after we had entered both ladies and men's teams. SEAA have been able to give full refunds for these which the committee have decided to donate to the NHS charities.

The total amount donated was £115.20

2020 Assembly League

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

Free to enter, no pre-entry or registration needed, all you need to do is have a club vest, turn up and run.

These are extremely popular and all members whatever standard or ability are welcome and encouraged to participate. Any further race details will be here as and when known.

All Thursdays

Apr	2	Beckenham	5km	7:15	CANCELLED
May	7	Victoria. Pk	5km	7:30	CANCELLED
Jun	4	Jubilee Pk, Leyton	5km	7:30	CANCELLED
Jul	2	Crystal Palace	5km	7:30	
Aug	6	Victoria Pk	3.5M	7:30	
Sep	3	Beckenham	5km	7:15	

Self-isolation running

by Steve Smythe

Steve Smythe, who has run more than 2000 races, shares his training suggestions for solo sessions and contemplates current life with no racing

The current coronavirus situation is unprecedented for runners and while British people are currently allowed to exercise outdoors once a day, that may change. For now it is agreed that allowing that flexibility, and staying fit and healthy, is essential for both body and mind. Enjoy it while it lasts.

What you do now might be governed by where you live – a remote Highlands base is better than a crowded city and it may help if you have access to a treadmill but it is still possible to adapt under the current guidelines as this is written, as daily exercise is seen as vital.

Remember to stay at least two metres away from other people and wash your hands as soon as you get home!

NEW TARGETS

It is usually imperative for a runner to have some sort of short or long term target but there is no guarantee of even the autumn events happening because of the seriousness of the coronavirus.

Virtual solo races may act as a stimulus for some or it could just be attacking local Strava segments but things have changed drastically from a few months ago.

For those who have built up exceptional levels of fitness with the aim of a big spring target, there will be a slight frustration at the lost opportunity but a realisation that there are more important things than PBs.

Obviously, health should take precedence but it is possible to hold fitness levels to a good level so you can be ready to step up training again when normality returns to the racing calendar.

In the short term there is no point thrashing the body through more heavy mileage and rest is an essential part of any schedule. The more tired you are, the more susceptible you will be to viruses and continuing to train flat out after already training hard through January and February will leave the body vulnerable to illness and injury and more chance all the good work through late winter will go to waste.

If you have trained for a marathon and have not run it, then you are in a fortunate position of being marathon fit without being exhausted by the race itself and requiring a good month or two to recover and recharge the batteries.

There is also the mental side of motivation when there is no immediate target. Surely it is better to ease off the accelerator, work on other aspects of your running fitness and when the calendar is clearer, and the virus defeated, then you can up the training rather than be physically and mentally shattered.

There is a reason why most marathon schedules are 12 to 16 weeks. Training harder for longer does not mean you get fitter, just more tired and often slower!

If you can, the best thing is to get into a routine – more difficult when there is no weekly track or club session, weekend parkrun or race. Decide how many days a week you want to run and stick to it.

There will be fewer distractions than previously but just because you are home and with less alternatives do not think this is the opportunity to run 100-mile weeks if you are not used to it.

If need be, you could just go into maintenance mileage – half of what you were doing in the marathon but with more rest days and no very long runs but it is probably better to have a more organised routine with a wide range of runs. It could also be an opportunity to work on weaknesses such as basic speed or hill climbing ability that a full day of work and commuting may not have allowed.

TRAINING SUGGESTIONS

If you are going to follow a routine this could still be based on most marathon schedules but with less volume and intensity.

Monday: easy run or rest

Tuesday: intervals for speed endurance

Wednesday: medium recovery run

Thursday: tempo

Friday: strides, sprints or rest

Saturday: fast 5km

Sunday: long steady run

In terms of sessions, you might just be happy to run at a fast, steady pace but I know some like a more challenging element to it.

SPECIFIC SESSIONS

Here are 12 sessions you can do on your own (it does not have to be measured but probably more satisfying if it is).

1. 5km of 8 x 400m with 200m float, with an extra fast 200m at the end, or 10 x 400m with 100m float.

The 8 x 400m session was the only track session that former Commonwealth marathon champion and world medallist Steve Moneghetti used to do. The slow sections are still run around marathon pace. Run 90 seconds hard, 30 seconds easier if there is no measured circuit or area available.

2. One mile, alternating 100m hard and 100m slightly easier (if you have access to the track, go easy on the bends, faster on the straights).

This is a session that I recall Brendan Foster doing almost 50 years ago and running a 4:06 mile in training. The two-paced element of it means as the above you get a better range of paces than doing it all at same speed. Run 20 seconds hard, 25 seconds easy if you have no access to a measured circuit or area.

3. 1000m reps made up of 50m easy, 150m hard.

This is a session I regularly recall doing myself in Olympic coach Ron Holman's Cambridge Harrier club training group alongside top UK road runner of the 1970s and 1980s, Keith Penny.

On a track, it was the first half of the bend at a steady pace before working hard for the rest of the bend and following straight before a slight recovery.

Again, you can just hit a slightly faster pace if you get sufficient recovery, but it should be minimal recovery and if done properly, I found I could run the same pace than if I did reps all at one pace. Five reps should suffice.

Run 10 seconds easier, 25 seconds hard and repeat four more times if no access to a measured circuit or area.

4. Acceleration run. Start at an easy pace and run for half an hour and every 5 minutes pick up the pace. First 5 minutes easy, then marathon pace, then half-marathon, then 10 mile, then 10km, then 5km.

This run starts off gently but the second half of the run should be extremely hard. You could finish with a 10-minute jog to recovery.

5. Alternate two-paced 30 minute run. A minute at marathon pace followed by a minute at 10km pace and back to marathon pace. In theory as you are running less than 10km and only half of it is 10km pace. This is hard but not impossible.

6. Steady run with accelerations. Do a steady run (45 minutes) at around marathon pace but for 30 seconds every 5 minutes increase up to inside 5km pace, ease back for 30 seconds and then go back to marathon pace and repeat

This is a relatively easy session and the 30 seconds should make it harder but also break the monotony.

Block acceleration. 5 minutes at marathon pace, 4 minutes at half-marathon pace, 3 minutes at 10km pace, 2 minutes at 5km pace, 1 minute at mile pace, 1 minute easy then back to marathon pace.

Two blocks should be sufficient as the end of each block is considerably tough.

8. Russian steps. Run 15 seconds hard, 45 seconds easy, 30 seconds hard, 30 seconds easy, 45 seconds hard, 15 seconds easy, 60 seconds hard, 60 seconds easy, 45 seconds hard, 15 seconds easy, 30 seconds hard, 30 seconds easy, 15 seconds hard, 45 seconds easy and repeat three more times.

This is a well-known cycling session and is extremely hard at the 45 seconds hard, 15 seconds recovery, 60 seconds hard phase.

9. Hill reps. Ideally find a hill that takes a minute to go up. Run 4 x quarter hill/15 seconds to warm up then 4 x full hill with slow jog back, 4 x half hill at a faster pace, 4 x quarter hill fast. Make sure you warm up and warm down fully after the session and on the hill focus on your style and arm action.

