



SHORTS

Dulwich Runners AC
Weekly Newsletter
July 1st 2020
www.dulwichrunners.org.uk

These are your SHORTS,
Please send your reports, running news etc to:
barry@bgl.co.uk or barry@1bgl.com
DEADLINE 17:30 TUESDAY

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

Like us on Facebook @dulwichrunners

Connect with us:



In your SHORTS this week !

- 1 General information
- 2 Virtual Club 5k Challenge and other virtual races..
- 3 More Virtual races
- 4 Dulwich runners on Zoom...
- 5/6 Training
- 7 Virtual race reports, results etc
- 12 Club Kit
- 15 The map we would have used tonight !

As you will see some 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

Dear Club Members

With the Government relaxing some of the rules around lockdown from 1 June, the Committee want to keep you up to date on the status of group training and the Club being in a position to re-introduce any officially organised club runs or training sessions.

The new rules state that from Monday 1 June, you can exercise or play sport in groups of up to six people from other households, but should only do so where it is possible to maintain a two-metre gap from those you do not live with.

Unfortunately, this is not a sufficient loosening of restrictions to enable us to re-instate any official training sessions, and any Club-sanctioned group activity would be out of step with the ongoing guidance from England Athletics which remains that group activity does not take place.

A group larger than 6 people broken into a number of smaller groups of 6 people, training together in the same place at the same time, would, for example, be against the new rules as the gathering exceeds 6 people.

That said, there is nothing to prevent individuals from making their own arrangements to meet in groups of 6 to train together, and you will find some updated training sessions from Steve that are suitable for up to 6 people

maintaining a two-metre distance in Shorts this week.

We are all looking forward to when we can train together again and hope that day will come soon. We will continue to keep the situation under review, taking into account any new rules and guidance from Government and England Athletics, with a view to re-instating Club sessions of some kind as soon as it is permitted and safe to do so.

In the meantime, stay safe and well, and do keep in touch with each other - either through the Club's Facebook, Strava and WhatsApp groups - or join us for the Wednesday Zoom sessions. Further details are in Shorts.

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 from Thursday to Monday at a time and place of each runner's choosing. Runs and times are tracked through Strava or other GPS app and uploaded to the OpenTrack results service. A weekly table of results will be in Shorts.

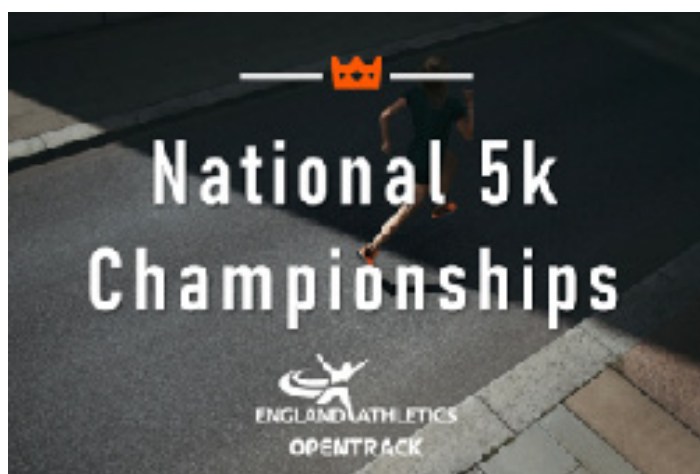
You will need to submit your result yourself via Opentrack

HOW IT WORKS

1. Search on the opentrack listings opentrack.run - virtual - competitions - Dulwich Runners 5k
2. Login or sign up to enter and submit your result. You will need to upload your run from Strava, Garmin Connect or other GPS app
3. Results need to be submitted before 23.59 on Monday for your entry to be in Shorts and be part of the club champs.

DULWICH COLLEGE TRACK

With some year groups now returning to school, Dulwich College has now reserved the use of the track to their own students between 4.30 and 6.00pm. Outside these times, it remains available to club members and other users. The field surrounding the track remain open to the general public.



England Athletics Virtual 5k Road Running Championship 2020

11-13 Jul 2020

Contact Details: tcraggs@englandathletics.org
Please contact the organiser, not OpenTrack, for all queries

How to compete

1. Sign in to your OpenTrack account, creating an account if needs be
2. Enter competition by clicking Enter Here below
3. Race 5km - run to take place between 00:01 on Sat 11th July and 11:59 (am) on Mon 13th July.
4. Upload your GPS proof of activity manually or by using the Strava integration button below
5. Strict closing time for results upload is 23:59 on Monday 13th July
6. View individual results that are ranked automatically

Race format

Free Virtual 5k Road Running Champs for England Athletics affiliated athletes
Medals for top 3 male and female athletes overall
Individual winning medals by age category: Ambulant Para, U17, U20, U23, SEN, V35, V40, V45, V50, V55, V60, V65, V70, V75, V80, V85, V90
3-to-score ladies & men's team scoring based on cumulative time
Min age 16
Ambulant Para results submit directly to:
tcraggs@englandathletics.org

