



# SHORTS

Dulwich Runners AC  
Weekly Newsletter  
December 25th 2019  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

These are your SHORTS,  
Please send your reports, running news etc to:  
[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)  
DEADLINE 17:30 TUESDAY

**No club run today or 1st Jan – parkruns available.**  
and....  
no track session at Crystal Palace next Tuesday 31

## In your SHORTS this week !

- 1 General information
- 2 Fixture list & upcoming races etc
- 4 Reports, results etc
- 5 parkrun times
- 6 Club kit,

*And much more !*

Like us on Facebook @dulwichrunners

Connect with us:



## TRACK SESSIONS

### Crystal Palace Track

Warm up drills at 7:10pm with Elkie Mace then 7.25 main session with Steve Smythe.  
£2.50 for members (non members the standard £4.45)  
**No trackside payment - Either pay at reception...(You may be asked for proof of membership) or Online at:**  
<https://www.better.org.uk-leisure-centre-london-crystal-palace-crystal-palace-national-sports-centre>

## EVENT HORIZON

### A brief look ahead

- Jan 4 Kent XC champs - Brands Hatch
- Jan 5 Surrey XC champs - Denbies Vineyard, Kent
- Jan 11 Surrey League XC - mens and womens

See full fixture list for more events and details

## 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

## When I became Chair of Dulwich Runners,

the club was celebrating its 25th anniversary.  
This summer we will be celebrating 40 years!  
I have decided that it is time for me to stand down as Chair, so I will not be going for re-election at the AGM in March. I have really enjoyed my time, but it's time for someone else to take over.

I am happy to discuss the role with anyone interested, and thank you all for your support over the years.

Ros Tabor - [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



I am very pleased that we have been attracting a large number of new runners every week (often too many for the person on the rota).

Thanks for taking out new runners last week goes to **Clare Norris** .

Thank you very much to members who regularly volunteer to run with new people on a Wednesday even though its not their turn.

If you're on the list please try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know asap. - Thanks. - Ros

no club run

25/12

no club run

1/1

## Rehydration !

After your run come up to the bar, have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also)

## Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

**PLEASE SIGN IN & 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.

## Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. Copies will be at the clubhouse, but feel free to print your own and if your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse.

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

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

# DULWICH RUNNERS 2019-20 FIXTURES

Further information about races will usually be here in SHORTS and or announced on a Wednesday club night.  
*Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.*

2020					
Jan	4	Kent county cross country champs			Brands Hatch
	5	Surrey county cross country champs			Denbies Vineyard, Kent
	11	Surrey League cross country	men		Beckenham
	11	Surrey League cross country - 8k	11am	women	Wimbledon Common
	25	South of England cross country champs			Parliament Hill
Feb	8	Surrey League cross country		men	Lloyd Park
	8	Surrey League cross country - 8k	1pm	women	Richmond Park
	15	Dulwich parkrun		short	Dulwich Park
	22	National Cross Country champs,			Nottingham
Mar	1	Validity Big Half		long	London
	21	England area 12 and 6 stage relays			t.b.c
Apr	4	National 12 and 6 stage relays			Sutton Park
	26	London Marathon or alternative		long	London or alt.
Jun	15	Sri Chinmoy 5km		short	Battersea Park
Jul	18	Richmond Summer Riverside 10km		long	Richmond
tb		SOAR Mile late July/early August tbc		short	t.b.c
Sep	13	Second Sunday of Month 5M trail		short	Wimbledon Common
Oct	18	Cabbage Patch 10		long	Twickenham

Road & other

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: [ebepri11@yahoo.co.uk](mailto:ebepri11@yahoo.co.uk) Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## Training

There are no track sessions at Crystal Palace for the next two Tuesdays. This is my suggestion for the next few weeks if you are preparing for a half or full marathon in the spring.

