

SHORTS



Dulwich Runners AC
Weekly Newsletter
August 11th 2021
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 for submissions etc 17:30 TUESDAY

Wednesday runs from the clubhouse. - £1 fee per run
Changing rooms, showers & bar all open.
Paces and distances to suit all abilities

Tuesday speed work at Dulwich College track and grass
£2 per session - suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Club runs & training
- 3 Fixtures
- 4 Club championships 2020/21 events, rules etc
- 5 Race reports and results
- 7 Club kit
- 9 Wednesday night run map.

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

Like us on Facebook @dulwichrunners

Connect with us:



Edward Alleyn Clubhouse



the clubhouse is now fully operational - toilets, showers, changing facilities and bar all available for Dulwich Runners to use. Therefore the £1 Wednesday night running fee that was waived during lockdown has been

reintroduced and is to be paid by members and non-members alike each time you run. All payments will be contactless - NO CASH

Dulwich Runners AC renewal 2021/22

For those of you that did not renew your club membership last year the new membership year started on April 1 so please contact me if you would like to renew.

Full membership is £30 plus £15 EA registration if required.

If you are not sure of your current membership status or have any queries about membership and or EA registration please feel free to contact me.

Now that things are gradually getting back to normal we hope that you will renew and continue running with the club and look forwards to seeing you all again. A big thankyou to all of you that renewed last year.

And if you have been "trying us out" and would like to join or require further details about the club please contact me.
barry@bg1.co.uk

Club Runs & Training Sessions

Wednesday Evening Club Runs

NOTE: £1 club run fee for members and guests which was waived during lockdown whilst clubhouse facilities were unavailable has been reintroduced as the clubhouse changing rooms, showers, toilets and bar are now all open for us to use.

Groups with a leader, catering for different paces leaving the clubhouse carpark at 7pm...

Arrive by 6:50pm to register and organise which group you'll run with....

The usual runs are long 8-9M, medium 6-7M, short around 5M - If you're new at the club, we will place you with others at your preferred pace and distance.

Tuesday Evening Speed Training

At Dulwich College track and fields on College Rd. - Two groups, one start at 6 pm and one at 7pm. Grass & track, suitable for all abilities, efforts at 5-10km pace plus some shorter faster ones.

COST IS £2 PER SESSION PAYABLE WHEN YOU ARRIVE - CARD/DEVICE PAYMENTS ONLY, NO CASH

Any queries, contact Mike Mann mcmann90@yahoo.co.uk

Dulwich College have installed a security gate for the entrance to the track and fields. To gain entry the code is **C1478X**

The 6pm and 7pm Tuesday sessions at Dulwich College fields and track will continue until 31 August. For the month of September there will be a 6pm session only at Dulwich College but we are also offering a 7pm hill session, free of charge, starting at the foot of the hill adjacent to Sydenham Hill station on College Road.

The hill sessions will be suitable in particular for those planning to compete in the forthcoming cross country season, but newer less experienced runners may wish to choose the 6pm track/grass session though are welcome to give the hills a try.

Details of track training sessions at Crystal Palace track from the start of October will follow in due course.

Sunday Runs

There are runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Around 10km, but can be longer, pace around 9 mins per mile.

Contact Ola olabalme1@gmail.com

Or if you prefer a later start between 9 and 10am, a longer run from the Dulwich area (10 miles+) pace around 8-9 min. mile - Contact Tom Poynton tpoynton@hotmail.com (suspended until August 29th)

Longer and faster at 9am - likely to be 8am from July for marathon training. Around 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park but check in advance.

Contact Tom South thomas_south@hotmail.com

If interested in any of these runs check in advance with the respective run leaders

Saturday Morning Hills

Led and structured hill sessions on Saturday mornings - Suitable for all abilities.

Meet at Mansion House, Beckenham Park 10am - Jog to Sedgemoor Road to start session at 10.15 - Coffee after at Cafe

Contact Eleanor Simmons: eleanorsimmons@yahoo.co.uk

Thursday Training Sessions

Those of you available are welcome to attend Thursday morning sessions at 11.00am

Alternate each week between Brockwell Park and Crystal Palace Park, including short hills and longer efforts on the grass - followed by coffee. If interested contact Mike Mann mcmann90@yahoo.co.uk

DULWICH RUNNERS 2021 FIXTURES

Further info 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.