Rules

- 'Point to point' and 'out and back' courses permissible
- Track runs are not allowed
- No more than 3 complete laps (starting 4th lap allowed).
- Times based on running "time elapsed"
- No more than 10m net elevation loss
- The race officials reserve the right to implement time penalty or disqualification on runs with significant unfair advantage
- No digital manipulation of GPS data
- Runners MUST ensure they compete in a way that adheres to the letter & spirit of government rules & guidance on social distancing
- If you are unwell, injured or have any symptoms of COVID-19 or have recently been in contact with someone with symptoms do not take part
- Race entry website
- https://data.opentrack.run/en-gb/x/2020/GBR/ea_5k/



**18 July through
2 August 2020**

Running:

100m, 200m, 400m, 800m, 1500m, 5000m, 10000m / 10k, Sprint Hurdles (80,100,110), Long Hurdles (200, 300, 400), Steeplechase and 1/2M

Jumping

Throwing

Combined Events

Race Walking

(registration closes on 15 July)

Age Groups

Five year age groups for Men and Women starting at 35 years of age.
Athletes ages are as of July 18, 2020

Results

Results will be categorized when submitted:

- Category A - Pre-organized competitions run by organizations at an athletics facility like a track, designated jumping / throwing field or arena or gym.
- Category B - Officiated competitions at an athletics facility. As described above, officials can be friends or fellow competitors timing, marking, measuring and calling fouls.
- Category C - Road, parking lot, field or wherever else the athlete can compete safely

<https://www.mastersrankings.com/2020-world-wide-virtual-masters-challenge/>

Dulwich Runners Landmarks Photo Competition



Dulwich has many unique landmarks that we've all run past many times; some famous and some not. 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

dulwich runners on zoom

zoom We have set up a Dulwich Runners Zoom account to host virtual get togethers for club members during these unprecedented times.



Wednesday at 8.30pm

We are trialling the following sessions which will hopefully be of interest.

- Virtual bar Bring your own cold or hot drinks and have a chat with other club members about everything running and Dulwich related. We will also use this time slot for other events like quizzes on future dates (tbc)

Download and import the iCalendar (.ics) files to your calendar system.

Weekly:
https://us02web.zoom.us/join/tZAvdO2hqjOuGNRpbxgwkUL_WDdze6io_iGM/s?icsToken=98tyKuGsrDguE9CTtBuHRpwlAljCLPPwiCFbjY1vjB39BDdYVy_JAcZGKLcpGdfv

Wednesdays	
Jul 1	8:30pm
Jul 8	8:30pm
Jul 15	8:30pm
Jul 22	8:30pm

Join Zoom Meeting

<https://us02web.zoom.us/j/84234946420>

Meeting ID: **842 3494 6420**

One tap mobile

+441314601196,,84234946420#

United Kingdom

442030512874,,84234946420#

+United Kingdom

Please note that from 1 July you need to enter the following password to join the Wednesday night chat on zoom:

Meeting ID: **842 3494 6420**

Password: **773696**

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.

The fixture lists will return once events can safely go ahead, all future events listed were either already cancelled/postponed or would have been in the very near future.

Cabbage Patch 10 is unlikely to take place, but they have not yet made a final decision.

Richmond 10k now postponed

No word yet on the SOAR Mile. given the nature of the event it must be doubtful. *Mike Mann*

If you require information about events 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

Suggested training for coming days

My training suggestions

by Steve Smythe

Steve Smythe, who has run more than 2000 races, shares his training suggestions for solo sessions.

Suggested Schedule (Nb slight amendments to what was

Wed Jul 1 steady 60 mins

Thurs Jul 2 4 x 8 minutes at HM pace or faster with 2 minute float recoveries

Sat Jul 4 Hills or fast 5km run with very easy first 2km

Tues Jul 7 5 x 1600m with 2 minute recoveries

given last week)

I have included a possible 5km for Saturday but personally I think people have been running too many hard solo 5km and it may be an idea encouraging different distances - it is much easier doing them in a parkrun and I think you can mentally stale blasting solo runs unless you vary the running of it

Optional easy runs Monday or Friday or why not cycle or swim (lake or sea!).

Wed Jul 8 1 hour steady - min a mile down on 5k pace

Thurs Jul 9 6 miles of 1000m at HM pace, 400m at 5km pace, 200m jog recovery (ie six times)

Sat Jul 11 30 minute hill session

Sun Jul 13 90 mins steady at 90 secs a mile slower than 5k pace

Tuesday sessions

This is a difficult time to run with no proper racing to motivate and a lack of group sessions apart from the health distractions and social distancing to worry about.

In recent weeks some have organised sessions and some appear to be gaining benefit from these. With government guideline and limits, it may not be possible for everyone to run in a group even if it is happening locally or with a group of similar-paced runners.

Potentially with most people now on Strava, it easy to see who is doing what session and it can add to a feeling of exclusion even if there was no intent on those organising the session and the club should thank those who initially organised them with the original best intentions. .

I offered sessions to all paces for this week to hopefully give an opportunity to those who until now have had not had the opportunity of a timed group session due to the social distancing and Government recommendations limiting numbers.

It was supposed to be for all abilities and paces but it does seem to be mostly faster runners who took up the opportunity yesterday

Note until this week I have not organised any groups myself but have attended a few sessions and called times out if asked (and if I am free, I would do to any club members of any pace).

This Tuesday I attended 5 groups with about 30 in total which is well down on normal so it may be that some aren't ready to group sessions yet.