Dec	Wed 25	Xmas parkrun (Beck, Bromley, Dulwich etc) or 20 min blast
	Thu 26	60 mins slow
	Fri 27	30 mins easy or rest
	Sat 28	parkrun or hills
	Sun 29	2 hours slow pace with faster last 30 min
	Mon 30	30 mins easy or rest
	Tue 31	longer hill session
Jan	Wed 1	NYD parkrun or 20 min blast
	Thu 2	60 min slow
	Fri 3	30 mins easy or rest
	Sat 4	parkrun or XC
	Sun 5	2 hours 15 min at a slow pace

## Gill Johnson Awards

These awards were introduced last year in memory of former club member Gill Johnson who sadly died in 2017.

The awards are for outstanding road performances, and last year they went to Clare Elms and Ed Chuck. Congratulations to this year's winners, Marta Miaskiewicz and Tim Bowen.

## Marathon Training

If anyone needs any help with marathon training for next year with schedules or advice, contact me on [steve.smythe@athleticsweekly.com](mailto: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.

## 2020 Club Championships Races

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

15 Feb	Dulwich parkrun	short
1 Mar	Validity Big Half	long
26 Apr	London Marathon (or alternative)	long
15 Jun	Sri Chinmoy 5km, Battersea Park	short
18 Jul	Richmond Summer Riverside 10km	long
late July/early August	tb SOAR Mile	short
13 Sep	Second Sunday 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.

## Ken Crooke Cross Country Champs

Will include the following events in 2019-20

- 4 Surrey League races
- Lloyd parkrun, 28 Sep.
- London Champs, Parliament Hill, 16 Nov.
- South of Thames 5 miles, Morden Park, 23 Nov.
- South of England champs, Parliament Hill, 25 Jan.

To qualify you will need to include 5 events, including 3 of the 4 Surrey League races

## Ladies' Surrey League Xc race January 11

### Help needed please

**At Wimbledon Common.** Due to permissions required to hold a race, the agreed course needs more marshals than was first thought. For this race to go ahead, we need to provide at least one named person who is willing to help. Without sufficient marshals, we are told that the race will be cancelled.

If anybody can help, please email Ange and Ola - [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

Our race is at 11 a.m. Details of exactly what time you would be needed have not been given yet. **We need to know by January 2nd at the very latest.**

## Mens' Surrey League Xc race January 11

### Help needed please

**At Beckenham Place Park** we are co-hosting the third men's Surrey League fixture with Kent AC. This means that some of us will be busy prior to the race so it would be helpful to have some volunteers (non-runners and women whose Div 1 fixture at Wimbledon starts at 11am) to hand out race numbers prior to the start and to marshal the course and assist with the finish.

The senior men's race starts at 2.30pm but there are 2 junior races beforehand starting at 1.30pm and 2pm.

Runners, please note that information on the race can be found on the Surrey League website.

Contact me if you are able to help. [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Big Half Sun 1st March 2020

The community places for our club are filled.

Good for Age entry open at : <https://www.thebighalf.co.uk/events/vitality-big-half-good-age-entry->

Possible more regular entries as last year, but no guarantee.



The club has 10 places for the Brighton Marathon.

Regular entry is closed, the club places go for the same fee.

**Let me know by Monday 24 February latest,** [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk) or in person.

## 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)



### Surrey League

Is the main priority, 4 races this season, further details posted nearer the time in Shorts or: <http://surreyleague.org>

Keep these dates free if possible. Our men were promoted to Div 1 last season and we will need to perform well again to avoid the drop. Ladies compete in Div 1.

### Distance

Men's Surrey League around 8km, women's races start at 6km in autumn, up to 8km in the new year. Other races from around 8km autumn to 12km plus for men later in the season, normally not more than 8k for women.

### Scoring

Surrey League, first 5 women for the club and the first 10 men qualify for the scoring team, so it is important we field as many of our strongest runners as possible. Cross country races are not elite, are suitable for runners of all abilities, and in both the men's and women's Surrey League there is now a B team competition where the second 5 or 10 runners score.

### Surrey League entry

To take part inform your captains so we can pre-enter men & women. Men and women use the same numbers for the entire season, so either give them to your captains after the race, or take them home,

not in most other cross country races.

### Other Races

There are cross country race most Saturdays during the season eg: county champs (incl. Masters), London Champs, 2 Sth. of Thames races, Sth. of England and National champs, and other races for Masters. See fixture list in Shorts and on the website.