10. Short recovery 200m reps. Do three sets of 6 with a 2-minute gap between sets. First set, start rep every minute so if you run for 40 seconds, have 20 seconds recovery. On second set, start with 30 seconds recovery, then reduce to 25, 20, 15 and 10 seconds. On the third set have a minute recovery and focus more on speed and form.

11. Start blast run. Run 30 seconds almost flat out and then straight into one minute at 5km pace and then straight into two minutes 30 seconds at marathon pace, then have a minute easy and repeat three times. This is tough and gets the body used to running quite fast while uncomfortable.

12. Speed stride accelerations. Find a straight safe grass area or track and measure out roughly 120m or aim for 20-25 second efforts. Run 8 reps starting the first at marathon pace and gradually go through the gears so that by the last one you are going significantly faster than mile pace but stay relaxed and focus on form and style.

Do jog or walk back recoveries so you feel recovered before you do the next rep.

Training paces

Steve Smythe writes...Note that schedules often have a suggested pace but this is only relevant if the conditions are good and the ground is firm and flat.

In my view it is much better regularly to run off-road on hillier courses than trying to run faster on the flat all the time.

While I will give individual schedules to those who ask, some may be interested in some of my training thoughts on schedules here <https://www.athleticsweekly.com/performance/diy-marathon-training-plan-1039927310/>

No one has yet run a sub three marathon in six different decades but someone will this year and many in line for that achievement were asked for their thoughts on how they have stayed fit for so long.

https://www.podiumrunner.com/how-six-decades-sub-3-marathoners-have-kept-fit-fast-and-injury-free_179413

5 5km sessions

With little current need for marathon type sessions and perhaps a feeling you might not want to be out of your home too long - here are 5 5km sessions that are possible to complete in around half a hour though ideally do a warm up jog

Steve Smythe

1. 5 x 1000m with 1 minute recovery - aim for slightly quicker than 5km pace
2. Continuous 5km Acceleration - 2km at 10km pace, 1km at 5km pace, 800m at slightly faster than 5km pace, 200m at mile pace then try and run last Kilo as close to 5km pace as you can.
3. 20 minutes of 5k pace for 1 minute followed by 60 seconds at HM pace - ie 10 faster sections
4. 20 x 200 at slightly faster than 5km goal pace with 100m slow jog between efforts
5. 2000m at goal pace, 1000m relaxed recovery, 2000m goal pace

Marathon Training

If anyone needs any help with marathon training 2020, schedules or advice, contact me at:

steve.smythe@athleticsweekly.com

I have run a marathon every year since 1976 so 2020 will be my 45th consecutive year of doing a marathon (and quite likely last) My PB was long, long ago (2:29) but (for now), I still average well under 2:50 for my 60 plus marathons and have run a sub-3 in five different decades (70s, 80s, 90s, 00s, 10s) - a sixth looking doubtful though judging by my current health and fitness.

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ola.balme@btinternet.com

www.hernehillsportsmassage.co.uk

Want your race results and reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

As there are no races/events in the near future Shorts could be looking pretty bare...

Race reports will be harder to find than bog roll !

So with that in mind and knowing a fair few of you will be getting very bored WFH, if anybody wants to send me any running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc then please do..pics also welcome.

Marathon News - Read all about it!

(Not exactly stop press, latest news, but it is the same time of year, just rather a lot of years ago.)

Ange Norris writes..There is no London marathon 2020 to report on, so I dug around in old files to find some historical Dulwich results.

It does look like I'm blowing my own trumpet, but there has to be a reason I kept this version of Shorts.

There are several names there that we all know.



SHORTS

WEDNESDAY 24TH APRIL 1991

RECORDS SET AT LONDON MARATHON

LONDON MARATHON 1991 and the weather relented for the morning. Jim Estall and Ange Norris turned in excellent times and broke the men's and women's senior club records on a day that saw quite a few of us run p.b.'s for the distance. There was a great party in the evening and many thanks to Ann and Karen for everything. There seemed to be just one topic of conversation...

The London League starts on Sunday 5th May. This series of runs through the summer is contested as a team event for both men and women, the distance being 10k or thereabouts. The idea is for anyone of any ability to be able to get experience of competitive racing and to meet runners from other new-breed clubs in London. There is usually a friendly atmosphere and the standard of your running is very much secondary to the enjoyment. Mike Dodds is our co-ordinator.

A watch has been handed in at the bar of the Griffin Club. If you think it is yours ask at the bar tonight.

Back to the marathon - apologies to Vivien Crowe who did run but we can't trace her result in the Independent. Paul Sellar was reputed to be running but his result hasn't surfaced either.

The regular Sunday runs continue from the P.E. centre in College Road. We start around 9.30 a.m. so be there for 9.15 a.m. for a bit of a warm-up and serious study of the map. Start training now for London 1992!

Membership currently stands at 124 men and 45 women.

Finally...that run again. I think I speak for all the runners in thanking every supporter who took the trouble to turn out and shout - some very loudly - at us doing the easy bit. It does help a lot, hope you enjoyed it!

SECURITY ROTA

This week:
Jonathan Hurford and Mike Larkin

Next Week:
Bob Bell and Chris Vernon

dates for the diary

MAY

5th First London League event at the home of Stragglers, Kingston Vale.
19th Dulwich Runners Country Run
26th Second London League hosted by Mornington Chasers
also...Sri Chinmoy Peace Run leaves London for Dover

RESULTS 20th and 21st April 1991

Harrow 10k Saturday 20th April

Tony Edwards 36.40

LONDON MARATHON 21st April

Jim Estall	2.25.31	Nigel Viggor	3.20.07
John O'Grady	2.29.54	Harry Handscombe	3.24.18
John Tymukas	2.51.17	Debbie Picott	3.32.17
Julian Wade	2.53.31	Giles Brindley	3.35.59
Barry Dabrowski	2.56.33	Reiko Heaton	3.35.59
Steve Wehrle	2.59.59	Jacqui Crayford	3.38.53
Ian Turner	3.05.59	Jude Knott	3.39.46
Ange Norris	3.08.19	Clare Wyngard	3.39.47
Chris Vernon	3.11.29	Mike Dodds	3.39.48
Colin Doran	3.12.32	Sue Vernon	3.40.59
Richard Pole	3.13.13	Keith Everitt	3.43.58
Geoff Gartside	3.13.35	Marjorie Epton	3.50.41
Junior Galley	3.16.35	Jo Quantrill	3.51.33
Paul Chapman	3.18.12	Dave Freeman	5.11.27

The results are as printed in the Independent, Monday 22nd April (thanks to Steve for most of the donkeywork) but don't take account of the time taken to cross the start line - many minutes in some cases.

Reports this week was compiled by Geoff Gartside tel 081-659-4335 at home or 01-257-2426 at work.



Please phone anything of interest to **SHORTS** by Tuesday evening, particularly results of races.

HPKIL 16 2000

SHORTS PAGE 2. RESULTS

Flora London Marathon, April 16th

The world's greatest marathon wasn't without its problems. The energy drinks run out, there were far too many bottlenecks, causing long delays on the blue start and there seemed to be a lot of cheating - runners missing out that nasty bit between 14 and 22 miles by simply crossing The Highway!