A 11am grass session (sub-18 5km group),
11.30am grass session (Covering 23-30 minute 5km runners)
a 6.15pm grass sub 18 5km group,
a 6.45pm grass sub 21 group
and a 7.30pm sub 16 track group.

There are other groups operating such as pairs and I understand there is one group that initially may have started from the women's group chat but is now more of a sub-18 5km men's group.

Next week I will try and organise groups again but it may be in future if I'm not available that the groups may have to operate independently.

If you are interested next week and missed the note on the club facebook page, please contact me and I will do my best to find a suitable group.

The offer is for ALL paces. Grass worked well this week on the grass beside Dulwich Sports Club (Edward Alleyns Club) for the morning sessions on a 450m circuit.

Cricket usage meant the 450m field was not available in the evening and a 300m field was used which was not quite as good. It seems the Alleyne's track is usable so I anticipate using the track for sessions next week rather than the grass.

Contact stevesmythe2006@yahoo.com



One of the Dulwich training groups celebrate their recent 5km performances in the BMAF event and an end to social distancing..

Race Reports & Results

Want your race results and reports in SHORTS ? make sure & email 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...
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.

The June series is now complete with 25 members taking part in at least 1 of the 4 runs

1st Man: Shane Donlan

1st Woman: Emma Kelly

Fastest Run: Steve Kendal 16:31 June 19 Dulwich Park

Most Consistent: Grzegorz Galezia (4 runs within 13 secs of each other)

Please note that only runs recorded on Open Track will be included in the results.

If you are also entered for the BMAF Virtual 5K you will need to upload your run separately for each event.

DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		6 June		13 June		20 June		27 June		Total pts
			Pts		Pts		Pts		Pts	best 3 runs
Alex Loftus	M40	18:16	49	18:03	48	17:59	48	18:16	50	147
Shane Donlan	MS	17:43	50	17:18	50	17:21	49	18:28	49	149
Greg Falconer	MS			18:39	47	18:51	45	19:06	48	140
David Benyon	MS	20:53	44			20:54	39	19:29	47	130
Grzegorz Galezia	M50	19:40	46	19:51	46	19:53	43	19:45	46	138
Ebe Prill	M50	21:34	41	21:38	44	20:14	42	20:38	45	131
Alex Bazin	MS	21:15	43	21:55	43	20:17	41	21:08	44	130
Ed Smyth	MS							21:22	43	43
James Rimmer	MS	21:52	40					22:26	42	82
Emma Kelly	FS	24:05	37	24:50	40	23:59	38	25:12	41	119
Ros Tabor	F60	28:36	33	25:48	39	26:02	37	25:27	40	116
Gary Sullivan	M60	21:59	39	20:49	45	20:35	40	25:58	39	124
Andy Murray	M60	26:47	34	25:56	38	26:39	36	26:34	38	112
Kim Hainsworth	FS	19:24	47			19:03	44			91
Steve Kendal	MS					16:31	50			50
James Brown	M40					17:59	48			48
Gower Tan	M50					18:25	46			46
Joe Wood	MS			17:36	49					49
Eleanor Simmonds	F40	22:10	38	22:11	42					80
Jonny Hough	M40	18:32	48							48
Matt Ladds	MS	20:17	45							45
Helena Flippance	FS			22:44	41					41
Hugh French	M40	21:18	42							42
Catherine Buglass	F40	24:29	36							36
Jenny Bomers	FS	26:44	35							35

NB: you will need to submit your result yourself via Opentrack

HOW IT WORKS

1. Search the opentrack listings
opentrack.run - virtual -
competitions - Dulwich Runners 5k
2. Login or sign up to enter and
submit your result. You need to

upload your run from Strava, Garmin
Connect or other GPS app

3. Results need to be submitted before
23.59 on Monday for your
entry to be in Shorts and be part of the
club champs.

BMAF Vets Virtual Road Relay Championships

Steve Smythe

The organisers complained that over all clubs they spent an age dealing with the 4000 entries with many getting their name, club, date of birth or course wrong. One person tried to get away with a 300 foot drop off a mountain.

We had a few problems of our own with recording runs, sending the proof, closing dates and the rather draconian rules - currently 3 are dq'd for not having EA registration but organisers will move them back if that is sorted by weekend but everyone who ran (even those who were slower than expected or were 6 minutes outside their Pb like me) deserves congratulations for their efforts - often ingenious - to aid the club's performance. Especially those carrying illness, injury or relatively disappointing recent form.

In theory, you would think with no major events for months or on the horizon, and this traditionally being earmarked as

an important club event, and the top master competition of 2020 that everyone reasonably fit would want to do it and assist their club's effort? Obviously not and I reckon at least 30 fit and mostly able vets chose to pass despite this being flagged continually.

Some who expressed an interest said they would not be able to arrange it. Of course it must be really difficult to arrange to run 5km anywhere in the space of 24 hours?

Still more did it than if it was in Sutton Park - if only we could hold the event in Dulwich Park every year?