### Which races to go for

Main priority is the 4 Surrey League races, and races in the Ken Crooke champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

Other races are medium priority, but you are encouraged to compete for your eligible county in the Surrey and Kent county champs and Masters champs. We would also like a good entry in the two South of Thames races and the South of England champs. Other non high priority high races eg: SEAA relays and Reigate Relays.

Note that Lloyd parkrun, 28 Sep is the first race in the Ken Crooke cross country champs (see below for further details).

### Entry for other races

Apart from Surrey League for nearly all other races captains have to submit entries in advance of a deadline, details of which will be put in Shorts, by email and Facebook, requesting those interested to

put their names forward, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race and substitutions are not permitted.

The club pays for entries, so do not put yourself forward on a speculative basis but don't worry if you have to withdraw later for a good reason, such as injury or illness.

### Footwear

Road or trail shoes early season, late autumn onwards spikes or fell shoes are best. Get cross country spikes, not track spikes. Screw in spikes are from 6mm to 15mm. As it gets muddier change to longer spikes, eg: Parliament Hill and Lloyd Park.

Fell shoes are studded with more grip than trail shoes and are suitable for most conditions except ice. Cross country shoes can be bought at a number of places eg: Run & Become (Victoria), Intersport (Herne Hill), Runners Need and Sweatshop or Wiggle online. Most offer a 10% discount to those with club or EA membership.

### Ken Crooke championships

2019-20 will include the following:

4 Surrey League races

Lloyd parkrun, 28 Sep.

London Champs, Parliament Hill, 16 Nov.

South of Thames 5M, Morden Pk, 23 Nov.

South of England champs, 25 Jan.

To qualify you will need to include 5 events, including 3 of the 4 Surrey League races

**For further information please contact your captains at:**

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

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

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

# 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.

## Wimbledon Christmas Run 5km and 10km

22nd December 2019



We thought we would get in a festive run before the Xmas break and seeing it was relatively local, we put our names down for the 10km. Having trained many a time on

The Common, the route was very familiar but we did wonder how the conditions would be with the recent heavy rain. Richmond Parkrun the day before should have given us a clue with heavy flooding on the course in two parts meaning wet feet as there was no option but to run through the floods.

The race started on the common near Cannizaro House and the event village had a festive theme with Xmas music blasting out and decorations near the start and finish. We had a forewarning about the conditions as water was standing on the sodden ground. Our feet were wet before we even started! Everyone had thrown themselves into the festive spirit with many a Santa hat, Santa costume, reindeer antlers and even full-on fancy dress including a banana costume (did they get the 'festive' brief?!).

The route was two laps for the 10km and one for the 5km. A last minute toilet stop meant I started way towards the back and the pace was pedestrian particularly in the first kilometre. After a brief stretch on the road we then hit the common and the mudfest began. I don't think I've seen so much mud since Parliament Hill. Just to add to the fun there were huge puddles

right across the run route. Many runners ground to a halt and tiptoed tentatively round the edges to avoid the water. After initially following suit I threw caution to the wind and decided to charge straight through the middle of them. After all once your feet were wet they were wet and it was a great tactic to pick off a few runners. Haven't these people ever run XC?

I came through the first lap in a time frightening close to half an hour so thought I'd better pick it up for the second lap. That said the conditions were truly slippery and wet and neither of us had thought to put on trail shoes. Barrie started some way ahead of me, having had a showbiz chinwag with Sophie Raworth and John Inverdale near the front of the race. I could see him in the distance but didn't make any ground on him. He worked hard but struggled in the last three km as the mud pulled at his sore foot and made it extremely painful. We both felt tired at the end as the mud had sapped our energy not to mention the added weight of sodden trainers!

So a festive run complete and time to reflect on another year of running. How many is it now? Well as you many of you know my year started with not even the strength to walk a parkrun for seven weeks. Having the fortitude now to slog round a muddy 10km albeit slowly is progress indeed.



fabled 'Grand Slam'. The Grand Slam challenge is to complete every club championship including the marathon. It's not an easy feat with so many obstacles such as injury, illness, races being full, transport problems, cost, family commitments all potential throwing spanners in the works. It takes planning,

commitment and lots of training.