For further info about events in Shorts, how to enter etc, contact your captains:
 Thomas South thomas_south@hotmail.com Ed Chuck chuckedward@googlemail.com
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

1500M Evening

17 August

Following the Mark Hayes Mile, we are holding a series of 1500m races at Dulwich track on Tuesday 17 August. This will be 5 laps so no wavy chalk start line on the track this time.
 If interested contact Mike Mann mcmann90@yahoo.co.uk - Details on timing and number of seeded races to follow.

Thames River Relay

Sunday 5th September

A 5 person relay along the Thames towpath (mainly) from Dorney Lake to Kingston, approx 26.5 miles. Teams consist of at least one female and no more than 3 senior males. Cost is £10 each and all proceeds (minus expenses) go to charity.
 For full course details how it works etc, see the website: http://www.stragglers.org/river_relay
 If interested or want any more details, email Ange: angenorris@googlemail.com

NB This clashes with the Paddock Wood Half Marathon which many members have entered as a club champs race.



Fixtures

Hopefully a full cross country season to look forward to this autumn/winter, here is some information on fixtures. Men and women Surrey League fixtures to be held on the same dates, but some venues may change. It was not possible to push back the date of the October fixture to accommodate early October marathons such as London, owing to fixture congestion.

2021			
Oct	16	Surrey League 1	Richmond Park
	9	Surrey Masters Champs	Morden Park
	23	SEAA Relays	Wormwood Scrubs
	23	tbc Surrey Masters Champs	Richmond Park
	30	BMAF Relays	Long Eaton
Nov	13	Surrey League 2	Wimbledon Common
	20	SEAA London Champs	Parliament Hill Fields
	27 tbc	South of Thames 5m	Morden Park
Dec	11	SEAA Masters	Horspath, Oxford
	18	South of Thames 7m	Beckenham Place Park
2022			
Jan	8 or 9 tbc	Kent County Champs	tbc
	9	Surrey County Champs	Denbies Vineyard, Dorking
	15	Surrey League 3	Mitcham Common
	29	SEAA South of England Champs	tbc
Feb	19	Surrey League 4	Effingham Common
Mar	6	ECCA National Champs	London

2021 CLUB CHAMPIONSHIP

FINAL UPDATE

These have now been reviewed in the light of current information, and there are a few changes. The approach that has been adopted for this year is to offer maximum flexibility, so where possible series of races taking place either monthly or more regularly have been selected.

The two events completed early in 2020, the Beckenham parkrun and the Big Half will count towards this year's club championships. 7 events have been selected for this year, giving a total of 9.

The rules governing the club champs have been modified for this year, reflecting the more flexible approach. In order to qualify you will need to complete 4 of the 9 events. These should include at least one event from each distance category. The 10k, half marathon and marathon are classified as long, with the remaining events short.

Your fastest result for each race distance counts towards the club champs (so only one race per each distance).

The closing date for all races except the marathon is Sunday 14 November, for the marathon Sunday 5. December.

NOTE: Results of all races chosen should be on Power of 10 in order to count and you need to submit the races you like to count in one email after your last race and by 14 November midnight latest to Ebe Prill ebeprill@yahoo.co.uk (exception only for late marathons up to 5. December)

That allows us to hold the individual medal presentations for each race distance at one social event on a Wednesday night in late November (to be announced). The marathon awards and overall championship trophies will be awarded as before at our Christmas party in December.

Updated information on events below.

- All road 5k races. Entries for the Battersea Park races have been open since late April, but are filling up fast.
- 5 mile race (trail): The second Sunday of the month races have restarted under Covid restrictions with a tight numbers limit, but are expected to revert to more like normal from July. Entries on the day may be available but once open try to enter on line ASAP.
- All 10k road races. Richmond Riverside 10k (17th July) and there are various 10k races in Regents Park organised by Race Organiser (6 June) Run Through (15 June, 13 July) and Nice Work (14 November) also the Mornington Chasers Winter series, to be announced. There is also the Sri Chinmoy Battersea 10k series.
- Any track mile race. The Mark Hayes mile has been held as the club champs mile but any other track mile will count, like the Dave Clarke mile at Wimbledon Park stadium on 28. July
- All road Half Marathons. The Big Half 22 Aug will be a club champs race, and also the popular Paddock Wood HM on 5th September
- All park runs but our main one (and one of the fastest) is Dulwich parkrun. Suggested dates are 18 Sept, 30 Oct and 6 Nov, but avoid weekends when key cross country races, like Surrey League are planned.
- All road Marathons

Provisional programme for this year.