BMAF Virtual 5K, Postscript

Completing the information in last week's report I used the Clapham Common parkrun course, which I have been running almost every Saturday since lockdown. I was aware that the route was over-distance but somewhat to my surprise, I found it came out as 5.18k, worth around 50 seconds at my pace. I've been gradually getting faster over the weeks, less through improved fitness but more from getting better running solo (not one of my strengths), though my time of 23:16 the previous week was 11 secs faster. **Mike Mann**

The A-Z of London parkruns-pt2

Tom South

Gladstone Park:- Staying north of the Thames, we head up to Gladstone Park, in North West London, near Dollis Hill underground station, with the course being a local run for two of our northern members. Parkrun have been held here since June 2012, so one of the oldest parkruns in London. A two lap course, with an tiny bout and back section for the start/ finish area, this course is run mostly on tarmac, with a tiny bit of grass.

6 people from the club have run here, for 53 parkruns, with Des Crinion (25) and Becca Schulleri (24) making up the most of these appearances. Des is also the fastest Dulwich male here (18:27), and Becca fastest female (20:41).

Male course record:- 15:50 - Female course record:- 18:35

Greenwich:- Heading back south of the river takes us to this run, which uses Avery Hill Park, but not near the tourist centre of Greenwich. Nearest train stations are Falconwood (0.9 miles), and Eltham (1mile). This event recently celebrated its 10th anniversary.

This is a three lap course, run on a mixture of grass and tarmac and is run in anti-clockwise direction. The start point is near the café and finishes in front of the Winter Gardens. 27 Dulwich Runners have paid a visit for a total of 173 appearances, with coach Steve Smythe being the most frequent runner (45). As is often the case Andy Bond is the fastest male from the club (16:34), with a Cara Oliver (21:05), being fastest female.

Male course record:- 15:45 - Fastest course record:- 17:21

Grovelands Park:- Heading up to North London this parkrun is based in the London Borough Of Enfield, with the nearest train station being Winchmore Hill, just over a half mile run away. This is a well established parkrun with over 500 events taking place.

A 2 ¾ lap course run in an anti-clockwise direction all on tarmac. Starting just north of the of the boating lake, and its no surprise to those who know this part of London, to find out this is a undulating course.

Five people from the club have run here for a total of 36 appearances with Daniel Mann being the most frequent runner (31). Daniel is also the fastest male runner (18:03), with Kim Hainsworth being fastest female (21:33).

Male Course Record:- 15:22 - Female Course Record:- 17:29

Gunnersbury:- Heading out west now to Gunnersbury Park in South Acton. Starting in October 2011, there have been 430 runs here, and a great place to see planes making their final approach into Heathrow. For those travelling by public transport there are few nearby tube options, but Acton Town on the district line/piccadilly line.

A two lap course starting by the playground, it is run all on tarmac, finishing just before the Potomac Lake.

14 people have the trip over to West London for 27 runs, with Matt Ladds and Jonathan Whittaker (4) being the most regular visitors. Fastest male time was set by Nicholas Brown (18:37), and fastest female time is by Tess Bright (22:23).

Male course record:- 14:52 - Female Course record:- 17:09

Gunpowder Park:- This parkrun is up in North London, near Waltham Abbey, with the nearest station being Enfield Lock, just over a mile away. Another well established parkrun, with the first event being held in 2011.

The course is just over two laps long, run all on gravel paths,

starting in the North East corner of the park.

Only one person from the club has run here for one appearance, Nicholas Brown (20:14).

Male Course Record:- 14:32 - Female Course Record:- 16:25

Hackney Marshes:- This parkrun in East London, is probably best known for the high number of football pitches. Travel wise, by train, its not far from Hackney Wick and Homerton stations on the London Overground line, with views of the Olympic Stadium. Another well established parkrun, with over 507 events.

A out and back course, run mainly on dirt paths, with some grass and tarmac paths, starting by the Hackney Marshes Centre. When you head back towards the finish you are rewarded by views of the Olympic Park.

19 people from the club have run here for a total of 30 runs, with Ros Tabor being the most frequent visitor (4). Fastest male is Daniel Mann (16:55), with Kim Hainsworth being fastest female (19:54).

Male course record:- 14:40 - Female Course Record:- 16:35

Hampstead Heath:- This hilly parkrun in North London takes place at the home of English Cross country. Set up in 2011, this course is definitely not one to go to for a fast time. The nearest tube station to the station is Hampstead, though you could run up from Kentish Town station, if travelling up by Thameslink.

Starting near the East Heath Road, this two lap course, run a mixture of tarmac and woodlands paths. Running through woodland areas and past the swimming ponds, you can go for a swim after your run.

16 members have run here for a total of 31 appearance, with North London member Tess Bright (5) having the most appearance. Tess is also the fastest Dulwich female here (21:33), with Jonathan Whittaker being fastest male (19:03).

Male course record:- 15 :23 - Female course record:- 17:23

Hansworth:- Heading back to SW London is this pretty new event, which started in May 2019. This course also comes in within a half mile of another parkrun at Crane Park. Travelling by train, Feltham Station is a 15 minute walk from the start. The park is also know as London Air Park. A two and a bit course lap, with a mixture of tarmac and grass paths. Starting by the rugby club and finishing by the leisure centre.

Two people from the club have run here for three appearances, with Andy Bond running here twice. This also makes Andy Bond the fastest Dulwich male (16:24), with Lindsay Annable (26:43), being fastest female.

Male course record:- 16:24 (Andy Bond). - Female Course Record:- 19:06

Harrow:- Heading out to North West London takes us to this run at the Harrow Recreation Ground, out in Zone 5. This parkrun would have been celebrating its 5th birthday in May 2020. Heading out by public transport, you will have to use the Metropolitan Line to Harrow on The Hill.