However for those lucky enough to take part it was still a great experience, with Antonio Pinto's awesome 2:06:33 leading home some 32,000 others. The crowds were the best yet (though there did appear to be an unusual absence of Dulwich Runners on the course - was everyone in Australia or watching it on the television?)

The conditions were extraordinary considering it was cold and wet for the six preceding days and hailed the day after. Cool (at least early on), sunny, and very light winds, though for some reason only Mr Pinto made the most of it with a number of Dulwich Runners suffering in the latter stages. But of course every one who finishes a marathon, whatever the time, has achieved something special. In the absence of any information from the runners themselves, except Brian Linney who ran 3:29:17 and said, "I was hoping to get a 3:20 but I died a death in last few miles. Sean passed me during the race but I passed Steve Wehrle." I've included the times provided on the London marathon website. That gives an idea of how it went for everyone, though the so called half-marathon time given is between 1 and 2 minutes slower than anyone actually ran. NB if the times are correct, see Jeremy Kent's splits to see how to do it the easy way and Steve Wehrle on how not to do it - you'd think he'd know better in his 20th!

If anyone wants to give further details of their run or correct their performance (I wasn't always sure that the runner's result was the Dulwich one), then let me know.

For your information all the Runner's World Pacing groups hit their target times with Sean, Barry and Steve W doing an excellent job, but while one of the sub-three hour pacers made it comfortably, the other one had to drop off the group with three miles to go and after stopping to see his 80-year-old Mum on course, jogged in with club marathon record holder Jim Estall (2:25:31), who was taking it easy, being some 44 minutes outside his PB.

Steve Smythe 1827th 3:09:29
(10K: 42:29, 20K: 1:25:00 1/2: 1:29:19 (act) 30K: 2:07:00, 40K 2:55:45)

10Ks 42:29, 42:31, 42:00, 48:45 & 13:54

Steve Williams 2021st 3:12:19
(10K: 45:10, 20K: ? 1/2: 1:36:01 30K: 2:15:29, 40K 3:01:58) 10Ks: 45:10, 45?, 45?, 46:29 & 10:21

Joe Fell 2302nd 3:15:00
(10K: 43:51, 20K: ?, 1/2: 1:35:51; 30K: 2:15:50, 40K 3:04:18) 10Ks 43:51, 45?, 46?, 48:28, 10:32

Jeremy Kent 3540th 3:26:14
(10K: 52:43, 20K: 1:40:46, 1/2: 1:47:04 30K: 2:28:30, 40K 3:16:10) 10Ks: 52:43, 48:03, 47:44, 47:40, 10:04

Barry Dabrowski 3880th 3:28:32
(10K: 52:42, 20K: 1:41:14, 1/2: 1:47:15 30K: 2:28:33, 40K 3:17:28) 10Ks: 52:42, 48:32, 47:19, 48:55, 11:04

Sean Fishpool 3882nd 3:28:33
(10K: 53:49, 20K: 1:40:47, 1/2: 1:47:09 30K: 2:28:31, 40K 3:17:28) 10Ks: 53:49, 46:58, 47:44, 48:57, 11:05

Brian Linney 3985th 3:29:14
(10K: 51:08, 20K: 1:38:24, 1/2: 1:44:43 30K: 2:27:09, 40K 3:17:46) 10Ks: 51:08, 47:16, 48:45, 50:37, 11:28

Gordon Newlands 5471st 3:39:48
(10K: 48:07, 20K: 1:33:39, 1/2: 1:39:44 30K: 2:30:17, 40K 3:28:35) 10Ks: 48:07, 45:32, 56:38, 58:18, 11:13)

Clive Sentance 5597th 3:40:34
(10K: 52:21, 20K: 1:40:18, 1/2: 1:46:48 30K: 2:30:17, 40K 3:27:45) 10Ks: 52:21, 47:57, 49:59, 57:28

Emily Richmond 571st W 3:42:02
(10K: 52:44, 20K: 1:41:32, 1/2M: 1:48:06; 30K: 2:33:13, 40K 3:30:04

10Ks: 52:44, 48:48, 51:41, 56:51, 11:58)

Steve Wehrle 7645th 3:52:51
(10K: 48:51, 20K: 1:38:15, 1/2M: 1:44:51; 30K: 2:31:21, 40K 3:37:14)

10Ks: 48:51, 49:24, 53:06, 65:53, 15:37)

Mary Roberts 1325th W 4:07:16
(10K: 55:24, 20K: 1:49:45, 1/2M: 1:56:53; 30K: 2:47:05, 40K 3:53:22)

10Ks: 55:24, 54:21, 57:20, 66:17, 13:54)

Lucy Alexander 2418th W 4:33:16
(10K: 1:06:40, 20K: 2:06:59, 1/2: 2:14:55 30K: 3:10:42, 40K 4:18:38)

10Ks: 66:40, 60:19, 63:43, 67:56, 14:38

Nancy Johnson 2872nd W 4:42:13
(10K: 1:06:42, 20K: 2:07:28, 1/2: 2:15:12 30K: 3:10:07, 40K 4:25:58)

10Ks: 66:42, 60:46, 62:39, 75:51, 16:15

Dorothy Amura 2891st W 4:42:27
(10K: 1:00:52, 20K: 1:56:42, 1/2: 2:03:55 30K: 3:06:57, 40K: 4:28:18)

10Ks: 60:52, 55:50, 70:15, 81:21, 14:09)

Kim Gower 2963rd W 4:43:51
(10K: 1:06:59, 20K: 2:08:36, 1/2: 2:16:46 30K: 3:19:03, 40K 4:30:23)

10Ks: 66:59, 61:37, 70:27, 71:20, 13:18)

Natalie Crewes 3022nd W 4:44:59
(10K: 1:06:59, 20K: 2:08:36, 1/2: 2:16:47 30K: 3:19:02, 40K 4:30:22 10Ks: 66:59, 61:37, 70:26, 71:20

14:37)

Hannah Bayliss 3438th W 4:53:39
(10K: 1:05:27, 20K: 2:09:39, 1/2: 2:18:06 30K: 3:19:31, 40K 4:35:49)

10Ks: 65:27, 64:12, 69:52, 76:18, 17:50)

Frieda Huish 3980th W 5:03:58
(10K: 1:07:00, 20K: 2:09:04, 1/2: 2:17:23 30K: 3:27:30, 40K 4:46:45)

10Ks: 67:00, 62:04, 78:26, 79:15, 17:13)

Pete Gibbons/Kevin Holland/John O'Byrne unknown

Walton 1500m Open Meeting, April 16

Meredith Pannett ran a fine 4:38.2, which took 0.1 off her club record but obviously didn't satisfy our reporter as he was strangely reticent to give additional details. Louise Cramer made a welcome reappearance after injury had ruined her winter and ran a promising 4:53.8

Meredith Pannett 4:38.2 (club record)

Louise Cramer 4:53.8

Southern Vets League, Kent Division 1, Bromley, April 17

Alison Fletcher made a competitive comeback after her two months of injury in this very low key event. She warmed up with a 2K walk, followed by a 100m stride (just to get a few points), a 400m at the same pace and though running far from flat out in the 1500m, she finished a clear second, and scored an useful 22 points in total.