Mile - Tuesday 29th June, Mark Hayes Mile - Dulwich College track -

28th July Dave Clarke mile: <https://data.opentrack.run/en-gb/x/2021/GBR/hercmile/>

5km - Sri Chinmoy Battersea Pk series <https://uk.srichinmoyraces.org/races/london>

5M - Second Sunday of Month 5M trail race, Wimbledon Common any month <http://secondsunday5.com/>

10km - Various 10k races in Regents Park, Richmond Riverside 10k, Sri Chinmoy Battersea 10k (see deadline 14. Nov)

1/2M - Big Half 22 August - Paddock Wood 1/2M 5th September

Marathon - London 4 Oct (or alternative marathon up to incl. Valencia 5th. Dec)

parkrun - Dulwich, suggested dates 18 Sept, 30 Oct, and 6 November

New(ish) to Running Rota for Dulwich Runners

We have set up a rota to support members who are newish to running on our Wednesday club night. We have had lots of new members and some are newish to running, which is different to being new to DR but not that new to running. It's also an opportunity for all you experienced runners to inspire some newbies.

Runs will be short – around 5-6km, as 8km is really quite a long way for newbies. Runs will be slow, and possibly some walking. You take your lead from the people you are taking out.

The rota is here: https://doodle.com/poll/5mssmfhibg5qr98p?utm_source=poll&utm_medium=link

Add your name on the left and click on the Wednesday you'd like to volunteer. If there are two people down for a particular date, please pick a different date. Ideally you will all spread yourselves out. The rota will have dates at least 3 months out to enable planning. I have agreed to coordinate this rota and it will be reviewed at the end of the summer.

Doodle poll is being used to run the rota. **If anyone has any better running specific ideas, I am all ears.** Get in touch: 07786012933. - Thanks all - Sonja

SOAR vests

I am attempting to find 15 or more club members interested in buying a Soar Running DR Vest, they are £60 each.

Currently i have 8 people that expressed an interest via the Whata App group.

All those interested please email me what size you would like. Once we pass 15 i'll place an order and give out my bank details so people can transfer me £60

kevchadwick@gmail.com

Supporting Visually impaired runners

At our AGM and further by the committee, we have discussed ways to be more inclusive and being able to support visually impaired runners is something we want to do, especially as we have a member who needs a guide runner to take part in races and is very keen to run the club championships. England Athletics organise courses to learn the skills needed. The next available are at Lee Valley on 18th & 19th September, although each course is filling up. Athletics Hub

If you are interested please let us know - Ange and Ebe - dulwichchair@gmail.com

The club will pay the cost of the course.

Put a spring back in your stride with a Sports Massage.

Ola Balme is an experienced Sports Massage Therapist and DR club runner. -

To find out more - 07506 554004 - www.hernehillssportsmassage.co.uk

Race Reports & Results

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

You are welcome to submit running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

VAC 5k Battersea Park

Neville, Mike and myself were in the Dulwich MV55-64 quartet (Adrian Greer being the other member) that finished a very close 4th in the BMAFs national road relays at Sutton Park in 2012. Graham, Mike and myself were in the Dulwich MV60-64 quartet (Steve Williams being the other runner) that won a bronze medal in the 2017 SEAA road relays at Crystal Palace. - **Nick Brown**



Neville Webb, Mike Mann, Graham Laylee, Adrian Greer

Bewl Water Triathlon

8th August

Mike Dodds writes: Clare continues to take the welcome opportunity to revisit old triathlon haunts. She's now completed 4 sprint triathlons since their resumption with 3 of them being repeat visits.

She's certainly supported Bewl very loyally right from the very first one - which happened to be held on the final day of the London Olympics - and has only missed a couple since then so this was her 7th. Age group winners are given free entry to the next year's event which may partly explain her track record here. The odds are, too, that she'll be there next year because, fitness allowing, she was first over 60 this time (and, more surprisingly, would even have been 2nd out of 8 male finishers in the over 60 standings).