A three lap course, with a 600 inner loop to be completed on the first lap, it follows the perimeter of the park, with two gentle ascents on each lap, being run on a mixture of tarmac and grass.

Two Dulwich Runners, Shane O'Neil and Sam Mattu have both run here once each, with Shane posting the fastest

time (18:34), back in 2015.

Male course record:- 15:55 - Female course record:- 17:58

Harrow Lodge:- Not to be confused with the above parkrun in NW London, this one is based in Hornchurch in East London. Travelling by underground, the nearest station is Elm Park on the district line. This event celebrated its 7th birthday at the turn of the year.

A one lap course, that starts near the Warren Drive carpark, its run a mixture of tarmac, trail paths and grass, you run the boating lake a couple of times before looping back to the start/finish area.

Only one Dulwich Runner has made it across to this event in 2014, and that's Nicholas Brown (20:32).

Male course record:- 15:58 - Female course record:- 17:40

Hazlewood:- This course run in Sunbury On Thames at the Hazelwood centre in South West London, and the home of London Irish rugby club. A pretty new parkrun, first run in March 2018, and reaching the 100 milestone, before the virus shut things down. Also one of the few parkruns that doesn't allow dogs

Probably not the most exciting course in the world, as it runs around the centre and the rugby pitches at the centre. A 2 ½ lap course, run on trail, grass and some tarmac. The start and finish are near the rugby club.

Two Dulwich Runners have made the journey to do this event for an appearance each Chris Vernon (48:55) and Lindsay Annabel (27:49).

Male course record:- 15:44 - Female course record:- 18:38

Highbury Fields:- Heading north of the river is this course, that is the home course for Paul Collyer. First run in November 2011, it's a very walk from Highbury & Islington train/underground station.

This is the only 5 lap course that I know of, which is a anti-clockwise direction, with a slight climb at the start of each lap, with a slight decent in the second half of the lap. All the course is run on tarmac.

15 people have run here, with the already mentioned Paul running here the most times (103). Fastest male for the club is Andy Bond (16:44), and Tess Bright being fastest female (21:22).

Male course record:- 15:08 - Female course record:- 17:14

Hilly Fields:- Heading back south of the river is another local parkrun to the club and literally on Ian Lilleys doorstep. Over 400 runs have happened here since the event was set up in 2011. Not far from Ladywell station, as well as Brockley and Crofton Park.

As the name suggests, this is a hilly course. A three lap course run on tarmac and grass, starting by the flagpole and ending by the café.

61 people from the club have run here, for a total of 404 appearances, with Kev Chadwick pipping Ian Lilley by 1 for most appearances (71). Fastest male is Andy Bond (17:13) and Mel Edwards being fastest female (19:50).

Male course record:- 15:31 - Female course record:- 18:10

Hoblingwell:- This course near St Marys Cray station, is run at the Hoblingwell Woods Recreation Ground. First run in 2017, there have been a total of 144 runs on this course. A two lap course, run on a mixture of grass, trail and paved paths, around the sports fields and through the woods. The start and finish are near the clubhouse.

Ten Dulwich runners have made the trek here to run for 12 runs. Steve Smythe and Colin Firth share the record for most appearances (2). Fastest male time goes to Kev Chadwick (18:59), with fastest female being Tereza Francova (23:05). Male course record:- 16:27 - Female course record:- 18:35.

Kingston:- Heading back over to SW London, and recently celebrated its tenth birthday. Another course that has to be dog free due its location. As with the Fulham Parkrun, you get to run along the Thames for this one, and the start/finish point, is also the same finish point as the Green Belt relay. Kingston is the nearest station. Starting and finishing at the Hawker Centre, this is an out

and back course along the Thames Towpath, which is a firm footpath, with a tiny bit of a loop on grass as you return to the finish. A flat course, we used to have surrey league cross county fixtures here.

14 people from the club have run the course for 19 appearances, with Lindsay Annabel being the most regular visitor (3). Fastest Dulwich male is Joe Twomey (17:57), with Kim Hainsworth (19:44), being female.

Male course record:- 14:52 - Female course record:- 17:46

Lloyd:- The home of everyone's favourite cross-country course in the surrey league, is based in Croydon. A short tram ride from East Croydon station, we recently used this as a warm up for the cross-country season. A well-established event with over 506 runs taking place, and not a venue to get a fast time.

A two lap course run in an anti-clockwise direction, with 95% of the course being run on grass, with a tough climb on each lap, which is well know to those of us who have done a cross-country here. With the nature of the course times will vary depending on course conditions.

68 from the club have run on Wayne Lashley's local parkrun for a total of 166 runs. Martin Double is the most regular visitor (18), with Ed Chuck being fastest man (16:56), with Claire Elms (18:54), fastest female.

Male course record:- 15:36 - Female course record:- 18:45

Mile End:- Heading over to this run in East London, in the Mile End Park, not far from the Queen Elizabeth Hospital. This run is 8 years old and there have been 423 timed runs held before the lockdown took place. The start is a short walk from the Mile End underground station.

The course starts by the stadium and is a two lap course that runs alongside the Regent Canal, on a mixture of tarmac and the canal towpath.