The Shorts Editor, who was the men's team manager, came close to running but the excuses of the London Marathon and the fact that he was the sole official for the high jump competitions which run for a few hours meant he managed to persuade some others to do the 400m, 1500m and the actual high jump itself.

W100mB: 5th **Alison Fletcher** 21.4
W400mA: 5th **Alison Fletcher** 86.4
2K WalkA: 4th **Alison Fletcher** 15:08.6
1500mA: 2nd **Alison Fletcher** 5:59.3

Harrow 10K, April 15

In the other London road event of the weekend, Kev reports he felt comfortable with his run.

91st **Kev Wood** 39:07

142nd **Richard Pole** 43:37

Geoff Leberl 47:13

Art Run

(The Dulwich Outdoor Gallery)

With museums and galleries closed, we should be thankful that in our part of South London there is actually quite a lot of art in the open if you know where to look. I've collated a series of street art pieces from the Dulwich Outdoor Gallery and some bonus items into a 4 mile walk or easy paced run centred on East Dulwich and Dulwich Park.

Strava link:

<https://www.strava.com/routes/26146661> (4 miles)

The Dulwich Outdoor Gallery originally started in 2012 when street artist Stik worked with Dulwich Picture Gallery in 2012 to widen the inclusivity and appeal of both classical gallery and street art. Following on from this a further set of street artists visited the gallery and chose one of the paintings to recreate in their own style on empty spaces in collaboration with the buildings' owners.

Having previously lived in West London I'd seen one of Stik's paintings grace the entire side of a tower block in South Acton. When I heard about his involvement in Dulwich it made me want to check them out and so I've done a few runs and walks taking them in over the last couple of years.

Beyond Dulwich, the Dulwich Outdoor Gallery stretches further afield covering Herne Hill, Nunhead, Forest Hill and even the northern tunnel mouth in Sydenham Hill woods.

(1) I've started the 4 mile route near East Dulwich station with my favourite painting out of the original collection - Rembrandt's *Girl at the Window*. On a side of building by the old library in Dulwich Vale, System and Remi Rough have done a great collaboration with the *Triumph of David* providing the backdrop for the 21st Century *Girl at the Window*. You can see some of the nuances in the original painting like the creases in the girl's blouse continuing in the modern interpretation.

(2) Painting number two is reached via a short run along Grove Vale to the Goose Green Roundabout. On Spurling Road next to the East Dulwich Tavern is a black and white painting called *Fight Club* by Conor Harrington.



Stik

If you then continue along the one way street and return to Lordship Lane via Crawthorpe Grove then you will see (3) - a house painted in an abstract art fashion. Not part of the Outdoor Gallery but still worth a look.

(4) A short run along Lordship Lane will then show a glimpse of a kingfisher along the side of the Save the Children shop. Not part of the collection but a nice contribution.

(5) Hansler Road is the next mini detour where you will find a reinterpretation of a Thomas Gainsborough painting (*A couple in the landscape*) by Stik with excellent use of the drainpipe in the composition!

(6) Then almost immediately opposite is Blackwater Street with a couple of panels on the south side of the street including a painting of *Saint Sebastian* by Guido Reni reinterpreted by Michael Beerens.

(7) One of my highlights of the tour is tucked away in the Push Studios courtyard off Blackwater Street (open to the public) with Stik's version of Franceschini's *The Guardian Angel* overlooking the flower bed.

(8) Retrace your steps back on to Lordship Lane and then head to the perennial Christmas Party favourite the Lordship. I wonder how many people spotted the Queen on a Segway with corgis opposite the pub on a boarded up shop front after a few too many beers and thought they were seeing things! An original piece.

(9) And then on the side of the pub on Pellatt Road is Mear One's reinterpretation of *The Madonna and the Rosary* by Murillo.

(10) Head back on to Lordship Lane and then turn right into

Townley Road and then take the first left into Beauval Road. 100 metres on your left you will see Stik's version of Van Aelst's the *Fall of Man* on a garage door with a nice use of the door handle as the apple.

(11) Head up Beauval Road and then take the Milo Road turning to get back to Lordship Lane. Turn left before safely crossing to turn right into Goodrich Road. When you reach Barry Road look on your left hand side to see a very surrealist effort by Phlegm. The information board has disappeared but the painting is an interpretation of the character in the *Triumph of David* by Poussin.

(12) You will notice now that the gaps between sights are slightly longer so you can jog up Barry Road and as you reach the Plough pub look behind you to see the mural splash of blue and white on the the wall overlooking the car park. This is a Mad C creation taking the flowing dress in Van Dyck's masterpiece *Venetia, Lady Digby on her deathbed* as the inspiration.

(13) Turn left along Lordship Lane and then right again down Court Lane. Half way to the park on your left hand side (150 Court Lane) is another Stik painting on the side of a million plus pound house. Eliza and Mary Davidson by Tilly Kettle is the inspiration. Fair play to the owners for embracing street art although hopefully when you visit they have moved a tatty cupboard from the view!

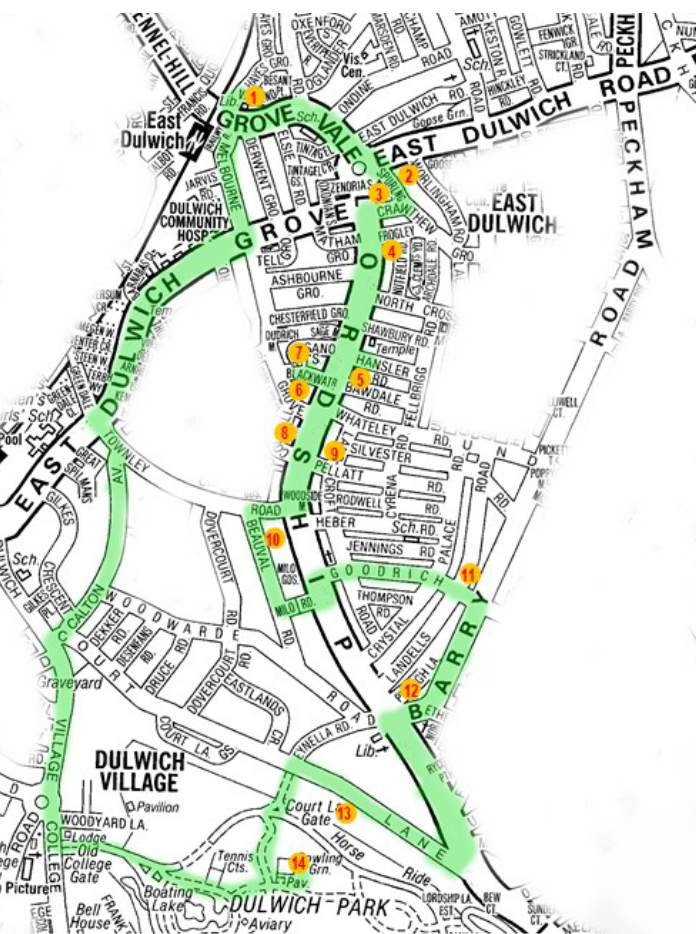


(14) The final selection is in the middle of Dulwich Park. Make your way to the bowling club and then on the side of their club house you will see two paintings by Thierry Noir and Stik of originals by Tiepolo and Murillo.