Barrie has now completed the Grand Slam ten years consecutively. As he has entered a new age group he also finds himself winning his age category at parkruns and in open races so a good year all round.

It's interesting that many runners set themselves a challenge whether it's official or not. There's so many different parkrun challenges around. Of a different order all together is the challenge Runners World founder Bob Anderson from the US set himself. Barrie met Bob as they had a burn up (no surprise there then) at the finish of the Bupa 10000 in May and they have been friends ever since. Bob set himself the challenge of running 350 miles, each in sub 7 minutes, to celebrate 50 years of running. All at the tender age of 64. He made a film of the feat which is truly inspirational viewing. (A Long Run Bob Anderson <https://www.youtube.com/watch?v=M7qls7nB3Y>).

So have a go at the DR Grand Slam Challenge. You never know it might get you a place in one of the best marathons in the world. And Barrie also promises to give any DR a big shiny Grand Slam medal if they can complete it. It'd be great to see more runners doing this. After all it's something that runners of any ability can do and it has to be good for the club to see more members participate at Club Championship events. It'd be a great celebration of running and of the club in its 40th year.

150 Barrie John Nicholls 56:50 (2nd M65)  
198 Lindsey Annable 58:14  
460 ran



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

## Beckenham Place

98 Ran  
Pos Gen  
18 18 Stephen Smythe 23:26

## Bedgebury Pinetum

274 Ran  
Pos Gen  
44 8 Tereza Francova 24:23

## Brockwell , Herne Hill

284 Ran  
Pos Gen  
21 21 Jonny Hough 19:42  
179 130 Desmond Edwards 28:30

## Burgess

388 Ran  
Pos Gen  
9 9 James Brown 18:38

## Catford

110 Ran  
Pos Gen  
1 1 Andy Bond 18:27

## Crane Park

213 Ran  
Pos Gen  
1 1 Thomas South 17:34

## Crosby

124 Ran  
Pos Gen  
1 1 Timothy Bowen 17:45

## Crystal Palace

291 Ran  
Pos Gen  
42 4 Helen Lister 22:30  
64 8 Belinda Cottrill 23:58  
73 65 Bob Bell 24:04  
176 139 Barry Graham 28:36  
209 56 Hannah Harvest 30:10  
214 58 Clare Wyngard 30:25  
215 157 Michael Dodds 30:25

## Dulwich

453 Ran  
Pos Gen  
36 34 Grant Kennedy 18:38  
58 54 Austin Laylee 19:50  
126 112 Graham Laylee 22:36  
140 16 Charlotte Sanderson 23:01  
190 161 Camilo Vargas 24:21  
293 73 Lauren Gill 27:37  
307 82 Claire Steward 28:11  
327 232 Peter Jackson 28:48  
344 106 Elizabeth Begley 29:13

## Eastville

403 Ran  
Pos Gen  
82 74 Eugene Cross 23:28

## Highbury Fields

232 Ran  
Pos Gen  
8 8 Paul Collyer 19:23

## Hilly Fields

207 Ran

Pos Gen  
5 5 Kevin Chadwick 19:42  
22 3 Michelle Lennon 21:57  
30 25 Hugh Balfour 22:41

## Leicester Victoria

342 Ran  
Pos Gen  
107 9 Marjorie Epton 25:23

## Lincoln

336 Ran  
Pos Gen  
109 92 Colin Frith 25:56

## Newbury

565 Ran  
Pos Gen  
30 30 Matthew Ladds 21:10

## Ormeau

382 Ran  
Pos Gen  
27 25 Jamie Nicol 20:45

## Richmond

414 Ran  
Pos Gen  
128 106 Barrie John Nicholls 26:10  
163 36 Lindsey Annable 27:00

## South Norwood

94 Ran  
Pos Gen  
28 4 Carys Morgan 26:30

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



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



Bufs-snoods - only £6

Socks only £5



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



The Beast from the East !

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

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



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



## NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces and hoodies.

You just click on the link to the Dulwich Runners shop and purchase directly.

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

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



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top



***DULWICH RUNNERS  
IS 40 NEXT 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.*