18 people from the club have run here for a total of 28 appearances, with Kev Chadwick visiting most times (4). Joe Twomey has recorded fastest male time (18:40), with Christina Dimitrov setting the fastest female time (21:02). Male course record:- 14:48 - Female course record:- 17:13

Nonsuch:- This parkrun in Cheam in Nonsuch Park, where the national cross country championships has been held, has hosted 443 parkruns. The start is about a KM from the Cheam station and there are three car parks within 500m to the start.

Starting by the Mansion House, this is a two lap course, running on a mixture of grass and tarmac.

25 people from the club have travelled to run here for a total of 48 appearances, with Tony Touhy and Paul Devine sharing the honours of most runs (6). Tony is also the fastest male here for the club (17:05), with Ange Norris (20:37) being fastest female.

Male course record:- 14:56 - Female course record:- 17:03

NorthAla:- Heading out to Ealing for this event, that takes in Northala Fields and Rectory Park. Travelling by public transport, its best to get onto the central line to Northolt, which is a half mile from the start. Hel for the first time in June 2014, there have been 306 runs here.

Starting by the café, this is a single lap course, starting with an anticlockwise loop in Northala fields before heading into Rectory Park for a lap, before heading back to the Northala fields for a clockwise loop. Run on a mixture of tarmac, firm gravel paths and some pebbly paths.

5 people from the club have run here, for a total of 8 visits, with Nick Brown being the most frequent visitor (3) and also the fastest male (21:02). Fastest Dulwich female is Lindsay Annabel (24:14).

Male course record:- 14:42 - Female course record:- 17:14

Oak Hill:- Heading up to North London, near Southgate, this parkrun will be celebrating its 9th anniversary in August 2020, depending on the Corina virus. Travelling by public transport, you can get the tube to Southgate (which I ran from) or Totteridge & Whetstone. By train you can go to Oakleigh Park which is the closest option. A 2 ¾ lap course, run in an anti clockwise direction, all on

tarmac. The first half of each lap there is a slight climb, with a slight decent on each lap, with a couple of tight turns. The start and finish are about a 100m apart, with the start by the pavilion, with the finish by the tennis courts.

5 members from the club have made the effort to run here for 5 individual appearances. Fastest male is Tom South (17:31), with Kim Hainsworth fastest female (21:28)

Male course record:- 14:50 Female course record:- 17:34

Old Deer Park:- Heading back to SW London, this parkrun takes place in Richmond and the near the home of the London Welsh rugby club, and a short walk/ run from Richmond station. A well-established event, first held in August 2010.

A easy 3 lap course, run all on grass around the rugby pitches, underfoot conditions will vary depending on the time of year and recent weather conditions.

13 Dulwich Runners have run here for a total of 65 visits, with Lindsay Annable (36) most regular visitor. Andy Bond is the fastest male (18:06) and Ange Norris (21:35) fastest female.

Male course record:- 15:45 - Female course record:- 17:06

Osterly:- Heading back to West London, takes us to another parkrun which is good for spotting planes on their final approach to Heathrow. Travelling by public transport, there are a couple of options. Either you can get the Picadilly Line to Osterly which is a mile away, or Isleworth which is 1 ½ miles away. First held in August 2013 for 334 events.

The course is a two lapper, run all on paved paths. Starting and finishing by the mansion house, should be an easy place to find.

8 people from the club have made the journey here for 48 runs, with SW London resident Lindsay Annable being the most frequent runner (25). Lindsay is also the fastest Dulwich female (23:48), with Mike Mann posting the fastest male time (22:25).

Male course record:- 16:21 - Female course record:- 18:24

Orpington:- Heading back south and to the outer limit of London, to this parkrun held in Goddington Park. First held in September 2012, there have been 392 runs on the course. The park is a mile away from Orpington station with parking available.

A three lap course that is run on a mixture of gravel paths and grass, and in places you have to be careful of foot placement due to tree roots. The course starts and finishes by the pavilion.

24 runners from the club have run here for a total of 226 appearances, with long term club member Colin Frith being most regular visitor (106). Fastest male is second claim member Oscar Hussey (17:31), with Clare Elms (18:15), being fastest female.

Male course record:- 15:57 - Female course record:- 18:15

Peckham Rye:- This well know parkrun to many of us here at Dulwich Runners was set up by club member Kev Chadwick in June 2014, with 311 runs taking place. Over the course of the run taking place, several different male and female runners from the club have come in in first place. A three lap course, run in an anticlockwise direction, all on tarmac, starting near the Colyston Road entrance. For part of the course, you get to run over the lesser spotted River Peck.

131 members have run here for a total of 1839 runs, with Kev Chadwick having the most appearances (104). Fastest male is Andy Bond (16:17), with Mel Edwards (18:55) fastest female.

Male course record:- 15:08 - Female course record:- 18:00

Pymes:- Heading up to Edmonton in North London for this low key parkrun, first held in April 2011. This event doesn't attract big numbers, its only been in the past year or so, that this has regularly attracted triple figures in terms of runners. Travelling by public transport, Pymes Park is a 5 minute walk from Silver Street station, on the Liverpool Street to Enfield line.

A straight forward course, that is a three laps run in anticlockwise direction, all on tarmac. The course takes in the pond and ornamental gardens.