To complete the loop head out of the park and through Dulwich Village, Calton Avenue, East Dulwich Grove and Melbourne Grove to get you back to East Dulwich station.

Out of the other paintings I've seen I'd recommend an out and back detour to Nunhead along East Dulwich Road and Nunhead Lane to see two more locations. The Nuns Head pub includes 3 versions of Dolci's Saint Catherine of Siena on the front of the pub by different artists. And then once you seen those take the Scylla Road footpath to Consort Road and then one junction further north (Monteagle Way) you will see another fabulous painting to finish the walk / run. This is Faith47's rendition of Reni's Europa and the Bull.



For more details about the Dulwich Outdoor Gallery project please visit: <https://artsandculture.google.com/exhibit/dulwich-outdoor-gallery-tour/QQiKMDYR>

Another good week with 34 runners taking part on a variety of courses road, park, off-road and track
The March/April series is now complete and the stats for the month are as follows:

Total runners taking part: 54

1st Man: Andy Bond: 149 points (from best 3 runs)

1st Woman: Kim Hainsworth 122 points

Fastest run : Ed Chuck 15:53 Dulwich Park 4th April

Most consistent: Shane Donlan (5 runs within 15 seconds of each other), Rob Hollands (4 runs within 11 seconds)

DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		29-March		04-April		11-April		18-April		25-April		best 3 to score Total	
			Pts		Pts		Pts		Pts		Pts.		
Ben Smith	MS							17:04	50	16:43	50	100	
Tom South	M40			16:58	47					16:51	49	96	
Andy Bond	M40	16:54	50	16:26	49	17:11	50	17:15	49	17:04	48	149	1M
Steve Davies	M50									17:19	47	47	
Tom Shakhli	MS					17:34	49	17:20	48	17:28	46	143	2M
Rob Hollands	MS			17:51	42	17:45	45	17:42	47	17:40	45	137	
Shane Donlan	MS	17:56	49	17:42	45	17:57	47	17:44	46	17:48	44	142	3M
Tom Wilson	M40	20:00	43	18:52	39	18:24	44	18:37	44	17:59	43	131	
Joe Wood	MS	18:12	48			17:42	48			17:27	42	138	
James Burrows	MS			17:47	43			18:16	45	18:15	41	129	
Greg Falconer	MS	19:54	44	19:36	37	19:22	42	19:12	43	18:33	40	129	
Jonny Hough	M40	19:17	46	19:59	35	18:59	43			18:50	39	128	
Andrea Ceccolini	M50			19:28	38			19:23	42	19:07	38	118	
Kim Hainsworth	FS	20:45	42	21:01	28	20:14	40	19:52	40	19:07	38	122	1F
Jamie Nicol	MS									19:27	36	36	
Ross Rook	MS			20:51	30			20:37	39	19:46	35	104	
David Benyon	MS	23:39	33	20:17	34			21:32	36	19:57	34	104	
Yvette Dore	F40	20:56	40	20:56	29	22:35	34	21:27	38	20:47	33	112	2F
Ebe Prill	M50	23:02	36	22:03	26	21:58	36	21:27	38	20:56	32	110	
Grzegorz Galezia	M50									20:57	31	31	
Olivier Montfort	M40							21:54	34	21:19	30	64	
Laura Vincent	FS	22:29	37	21:41	27	22:40	33	22:01	33	21:45	29	103	
Hugh French	M40	22:00	39	23:21	24	22:00	35	21:47	35	21:55	28	109	
Tereza Francova	FS	22:10	38	22:16	25	21:47	37	22:29	32	22:26	27	107	3F
Robin Downing	MS					22:38	32	22:58	31	22:54	26	89	
Emma Kelly	FS	26:16	30	23:41	23	:		24:28	27	23:12	25	82	
Graham Laylee	M60	23:37	34	24:04	21	23:43	31	23:40	30	23:38	24	95	
James Rimmer	MS									24:16	23	23	
Jenny Bomers	FS	26:37	29	25:20	17			24:38	26	24:28	22	77	
Catherine Buglass	F40	24:12	32	24:34	20	24:16	29	23:42	29	24:34	21	90	
Mike Crilly	M50					24:15	30			25:14	20	50	
Midge Cameron	F50	26:59	28	26:43	16			25:40	25	25:43	19	74	
Andy Murray	M60	27:26	27	27:00	15	26:20	28	27:24	24	26:33	18	80	
Ros Tabor	F60	31:48	24	30:48	14	29:38	27	29:14	23	28:06	17	75	
Matt Ladds	MS	20:46	41	20:47	31	20:27	39	19:23	42			122	
James Brown	M40			17:42	45	19:04	46					91	
Jonathan Whittaker	M40			19:49	36	19:44	41					77	
Ed Chuck	MS			15:53	50							50	
Daniel Mann	M40			16:26	49							49	
Joe Farrington-Douglas	M40	19:49	45					65:58	22			67	
Martin Belzunce	MS			17:37	46							46	
Des Crinion	MS	18:35	47									47	
Gower Tan	M50			18:40	41							41	
Eugene Cross	MS			18:47	40							40	
Helena Flippance	FS					21:24	38					38	
Emma Ibell	F40	24:40	31									31	
Kay Sheedy	FS			20:34	33							33	
Gary Sullivan	M60	23:16	35	20:43	32							67	
Paul Hodge	M50							23:49	28			28	
Claire Barnard	FS	28:15	26									26	
Hannah Harvest	FS	28:38	25									25	
Alice Williams	FS			23:52	22							22	
Shoko Okamura	FS			24:45	19							19	

The May competition starts on Saturday. Best 3 performances to score.

Corona Diaries (Episode 1)

Brought to you by Dulwich Ladies

Over the last week or so, we have been putting together short little biogs that we have shared on the Dulwich Ladies whatsapp group. We thought we'd share them more widely. Over the coming weeks you will find instalments in Shorts.

If there are any ladies out there who would like to join the Dulwich Ladies whatsapp group please get in touch with Alice on 07518423877. If there are any ladies who would like to be included in the Corona Diaries, but don't fancy the whatsapp group do get in touch with Sonja sonjajutte@outlook.com or 07786012933.

Hi, I'm Sara Roloff and have only been with DR for almost a year. I'm mainly a roadrunner and my favourite distance is the marathon. I ran my first one in 2006. This year, I was training for London until Corona changed all our lives (at the moment, my daily marathon is walking to the kitchen ☺). I usually try to attend as many track sessions and club runs as possible and did my first XC season ever with DR last year (still trying to decide whether I love it or absolutely hate it 🤔) Oh, and I have a slight obsession with running shoes... 🧦👟



Hello I'm Ros. Here I am running the Victoria Park 5 mile race almost exactly a year ago. I have been a Dulwich Runner for 30 years! First as a road runner but now I prefer the track



Corona Diaries (Episode 1)

Brought to you by Dulwich Ladies

Hi, I'm Laura. I've been a member since just after the Brighton marathon in 2014. I had no clue what I was doing then... I still have no clue, but am more enthusiastic! I was supposed to run the 2020 edition two days ago. Another time. I hate marathons anyway and am happiest on the coastal footpath or in the fells! Pictured at Glendalough, Ireland thanks to a borrowed book from Ros and Andy!



