



SHORTS

Dulwich Runners AC
Weekly Newsletter
January 1st 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 run tonight

Wed 8	Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 14	Crystal Palace Track - starts @ 7.10 warm up taken by Elkie Mace, Anna Thomas & Katie Styles, main session Steve Smythe @ 7.25 see below for cost and new payment system

In your SHORTS this week!

- 1 General information
- 2 Fixture list & upcoming races etc
- 4 Reports, results etc
- 6 parkrun times
- 7 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 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

NEW RUNNERS ROTA

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).

Many thanks to **Clare Norris** for taking out new runners on Dec 18th

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
Sonja Jutte

1/1
8/1

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
tbc		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: ebepriill@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

Training

This is my suggestion for the next few weeks if you are preparing for a half or full marathon in the spring.

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

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 tbc	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.

Marathon Training

If anyone needs any help with marathon training 2020, schedules or advice, contact me on 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.

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

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

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 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

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 Croke 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 Croke 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 Croke 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

or mcmann90@yahoo.co.uk

or ebepriill@yahoo.co.uk

Race Reports & Results

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.

South Of Thames 7.5 M

21 December

Mike Mann writes...even for Loyd Park the ground conditions were pretty dreadful with mud covering about 75% of the course with some brief reprieves near the start and finish of each of the 3 laps and at the outer reaches of the course. I have included a few highlights below and a few observations from my perspective at the back of the field. Amongst the women

Although both claim to dislike muddy conditions, both Wayne and Marta had good runs leading the men's and women's teams home, with Marta slipping down the bank after the finish having stayed on her feet throughout the race. Kate Styles had another excellent run, as did Martin and newcomer Alex Loftus. Amongst the women, Roz, Ellie, Ange, Laura and Anna all finished close together. Our women narrowly missed out on a team medal by a single point in the 6 to score competition. With strength in numbers the men finished 6th in the 12 to score competition.

My own race consisted of a private battle with several runners in the same or similar age categories. I managed to get the better of Dave Beattie who had won M70 gold at the recent SEAA Masters, after a lot of switching of positions and then had a contest with the leading M65, also from Crawley. I tend to drift off in the middle of long races but this competition kept me focused throughout. Along the top in the final lap I felt quite relaxed but then made my move a little too early forgetting about 2 muddy patches to come, finishing just 3 secs ahead. These close margins between runners in the same or similar age categories are quite common in my experience with runners competing more for position than times.

Steve Smythe adds...Dulwich's women finished fourth (initially announced as second) and we were the only team to finish a women's B team. The men (missing lots of our fastest) were 14th in the six to score and sixth in the 12 to score.
Wayne led the men's team home while Marta led home the women.



Lewis Laylee	2 nd Claim	45:32
Wayne Lashley		49:47
Martin Belzunce		50:36
Alex Loftus		51:30
Des Crinion		52:55
Joe Farrington Douglas		53:49
Marta Miaskiewicz		54:11
Tom Wilson		55:00
Gower Tan		55:07
Justin Siderfin		55:17
Andrea Ceccolini		55:26
Mark Foster		56:33
Katie Styles		56:35
Lloyd Collier		56:53
Roz Johnson		59:14
Ellie Balfe		59:55
Ange Norris	1 st W55	60:01
Laura Vincent		60:08
Anna Thomas		60:42
Ola Balme		61:44
Sara Rolloff		62:23
Eleanor Simmons		62:26
Mike Mann	1 st M70	63:17
Martin Double		64:22
Lucy Pickering		64:30
Jo Quantrill	2 nd Claim	67:03
Kamila Kropatwa		69:03
Bob Bell		69:13
Sonja Jutte		72:52

350 finished inc 108 women

Team results: Men 14th (6 to score), 6th (12 to score).
Women 4th (6 to score)

Mens Teams (6-to-score)

1	Kent AC	(3-5-15-18-23-34)	100
2	Brighton & Hove AC	(6-9-11-19-25-33)	103
3	Herne Hill H	(13-21-26-27-28-29)	144
4	Tonbridge AC	(2-4-10-38-44-55)	154
5	Aldershot, Farnham & D	(1-12-24-35-54-86)	212
6	Guildford & Godalming AC	(17-22-43-48-57-63)	250
7	Kent AC 'B'	(37-40-41-42-49-53)	262
8	Belgrave H	(16-32-62-66-67-78)	321
9	Medway & Maidstone	(7-38-51-70-80-90)	336
10	Epsom & Ewell H	(30-39-59-77-82-95)	382
11	Kent AC 'C'	(68-72-74-75-79-84)	452
12	Striders of Croydon	(61-65-89-93-98-117)	523
13	South London H	(8-76-85-111-132-141)	553
14	Dulwich Runners	(81-85-91-96-113-126)	592
15	Herne Hill H 'B'	(31-45-69-102-128-222)	597
16	The Stragglers	(87-92-105-114-120-160)	678
17	Wimbledon Windmilers	(103-104-125-133-134-163)	762
18	Tunbridge Wells H	(52-116-119-146-169-179)	781
19	Kent AC 'D'	(115-124-131-148-159-174)	851
20	Guildford & G 'B'	(101-112-127-143-197-204)	884
21	Dulwich Runners 'B'	(142-144-147-149-162-167)	911
22	Croydon H	(94-137-166-172-178-190)	937
23	Striders of C 'B'	(138-139-155-161-173-175)	941
24	Ashford & D RRC	(121-122-165-170-184-207)	969
25	Hercules Wimbledon AC	(140-145-150-171- 176-227)	1009
26	Beckenham RC	(110-130-153-208-233-240)	1074
27	The Stragglers 'B'	(164-168-186-193-202-225)	1138
28	Striders of C 'C'	(180-182-185-206-219-229)	1201
29	Tunbridge Wells H 'B'	(183-187-201-203-209-223)	1216