6 people from the club have run here for a total of 8 appearance, with Ros Tabor and Andy Murray (both on 2), most regular visitors. Fastest male is Joe Twomey (18:13), with Ros Tabor being fastest female (22:36).

Male course record:- 15:42 - Female course record:- 18:29

Rickmansworth:- This course on the outer limits of NW London takes place at the Aquadrome, a 41 hectare nature reserve. A pretty new event, recently celebrating its 3rd anniversary in March 2020. For those travelling by public transport, Rickmansworth station is on the Metropolitan line, as well as being served by trains from Marylebone, and is a 500m walk.

A two lap course run in a clockwise direction, starting by and finishing by the café. Run on a mixture of tarmac and footpaths, it takes in two lakes, the Bury and the Batchworth. Only Des Crinnon from the club has run here once in a time of 21:22.

Male course record:- 15:39 - Female course record:- 18:01

Riddlesdown:- Heading back south of the river, this course takes in the London Borough Of Croydon and where club legend Ange Norris often runs, as well as performing race director duties. A well-established event, first held in July 2011, with the nearest stations being Whyteleafe and Upper Warlingham.

For a hilly area, for the most part this two lap course is relatively flat. As its advertised as a cross country style course, times and conditions will vary throughout the year. The course is run on a mixture of grass, gravel and stony paths.

38 people from the club have run here, for a total of 463 appearance, with Ange Norris running here most often (297). Fastest male is Andy Bond (17:20), with Clare Elms fastest female (18:20).

Male course record:- 15:08 - Female course record:- 18:05

Roding Valley:- Heading out east on the central line to Loughton takes us to this parkrun at the Roding Valley recreation ground. This parkrun has been going just over three years now, starting in January 2017.

This two lap course starting and finishing near the cricket club is mainly on grass, though there is some tarmac sections and a narrow wooden bridge to navigate.

No Dulwich runner has made it to this parkrun yet.

Male course record:- 15:35 - Female course record:- 17:17

Roundshaw:- Heading back into the borough of Croydon, to take in this event just off the Purley Way. A well established parkrun that was first held in July 2009, you can either get the train to Purley or Waddon and run to the start, which is just off Imperial Way.

A two lap course that is run in an anticlockwise direction, with the course being run on the chalk downland nature reserve on reasonably wide well defined grassy paths with a short section through woodland. The course map is as follows.

29 Dulwich Runners have run here, with Tony Touhy being most frequent visitor (15) and also the fastest male (17:55). Clare Elms (18:28), is fastest Dulwich lady.

Male course record:- 15:41 - Female course record:- 18:28

South Norwood:- Staying in the borough of Croydon takes us to the South Norwood Country Park, which is reclaimed from a former sewage farm, and opened as a country park in 1989. Its adjacent to the Croydon Arena, the home track for Croydon Harriers. A relatively new event, being first run in July 2017, this attracts few than 200 runners. By train you can run from Norwood Junction, though Elmers End is the closest station, with access also available by tram.

A two lap course run in a clockwise direction on a mixture of trails and grass. The start and finishing point is the totem pole by the visitors centre.

42 people from the club have run here for a total of 127 appearances. Long time club member Peter Jackson is the most regular visitor (23). Fastest Dulwich male, is that man Andy Bond again (17:00), with Clare Elms (19:06) fastest Dulwich lady.

Male course record;- 15:35 - Female course record:- 19:06

South Oxley:- Heading back to the outer extremes of

NW London, takes u to this park, which is not far from Watford. Travelling by the overground, the nearest station is Carpenders Park, which is 1km from the start finish area. First held at the end of January 2015, there have been 270 runs on this course.

A three lap course that starts and finishes behind the Pavillion pub, its run all on grass. Taking in rugby and football pitches, it has a climb in the first half of each lap, and a decent to the start finish area.

One Dulwich Runner has visited here, and that's long time club member Chris Vernon (56:51).

Male course record:- 17:09 - Female course record:19:26

Southwark:- This local parkrun to the club takes place in Southwark Park in Bermondsey. In fairly recent times, we have used it as a club championship race, and I have run a similar course back in the day when it was used as a trial for the London Mini marathon. I have even ran a mile race on the track in the park, when Olympian athlete Peter Elliott was also running, though in a different race. A short walk from Surrey Quays Overground station or a slightly longer walk from South Bermondsey train station.

A three lap course all run on tarmac, aside from the finish, this is a flat course, meeting and finish finishing by the gallery.

86 people from the club have run here, for a total of 276 appearances. Long time club member Paul Keating has made the most appearances with 115 runs.

Fastest Dulwich Male:- Alistair Locke - 16:33 - Fastest Dulwich Female:- Claire Elms - 18:02

Male Course Record:- 14:31 - Female Course record:- 16:52

Sunny Hill:- Heading up to North London, and Hendon, for this parkrun, which is not far from the RAF museum and will give you views of Wembley Stadium. Travelling by public transport will require a bit of planning, as the Sunny Hill Park is a 20 minute walk from Colindale station on the Northern line, or a 25 minute walk from Mill Hill Broadway if going via Thameslink.