Hi, I'm Tess! This is me and my husband this morning in Hampstead Heath in our London 2017 shirts 😊. I'm a Dulwich runner that moved north about 18 months ago, so miss the Dulwich club runs. I like marathons too, and love XC when I can get to it. Last marathon was in New York in November which seems like a lifetime ago. You can find me somewhere on the trails of the heath most days, currently plodding 🐌



The Parks Around Dulwich - Pt. 2

In the second part of the series where I look at some of the parks around Dulwich that we do some of our training runs around. Like part one of this series, I have looked at some of the history of the park, the running options that are available as well as an interesting Strava segment that can be chased. With the Strava segment, I have added the current fastest time recorded by some registered to the Strava Dulwich Runners club.

In the first part, we looked at the parks closer to the club house on Burbage Road, and this week we start to move a bit further afield.

Peckham Rye

Peckham Rye is split into Peckham Rye common to the north, with Peckham Rye Park to the south. It has an interesting history. It was on the Rye in the 1760s that the artist William Blake claimed to have seen visions, including one of "a tree filled with angels, bright angelic wings bespangling every bough like stars, with the park being opened in May 1894.

During World War II, part of the Common became a Prisoner of War camp for

Italian prisoners of war.

Like Belair Park and the River Effra, there is a chance here to see another underground river. The River Peck was largely enclosed in 1823. Today, parts of this stream can still be seen on the west side of Peckham Rye Park.

A full circuit of the park, and the main part of the common is a 2.75 km run with 28m of elevation, with lots of options for small loops within the park. With Strava segments, there are a lot to choose from,

as well as options provide by the Parkrun course.

The segment I have chosen is called 'Peckham Rye for Yasso 800 meters intervals', <https://www.strava.com/segments/3469307>

With a fast down hill start and a climb to finish with, it's a tough segment to get right, if choosing it for a proper yasso session. Fastest male time was set by Lee Fedden (2:35), with Hayley Seddon claiming the ladies title (3:16).



The lake, Peckham Rye



Bowling Green, Peckham Rye



Sexby Gardens, Peckham Rye.

Dulwich Woods

I know these aren't a park, but it's a space we use a lot for runs, and offers some beautiful running on the trails, and is nicely shaded in the height of the summer. Dulwich Woods also incorporates the Sydenham Hill Nature reserve.

Dulwich Wood, together with the adjacent Sydenham Hill Wood, is the largest extant part of the ancient Great North Wood. The two woods were separated after the relocation of The Crystal Palace in 1854 and the creation of the high level line in 1865. The wood is privately owned and managed by the Dulwich Estate.



There are lots of paths and options to run in the woods and not easy to do a route, so I haven't worked this out, but there are lots of Strava options to choose from in the hilly, undulating Dulwich woods.

The one Strava segment we all know about is Hell Hill, but I have chosen one that features on the 10 Parks run, as well as some of the Summer routes we use. It's a hilly challenge, that takes in some of the Old High Level railway that ran through the Woods.

The segment is known as 'Up Over The Tunnel' <https://www.strava.com/segments/8751792> Jack Ramm has the fastest male time (1:01), Sara Roloff the fastest lady (1:08).

Sydenham Wells

This little known park is an absolute gem in my book, and is often used on the summer routes, as well as being part of the 10 parks run.

Wells Park is named after medicinal springs which were found in Sydenham in the seventeenth century, when Sydenham was still in Kent. This attracted crowds of people to the area.

Some of the former wells in the area are within the park's grounds and the springs are still active. In 1901 the park was opened to the public and is one of nine parks in the borough of Lewisham, to have a Green flag award. A full loop of the park using the pathways is 1. km, with 27m

of elevation. Due to its hilly nature of the park, it would make a good place for a hill session.

The Strava segment that I have chosen is known as the "Up Out Of Sydenham Wells" <https://www.strava.com/segments/2288614>

Rob Yates has posted the fastest male time (1:20), with Elkie Mace heading up the ladies times (1:23)



Sydenham Wells

Crystal Palace

This is probably the most famous park and certainly the most historic park that we run through. In fact one could write a whole article on the history of the park. The park is named after the Great Exhibition moved here in 1851 from Hyde Park. Instead of going through the history of the park, I thought I would look at some of the sporting and music history of the park.



Upper part of the Park, looking towards the ITV tower.

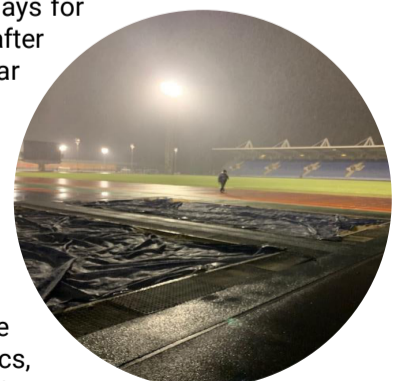
1928. The Crystal Palace Glaziers raced in the Southern and National Leagues up to 1933 when the promotion moved on to a track in New Cross. The extensive grounds

In terms of sport, it hosted the Football FA Cup between 1895 and 1914. It also hosted cricket matches for the London County Cricket club between 1908 and 1908, before they folded. The park also housed one of the pioneer speedway tracks, which opened for business in

were used in pre-war days for motorcycle racing and, after the 1950s, for motorcar racing; this was known as the Crystal Palace circuit.

As for running, the National Sports Centre was opened in 1964, and at one stage was the home of British Athletics, using the track we train on over the Winter. Also in terms of running, it hosts a park run and also the SEAA 6 stage relays. All these runs pass the concert bowl (the rusty laptop), which in its heyday hosted the likes of Pink Floyd, Bob Marley, Elton John, Eric Clapton and the Beach Boys.

In terms of training, the park is an ideal place for hill training and reps. A lap of the park, not including the upper terrace is 3km, and while including the upper terrace 3.25km. In terms of Strava segments there are lots of options, but I have chosen the Crystal Palace Amphitheatre loop, which is used as part of the dino dash relays:- <https://www.strava.com/segments/9682584>



The Stadium At The Palace

The 2.62 challenge

26th April 2020

What a lovely day it would have been for the London Marathon but sadly it was not to be. To support the charities typically benefitting from fundraising by the London Marathon, the 2.62 campaign asked runners to make up their own challenge comprising these numbers.



Barrie decided to embark on running 26.2 laps of the track in lane 6. Half the challenge was actually to remember how many laps he had done! Breaking it down into two sets of ten and a six seemed to help and Barrie successfully completed the task. He only had some Canadian geese for company on the track not the

throng of many runners and vocal supporters a typical marathon day would bring.

Not to be outdone I decided to do my own little challenge in the garden even though I wasn't down to do the marathon. I am still recovering from the virus and battling extreme fatigue so running was out of the question. In copycat style I planned to do 26.2 laps but unlike Captain Tom I managed to forget how many I had done as I was walking the small circuit (just how did he do it – a lap counter on his walking frame?). So I quickly switched to 26.2 minutes which was so much easier. I wonder though if that now means my No 1 single deal is out of the window?

Lindsey Annable



NEWS

Chris Vernon writes.. I was heartened by the response to my piece in last weeks shorts.