Quite a few in the club are familiar with Bewl Water, just off the A21 near Lamberhurst on the Kent/East Sussex border, because of the 15 mile race around its shoreline. The 2021 edition was recently reported in 'Shorts'. That is a challenging course, and not just because of its sheer distance, as the banks of the man-made lake generally slope steeply up to the forested trail areas. This provided probably the biggest 'running' challenge for the triathletes in that the transition compound was located over 500m

from where the lake was exited, and up one of these steep slopes, so it took Clare well over 7 minutes to switch fully from swimming to her bike. It was also a transition that had followed a difficult 776m swim just as the rather erratic weather over the weekend in the south east was beginning to kick in. The 19km on the bike was probably a bit of relief where her past experience of its odd tricky bits came in handy. This usually involved its various encounters with the A21 that was already getting a little busy even before 8.00 am. Any sense of relief was tempered, though, by the aforementioned weekend weather as it had thrown up all sorts of debris that can cause havoc with mechanical issues in the bike phase of a triathlon and sadly, and predictably, did so for some of the competitors here.

Clare was even happier than usual, then, to embark on the 'proper' running element of the event. Ironically this used to embrace the undulating forest trails but had been turned into a predominantly flat course this year by routing most of it along the dam breakwater. Clare almost exactly matched her parkrun pace from the previous day at an equally flat Walmer and Deal seafront course, although both involved fighting strong winds at various points. And, having entered the water at 7.16 am and just crept under the 100 minute mark for the whole shebang, she managed to cross the finishing line a couple of minutes before she had even started on Saturday! Who says parkruns start too early!?

Clare Wyngard 1-39-21, 1st VW60, 31/67F, 112/175 overall (776m swim 19.55, T1 7-14(!), 18.89km bike 43-18, T2 1-38, 4.89km run 27-13)

Chelmsford Miles of Miles festival

5th August 2021

We were away for the Mark Hayes mile having booked a holiday in June thinking we were avoiding the proposed July/August timing. Our best laid plans were then dashed when the race moved to the very same week we were away. Barrie was keen to carry on his faultless record of completing the Grand Slam of club champs' races so he started to look around for a track race immediately since our Hatfield road mile wasn't eligible.

He was pretty pleased to find the Chelmsford event, which was the only one available at the time. Nor did it have any time requirements for entry, unlike a more recent mile event closer to home. In fact I asked him to email the organisers specifically to check if they had a slow race, knowing that any speed I had has deserted me of late.

Our initial delight at finding the event faded somewhat as we found out our race was at 8:45pm. Neither of us have ever raced so late, certainly not with such a long journey to get there and back. Still we tried to look on the chance to race in the mile festival in a positive light and I even watched Laura's brilliant performance in the 1500m for inspiration!

We set out at around 5pm for our long trek to Chelmsford. We decided to take the train thinking that it would be tiring to drive back late after the race. The journey, although long, was relatively smooth as we joined a busy train en route to Clacton full of weekenders and holiday makers.

We arrived in plenty of time at Chelmsford station so decided to have a gentle walk to the stadium which was about a mile and a half away. The stadium complex itself was an impressive collection of football pitches and the athletics track which

was in great condition. By that point we were both feeling pretty tired and all inspiration from Laura's run was sadly wearing thin. We registered and watched a few of the faster races before starting our warm-up. About the only prize we thought we might win was the one for the furthest distance travelled but we couldn't even manage that as



there was a competitor from the Isle of Wight. An athlete called James Thie had also travelled from Cardiff. I think he was the ex-international athlete and he was trying for the Welsh record. He missed it by a second but I overheard him telling a fellow competitor that he hadn't felt he was fit enough but wanted a target to aim for.



And so to our race. There were a number of competitors and true to the organisers word there were people in there even slower than me. Barrie had a steady race but I truly bombed after the first lap and came in at a PW for running a mile hard (and failing miserably to do so). The long journey and the Sri Chimnoy 5k on Monday, together with a very hard and stressful week at work had left me feeling truly exhausted. In fact we were both slower than the hilly Hatfield mile which just showed how tired we were. It was a shame our race was so late. They had organised a Jamaican barbecue and drinks trackside, but we couldn't indulge due to our late start time. The races were also immaculately organised and it was a great bouncy track, not that it helped inject any extra pace to my cadence.

Our journey back was longer and more tiring than anticipated as we were unable to get a taxi back to the station. There was a music festival going on in the vicinity which perhaps had saturated demand. That meant we had to walk and shuffle in the dark back to the station, anxious to avoid getting home too late. We finally made it home about half eleven truly shattered!