Coleman Cup (12-to-score)

1	Kent AC	362	(100 + 262)
2	Herne Hill H	741	(144 + 597)
3	Guildford & G	1134	(250 + 884)
4	Kent AC 'B'	1303	(452 + 851)
5	Striders of Croydon	1464	(523 + 941)
6	Dulwich Runners	1503	(592 + 911)
7	The Stragglers	1816	(678 + 1138)
8	Tunbridge Wells H	1997	(781 + 1216)

Womens Teams (6-to-score)

1	Tonbridge AC	(1-2-3-5-11-20)	42
2	Brighton & Hove AC	(7-12-13-16-24-28)	100
3	Thames Hare & Hounds	(4-14-36-41-48-52)	195
4	Dulwich Runners	(10-23-35-40-43-45)	196
5	Kent AC	(9-19-21-39-60-63)	211
6	Herne Hill H	(22-25-55-59-62-69)	292
7	South London H	(17-26-64-73-74-75)	329
8	Striders of Croydon	(6-46-61-65-78-88)	344
9	Dulwich R 'B'	(50-53-56-58-66-83)	366
10	Tunbridge Wells H	(27-37-70-84-89-98)	405
11	Ashford AC	(44-54-82-86-97-107)	470

Last Friday Of The Month 5km

December 2019

Three Dulwich runners towed the line for the Last Friday Of The Month of 2019, at Hyde Park to burn off the excess of Christmas and one last fast 5km of the year. This ever popular race attracted 207 starters.

Andy Bond, Tom South and Grant Kennedy, were greeted with perfect conditions for potential fast times for the B course. There was no wind to be had and the temperature hit double figures. First home in his third fasted time of the year and fastest time

round Hyde Park for the year was regular entrant Andy Bond. He was disappointed not to dip under 16 minutes, but placed an excellent 6th overall.

Second home in his second fasted time of the year was Tom South. Overall I was pleased with my time but backed off a bit in the first km, otherwise could have been a new PB and placed 13th overall.

Performance of the day goes to Grant Kennedy, running here for the first time and setting a massive 19 second pb which should give him the confidence for a good spring marathon. Placed 26th overall.

6	Andy Bond	16:00 (89.5% age grading)
13	Tom South	16:28 (85.7% age grading)
26	Grant Kennedy	17:45 (75.6% age grading)

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

Ashford

305 Ran
Pos Gen
23 4 Yvette Dore 21:00

Banstead Woods

388 Ran
Pos Gen
9 9 Tony Tuohy 19:07

Beckenham Place

169 Ran
Pos Gen
22 21 Stephen Smythe 22:32

Beeston

486 Ran
Pos Gen
27 2 Michelle Lennon 20:55

Bromley

826 Ran
Pos Gen
274 229 Colin Frith 25:30

Bushy

2545 Ran
Pos Gen
1549 385 Jenny Bomers 30:35

Canons Park

290 Ran
Pos Gen
1 1 Shane O'neill 18:01

Catford

168 Ran
Pos Gen
9 1 Kim Hainsworth 20:48

Congleton

226 Ran
Pos Gen
85 14 Marjorie Epton 25:29

Dulwich

537 Ran
Pos Gen
2 2 Lewis Laylee 15:28
25 25 Grant Kennedy 18:35

40 40 Tom Shakhli 19:22
43 43 Alexander Dodds 19:28
46 46 Austin Laylee 19:39
55 55 Gower Tan 20:02
58 58 Mark Foster 20:09
61 1 Sara Roloff 20:17
97 7 Belinda Cottrill 21:56
100 8 Kay Sheedy 22:06
188 161 Bob Bell 23:58
391 92 Clare Wyngard 28:46
392 300 Michael Dodds 28:48
470 129 Stephanie Burchill 32:12

Falkirk

386 Ran
Pos Gen
22 19 Jamie Nicol 20:42

Finsbury

400 Ran
Pos Gen
87 8 Tess Bright 22:59

Henstridge Airfield

206 Ran
Pos Gen
6 6 Jonny Hough 19:27

Lloyd , Croydon

167 Ran
Pos Gen
36 3 Anna Thomas 24:28

Malling

324 Ran
Pos Gen
145 36 Tereza Francova 28:17

Navan

158 Ran
Pos Gen
1 1 Des Crinion 19:35

Newbury

520 Ran
Pos Gen
32 31 Matthew Ladds 20:28
188 37 Karina Burrowes 26:19

Newcastle

538 Ran

Pos Gen
354 252 Sam Mattu 29:34

Peckham Rye

257 Ran
Pos Gen
1 1 Tom Marshall 17:15
7 7 Justin Siderfin 19:26
47 7 Emma Ibell 22:36

Seaton

341 Ran
Pos Gen
9 9 Joe Twomey 18:59

Shrewsbury

698 Ran
Pos Gen
61 57 James Auger 21:08

South Norwood

115 Ran
Pos Gen
47 6 Carys Morgan 25:47
64 11 Hannah Harvest 27:10

Southwark

155 Ran
Pos Gen
95 60 Paul Keating 29:11

Trelissick

260 Ran
Pos Gen
34 6 Laura Vincent 23:16

Weymouth

508 Ran
Pos Gen
237 174 Barry Graham 27:23

Worcester

689 Ran
Pos Gen
306 70 Elizabeth Begley 30:14

Whitstable

456 Ran
Pos Gen
1 1 Edward Chuck 16:57

DULWICH RUNNERS CLUB KIT

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

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



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



Buffs-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



! 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



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.