The course has a few short hills, and is run all on tarmac, aside from the finishing funnel. The course starts in the middle of the park beside the café and tennis courts and is made up of a short loop followed by two figure of 8 loops. Two Dulwich Runenrs have run here for a total of two appearances, with Des Crinion posting the fastest time - 21:44

Male Course Record -16:47 - Female Course Record - 18:49

Tooting Common:- Heading back south of the river and the opposite end of the northern line from Sunny Hill, is this park run. First run in January 2016, there have been 212 parkruns held here before the lockdown occurred. Not far from Tooting Common Underground station, or Streatham Hill on the national rail network.

A three course lap run in an anti clockwise direction, run all on tarmac and is a flat course. Starting and finishing by the café, you can also go for a swim in the lido afterwards, or head over to the track for a track session afterwards.

28 people from the club have run here for a total of 181 runs, with Ian Sesnan making the most appearances (76). Fastest Dulwich Male- Steve Davis - 17:04 - Fastest Dulwich Female- Hayley Seddon - 18:51

Male Course Record - 14:57 - Female Course Record - 17:08

Valentines:- Heading over to Ilford, in East London, the nearest tube station is Gants Hill on the Central Line, which is 15 minute walk away. A well established parkrun with 479 events being held.

A flat two lap course, running in an anti clockwise direction, all on tarmac paths. Starting and finishing by the café in the park, the course takes in the central boating lake.

6 people from Dulwich Runners have run here for a total of 10 appearances, with Kim Hainsworth being the most regular visitor with 5 runs.

Fastest Dulwich Male - Joe Twomey - 18:17 - Fastest Dulwich Female - Kim Hainsworth 19:53

Male Course Record - 15:12 - Female Course Record - 17:00

Victoria Dock:- A pretty new parkrun, being first held in March 2018, for a total of 93 events. Its regarded as pretty fast course. The nearest DLR station is Munday Road Royal Victoria DLR, which can also be used for the Becton Parkrun, is a 0.4 mile jog from the course start.

A horseshoe course starting by the Community hut, run all on tarmac. Heading alongside the north edge of Victoria Dock, running past the Excel centre before looping back to the start finish area, the course then runs on the southern edge of the dock before heading back to the start finish area. 14 people from the club have run here for a total of 17 runs, with Andy Bond, Matt Ladds and Paul Keating all running here the most with 2 runs apiece.

Fastest Dulwich Male - Andy Bond - 15:58 - Fastest Dulwich Female -Tereza Francova - 21:52

Male Course Record - 14:43 - Female Course Record - 18:22

Walthamstow:- Heading to North East London and the end of the Victoria Line, this is held at the Peter May Sports Ground, with the underground station being Walthamstow Central 2 miles away. A well established event, first held in 2013.

The course is just over three laps, run in an anti-clockwise direction on a mixture of concrete and grass. The start and finish are behind the sports centre.

Only Chris Cooper has run at Walthamstow for one appearance in a time of 22:39.

Male Course Record:- 16:09 - Female Course Record:- 19:11

Wanstead Flats:- Moving round to east London, takes us to this parkrun, which is a short run from Leystonstone underground station on the central line. First held in May 2011, there have been 493 runs held here.

A two lap course run on a mixture of grass and trails, which take in Bush Woods. The meeting point is the Harrow Road changing pavilions.

7 Dulwich Runners have run here for a total of 7 appearances, with a former member Daniel Walsh being the fastest male at 19:46. Majorie Epton has recorded the fastest female time of 24:43.

Male Course Record:- 15:07 - Female Course Record:- 17:32

Wimbledon Common:- This is one of the earliest parkruns established in the UK, dating back to the 6th January 2007 for a total of 697 runs. A bit of planning to arrive ontime, as the nearest station is Wimbledon station, which is a couple of miles away, though there is the option to get the bus some of the way.

The course is all off road, and on a mixture of gravel and woodlands trail paths. In fact some of last years Surrey League cross country races were run on part of the course. The course can get extremely muddy, so depending on time of year and weather conditions, the underfoot conditons and times run will vary massively. A two lap course that starts not far from the Windmill and finishes near the Windmill. 26 people from the club have run here for a total of 143 runs, with Andy Murray being the most frequent runner (26). Fastest Dulwich male is Dave Beaver at 18:56, with Ali Campbell being fastest female with 19:42.

Male Course record:- 15:04 - Female Course Record:- 16:33

Wormwood Scrubs:- Based in West London and next to the Linford Christie track, this parkrun was established in June 2011. By public transport, is just over a half mile run from East Acton tube station on the Central Line.

The course starts just behind the hospital, and is a two lap course, run in anti-clockwise direction. The course is run entirely on grass and trail paths.

Twelve Dulwich Runners have run here for a total of 19 runs, with Tim Bowen being the most frequent visitor (4). Fastest Dulwich male time is set by Wayne Lashley (18:11), with Ros Tabor being fastest female (23:07).

Male Course Record:- 15:36 - Female Course Record:- 18:20

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



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



Buffs-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 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
IS 40 THIS YEAR!
DESIGN A T-SHIRT!***

*We would like to have a t-shirt to commemorate the club's 1st 40
yearsof 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.*

Dulwich Runners Summer Map 7

15.1km / 9.4 M
 10.9km / 6.7 M
 7.4km / 4.6 M

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

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

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

An extra full lap of
 Crystal Palace Park is
 1.75 miles / 2.8 km

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