Whilst the words 'never' and 'again' spring to mind in a certain order, it is perhaps worth considering if you are a faster runner and you maybe drive there! There were plenty of seeded races providing great competition and even Clare Elms had entered but sadly couldn't compete. If you had an earlier race the delicious smelling barbecue would certainly be a lovely post-race treat. Hats off to the organisers who had been there since 4pm holding races for the juniors and accommodating all abilities. The event truly lived up to its name as the 'Miles of Miles' festival; just a shame it was so far away!



Barrie Nicholls 7:26:9

Lindsey Annable 8:12:6

Burgess Sports 10k

08.08.21

This was the first in an intended series of 10k's in Burgess Park to raise money for the Burgess Sports charity, which supports young people's involvement in the various sports clubs (tennis, rugby, BMX etc) in the park. The course was two flat laps of approximately the Parkrun course, with some wiggly paths through flowers on the way back as a variation. There was chip timing and a garmin-measured but not certified course, so it was good for a Sunday tempo run rather than as a race. Only 30-odd runners started on a showery morning.

Three weeks post-op this was the longest run for a while and perhaps I ran the first lap slightly fast for my fitness level. Mid-field, three men caught me at the start of the second lap. As they broke up, two went ahead and one dropped back as I did a couple of walks towards the end and was passed by a woman who had been following my steady pace up to then. My time was not fast but less than my latest parkruns added together,

Andy Murray 54:45



Abingdon

329 Ran
Pos Gen
117 89 Gideon Franklin 24:44

Ashford

277 Ran
Pos Gen
19 1 Kim Hainsworth 21:08

Barnstaple

165 Ran
Pos Gen
33 27 Dan Hill 23:26

Beckenham Place

170 Ran
Pos Gen
75 9 Claire Steward 26:40

Brighton & Hove

298 Ran
Pos Gen
35 5 Michelle Lennon 21:12

Brockwell , Herne Hill

118 Ran
Pos Gen
25 1 Katie Styles 22:04
37 3 Anna Thomas 23:39
42 36 Graham Laylee 23:52
79 14 Laura Lane 27:41

Burgess

200 Ran
Pos Gen
92 72 Joseph Brady 26:05

Crystal Palace

178 Ran
Pos Gen
117 18 Belinda Cottrill 27:34
148 105 Bob Bell 31:49

Dalby Forest

257 Ran

Pos Gen
36 5 Ola Balme 21:51

Dulwich

231 Ran
Pos Gen
4 4 Thomas South 16:12
11 10 Hugh Stobart 17:40
13 12 Chris Beardsall 18:04
16 14 Tom Shakhli 18:33
32 27 Robert Meadows 19:47
35 29 Terence Baker 19:56
66 8 Katie Smith 21:54
73 11 Christiana Campbell 22:17
191 119 Rob Fawn 30:25

Felixstowe

231 Ran
Pos Gen
6 6 Eugene Cross 18:55

Gladstone

120 Ran
Pos Gen
34 25 Des Crinion 23:55

Greenwich

220 Ran
Pos Gen
10 10 Michael Fullilove 21:17
73 59 Stephen Smythe 26:07

Lloyd Park

119 Ran
Pos Gen
30 3 Eleanor Simmons 25:05

Melton Mowbray

185 Ran
Pos Gen
28 2 Alison Peel 23:16

Old Deer Park

101 Ran
Pos Gen
58 16 Ros Tabor 29:07
59 41 Andy Murray 29:08

Osterley

132 Ran
Pos Gen
53 42 Barrie John Nicholls 26:21
64 11 Lindsey Annable 27:22

Oxford

323 Ran
Pos Gen
130 92 Colin Frith 25:47

Riddlesdown

114 Ran
Pos Gen
1 1 Dylan Wymer 2nd cl 18:18
17 14 James Wicks 23:37
19 3 Ange Norris 23:52
46 36 Dave West 26:20

Southwark

201 Ran
Pos Gen
149 110 Paul Keating 28:36

Tonbridge

415 Ran
Pos Gen
42 38 Nicholas Brown 21:32

Tooting Common

206 Ran
Pos Gen
103 74 Michael Mann 25:13

Walmer & Deal Seafront

232 Ran
Pos Gen
64 49 Michael Dodds 25:27
107 25 Clare Wyngard 27:55

Wollaton Hall

287 Ran
Pos Gen
14 14 Lloyd Collier 20:05

DULWICH RUNNERS KIT

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



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



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



Bufs-snoods - only £6
 An ideal face covering !