Not much happening on the empty fields of Dulwich College except for the odd shout out from DRs so we ventured to Brockwell to see the swan and her cygnets. There we bumped into Adrian Greer a longtime member who cannot run anymore but still reads shorts! I have now done 130 miles this month.

I enjoyed last weeks edition, Ange's artistic Sunday run had me looking for my OS maps. Tom's parks of Dulwich has good history and pretty pics. I had no idea there were club

records for bits of parks. The perimeter of Dulwich had me digging out my running log, Jack pipped me by 1 sec but that was pre strava when the earth was flat so does not count!

I would love to have seen Ed exiting the park in College Road flat out on his Road Relay leg,

an ingenious flat 5k, if only they had not put the humps in.

40 YEARS ON
For the first time in the club's history there was no London Marathon, the race that the club was formed for. The training, the excitement of the build up, the pain of that day, for so many years the only event that mattered.

Did anyone do the 26.2 challenge? How did you get on? Lets hear your stories.

Russell Daker (1959 – 2020)

Dave West writes..Russell joined the club in 2001; he died recently aged just 60. A mounted policeman based in East Dulwich for much of his career, he retired in 2015 after 38 years' distinguished service (picture attached). Power of 10 records him running the Bromley Parkrun at age 52 in under 20 minutes and the shorter distances were always his forte. He was also 6th in the Dulwich Mile in 5:42.9 again at age 52, having run 5:38.4 the previous year to rank him 21st in the UK for his age in both years. His last recorded race was the Cleethorpes Parkrun in September 2018 where he ran just outside 25 minutes. -

Ollie Wright, Life Member of Dulwich Runners and former club coach writes, "I knew Russell Daker as a training partner and later as his coach. He was a man who really understood the value of our sport at club level. That we don't just run for fitness. Running was self-expression and sharing battles and experiences with others. However different we might all be from each other; in our backgrounds and working lives - our shared love of running could let us come together in a community that we built for ourselves. And Russell was such a valued member of that community,

We often found ourselves side by side in training on the track at Dulwich College.

I remember running next to him in a horrible session of 300 metre reps. My best distance was half-marathon, I had no real speed, while Russell was a shifter on the short stuff. I had a massive double stitch and felt sick, but Russell wouldn't



let me give up. He ran next to me the whole way, half pushing, half dragging me. I wanted to lie down and whimper, but Russell got me through it. That was what he was like so often for so many people. Always supporting, always encouraging.

When I stopped running and started coaching, Russell joined my group, training with us on the track at Tooting Bec and Crystal Palace. He was a pleasure to coach. He gave his full commitment to whatever you asked him to do. He

would listen intelligently, make sure he understood what was required and then flog himself to achieve it. He wasn't the most talented runner in the group, but he made up for it with guts and effort. He would run himself into the ground. You had to work damn hard if you wanted to try and beat him in a sprint. But whether you were faster or slower than him, he was the total team man, encouraging everybody on.

He was the same off the track. Kind, gentle, patient and always thinking about other people.

His humour made a real contribution to the squad's morale. When he trained with us, he would call me 'coach' or 'boss,' with a little half-smile. He'd make a point of standing at attention when I was telling what to do next; sometimes he would even salute me! He was brilliant at this sort of very gentle p**s take. He never stopped joking and smiling. I can't think of him without remembering that grin. It was almost ear-to-ear. It lit up his whole face. But underneath all that, he still treated me and everyone else around him with complete respect.

I left Dulwich (though they made me a club life-member) back in 2004 when I moved to the Black Country. Coincidentally only a few miles from where Russell grew up. It's over sixteen years now since I moved away from London and the last time I saw him. But I can't forget his charm, warmth, kindness and humour. A lovely and decent man."

Remembering Russell Daker

I first met Russell in the late 1980's when he joined Dulwich Runners. At that time over the longer distances we were of a similar standard so we often ran together. In those days I remember that the Wednesday night long runs were quite competitive. Russ, however, was so much quicker at the shorter distances especially on the track. I recall that he held one of the 800m club records for quite a while.

He was, considering he was a policeman, a very quiet and private person who loved his cars, smart clothes and keeping fit at the gym. He absolutely loved his job; being part of the Met's mounted branch. He had a special bond with each and every one of his horses. Along with his many police duties; keeping order at public events, he also trained extremely hard to represent the Met in many prestigious horse shows. I also recall that in the Brixton riots he was badly injured.

Russ was also a very keen and good footballer. He represented the Met at a very competitive level playing on the wing, midfield and up front. I remember that Sue and I went to watch him play one year in a cup final at the police training ground at Imber Court.

I have so many good memories of Russ which I will cherish. I remember when my kids were small he often used to pop around and have a meal with us and he always was interested in their development and growing up. He also shared both mine and Ian's interest in Manchester Utd and one year he gave Ian a present of a replica football shirt and Kate I think some sort of art gift as a thank you for the meals.

Martin Morley writes...I am very sad to inform Dulwich Runner's of the passing of Russell Daker. He was one of the very early members of the club and was a valuable member of the Club. He made running look easy with his beautiful flowing running style. This I believe allowed him to be the club's 800 meter record holder for a long number of years. He was an easy person to like and always had a smile and chat. He was a mounted Police Officer for the vast majority of his life long career in the Met Police even though he came from West Bromwich.

He loved many different sports during his lifetime which included football, for the Met Police team, Cycling in which he owned a Pinarello Dogma 65.1 Think 2 showing how serious he was. He had recently restarted playing Badminton and was a regular down at his gym. He loved music and had a very good

Russ was often on duty at football matches and on one occasion I was fortunate to get tickets for Wimbledon versus Man Utd for myself, my dad and Ian. It might have been the time that Beckham scored from the half way line? On joining the crowd on the way in we were suddenly confronted by a policeman on a horse who was charging at us and my dad began to panic but of course it was only Russell teasing us.

Russ particularly enjoyed Steve Smythe's Tuesday track sessions and along with Martin Morley, Alastair Young, Andy Murray and myself there was often some great banter there. It usually ended up with us, particularly Martin, winding Russ up by telling Steve that Russ was not putting enough effort in and I would add "and he smokes behind the bike sheds, Sir". I remember one time in particular, and I am sure Russ was involved, that Steve had asked us to do increasing 400m efforts at Ladywell by running the first at marathon pace, the next at half marathon pace, the next at 10 mile, 10k and so on or something similar and generally getting faster with each lap. It was a handicap session with the idea that in theory we all finished roughly together. Anyway after a lap and a half Steve and Clare Elms came flying by us and Steve said: "When I said at marathon, half marathon pace I meant your pace (at those distances) not Bernard's (current pace - Bernard Imber had retired from running by then).

Russ went on a number of Steve Wehrle's running tours and again we had such good times. In Amsterdam I remember Ruki and others trying to force feed him "space cake" in a bar and he successfully resisted as he was so concerned about his police record. Even after he stopped going on the trips Al and I used to enter Steve Wehrle's on tour quizzes in Russell's name with obscure and ridiculous answers.

memory of songs and who sang them and went to many pop concerts including his favourite band Go West. He regularly went to West End theatre shows and also to more local theatre's to see shows and tribute bands. His love of nice cars was well known and he had a succession of new very nice cars that he lovingly cared for, so much that they were not allowed out in the rain in case they got dirty! His last car was a Fiat Abath 595 Competizione that I joked with him used to blink when it was taken out of the garage and into sunlight. He was a fun person who always liked a laugh and always joined in the joke even if it was at his expense.