Socks only £5



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



The Beast from the East !
 It's always 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 & hoodies. Just click 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

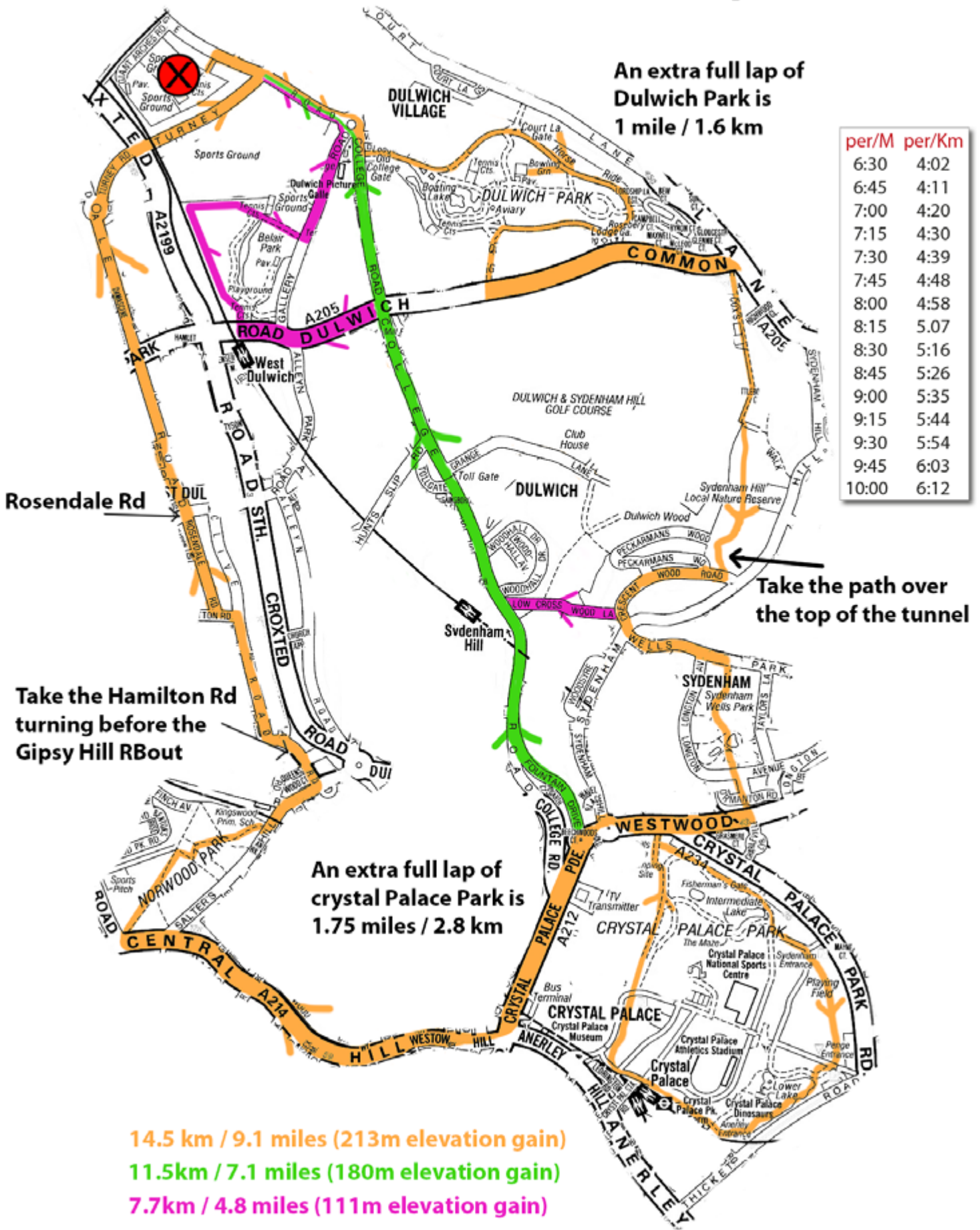


Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer Map 3



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