We talked a lot about his time at DR's and all the lovely people he had met and he really liked recalling the times with Olley Wright's track group and how Olley helped him and the rest of the group to

Over the years I ran in many races with Russ. We ran one of the early Elmore 7 races probably in the 90's and it was really hot and I was really struggling in the first few miles so Russ said he would stay with me to help. He was always so good natured. Anyway the race developed and I began to feel better so at about 5 miles I decided to up the pace and left Russ trailing. After the race and for weeks afterwards he was saying "Col you XXXXXXXX I can't believe after I helped you pull through you left me" I just said well that's what competitive running is all about!

Again back in the late 80's early 90's Russ and I were fortunate to get an entry to the London Marathon and we did some training together with Steve Wherle, Chris Vernon and a few other Dulwich Runners. In those days I was still hoping to get close to 3 hours but due to injury and illness my training had been hampered. I set off at a faster pace than Russ but at about 20 miles I was struggling and just after the Tower of London Russ caught me. He asked if I was ok and offered to help pull me through but I said no go on without me as I had hit the wall. There certainly was no repeat of the Elmore that day!

So sadly Russ is no longer with us and may he rest in peace. Certainly he has left us far too soon but he leaves us with so many good memories and I think of myself as being extremely fortunate to have known such a great guy who had a very kind and gentle soul.

In these pandemic times I understand that a small funeral will be held for Russell in Wolverhampton which will be mainly family. Martin and Marion will be representing the running fraternity. There are plans to have a celebration of his life when Covid-19 is under control.
Colin Frith

transform their running and take it to a much faster level. Over the last few years Russell and I have had some great times doing all the things above other than the football together and I will treasure these memories fondly.

If you have any stories or pictures could you kindly share please. e-mail them to me so I can pass them on to his sister Rachael who would love to hear and see your memories of her darling brother. My e-mail address is martin176morley@btinternet.com

I look forward to receiving them and passing them on to Rachael.

Wishing you all good health and please Stay Safe in these strange times.

Cheers. - Martin Morley.

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



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



**! Available now!
Women's "Racer Back"
vests - £25**

For all club kit enquiries: ros.tabor49@gmail.com



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. 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

Dulwich

1ST

Runners

40
YEARS RUNNING



***DULWICH RUNNERS
IS 40 THIS YEAR!
DESIGN A T-SHIRT!***

*We would like to have a t-shirt to commemorate the club's 1st 40 years of running
And are looking for someone who could produce a design suitable for
printing on a t-shirt, (front, back or both)
Use your imagination to create something fantastic!
If you want more details speak to anyone on the committee.*

There are no group club runs until further notice, but for those of you wanting to do the club routes yourself here is the map

Dulwich Runners Summer Map C

8.2M / 13.1km

6.5M / 10.4km

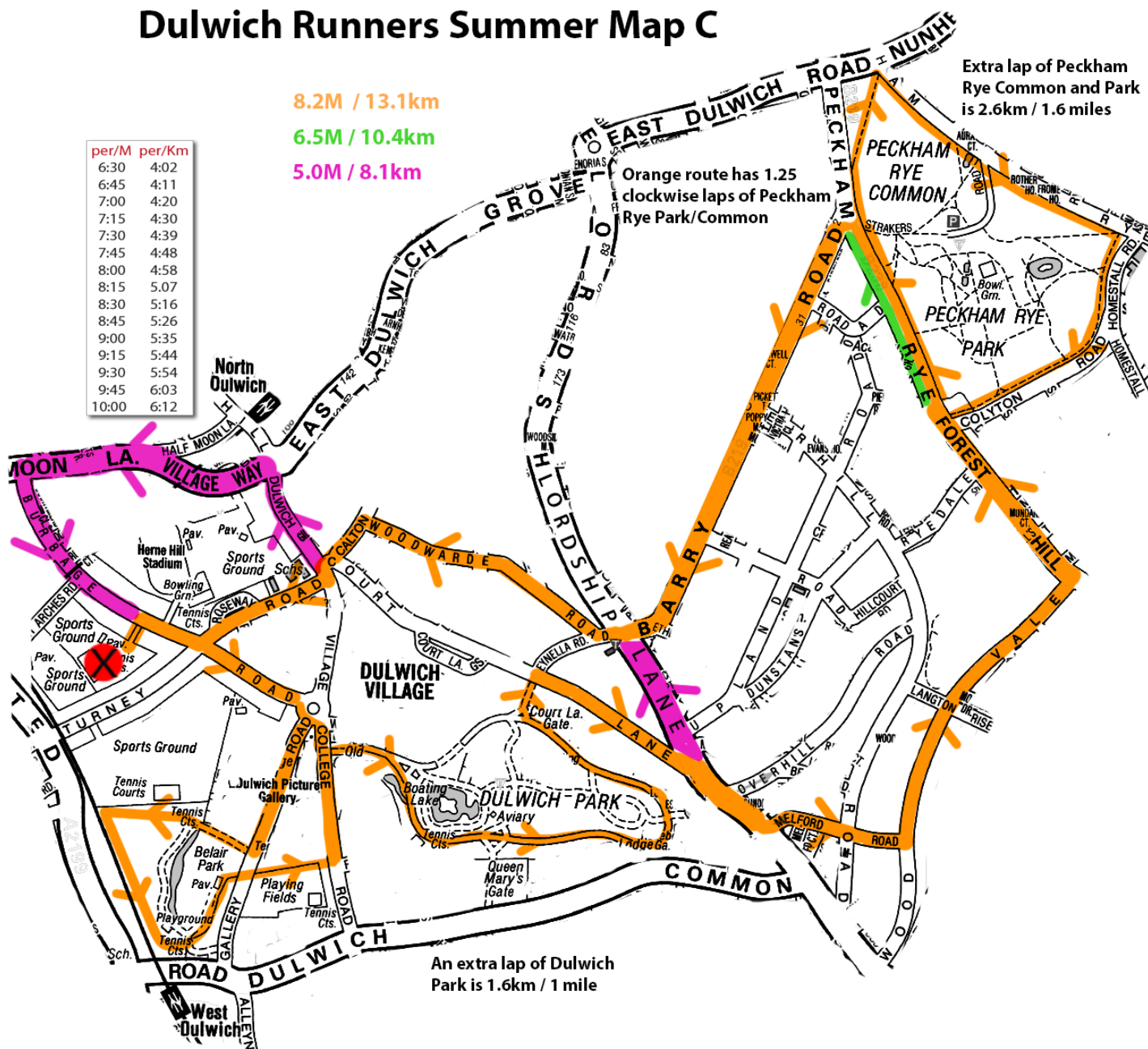
5.0M / 8.1km

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

Extra lap of Peckham Rye Common and Park is 2.6km / 1.6 miles

Orange route has 1.25 clockwise laps of Peckham Rye Park/Common

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



All maps on Strava (you don't need an account)
<https://www.dulwichrunners.org.uk-wednesday-night-routes>