

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
July 14th 2021  
[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

Wednesday runs from the clubhouse carpark & Tuesday speed work at Dulwich College.

There are no changing facilities open yet but there is an inside bar for post run drinks only.

## In your SHORTS this week !

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

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

Like us on Facebook @dulwichrunners

Connect with us:



## Edward Alleyn Clubhouse



With further relaxation on restrictions expected to come into effect on July 19th we have been told, subject to confirmation, that we can also expect our clubhouse to be fully operational - toilets, showers, changing facilities and bar all available for Dulwich Runners to use from then on.

*Therefore as of Wednesday 21st July we plan to reintroduce the £1 Wednesday night running fee that is to be paid by members and non-members alike each time you run. All payments will be contactless - NO CASH*

## Dulwich Runners AC renewal 2021/22

A big thankyou to all of you that renewed last year.

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

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

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

Now that things are gradually getting back to normal we hope that you will renew and continue running with the club and look forwards to seeing you all again

# Club Runs & Training Sessions

## Wednesday Evening Club Runs

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

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

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

**NOTE: £1 club run fee for members and guests is to be reintroduced from Wed 21 July when we expect the**

**clubhouse changing rooms, showers, toilets and bar all fully open and available to use.**

The groups are as follows.

sub 7 min mile pace led by Tom South  
[thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

approx 7.30 min mile pace led by Gower Tan  
[gower.tan@gmail.com](mailto:gower.tan@gmail.com)

8-9 min mile pace and slower groups led by  
Ebe Prill [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk)  
Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Tuesday Evening Speed Training

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

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

Any queries, contact Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

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

## Sunday Runs

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

Contact Ola [olabalme1@gmail.com](mailto:olabalme1@gmail.com)

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

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

Contact Tom South [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

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

## Saturday Morning Hills

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

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

Contact Eleanor Simmons: [eleanorksimmons@yahoo.co.uk](mailto:eleanorksimmons@yahoo.co.uk)

# DULWICH RUNNERS 2021 FIXTURES

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

If you require info about events in Shorts, how to enter etc, contact your respective captains:  
Men road: [ebepriil@yahoo.co.uk](mailto:ebepriil@yahoo.co.uk) Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## Wimbledon Park Stadium

- Two race events organised by Ben Noads
- 1. Dave Clarke mile extravaganza (includes the Soar Mile) Wed 28 July** entry via this link (will count for our club champs) - <https://data.opentrack.run/en-gb/x/2021/GBR/hercmile/>
  - 2. Hercules Wimbledon 5K festival August 7th** 5000m track race event that wont count towards our clubchamps but gives you a good taste of fast track 5ks <https://data.opentrack.run/en-gb/x/2021/GBR/herc5kfest/>

## 1500M Evening

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

## Thames River Relay

Sunday 5th September

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

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

## Cross Country Fixtures

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

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

# 2021 CLUB CHAMPIONSHIP

## 2021 CLUB CHAMPIONSHIPS FINAL UPDATE

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

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

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

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

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

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

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

### Updated information on events below.

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

### Provisional programme for this year.

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

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

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

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

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

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

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

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

## DR 2021 Club Champs 5k & 10k League

We set up club 10k and 5k leagues for the first 6 months of the year while there were very few races for members to take part in. These have now ended. Well done to those who took part.

### Results 10k

Grzegorz Galezia	37.05	M50
Ebe Prill	44.20	M55

### Results 5k

Tom South	15.50	M45
Fred Bungay	16.48	SM
Shane Donlon	17.44	M35
Grzegorz Galezia	18.01	M50
Chris Nunn	19.27	M45
Ebe Prill	20.54	M55
Gary Sullivan	21.19	M60

## New(ish) to Running Rota for Dulwich Runners

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

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

The rota is here: [https://doodle.com/poll/5mssmfhibg5qr98p?utm\\_source=poll&utm\\_medium=link](https://doodle.com/poll/5mssmfhibg5qr98p?utm_source=poll&utm_medium=link)

**Add your name on the left and click on the Wednesday you'd like to volunteer. If there are two people down for a particular date, please pick a different date.** Ideally you will all spread yourselves out and make rota management nice and easy. The rota will have dates at least 3 months out to enable planning.

I have agreed to coordinate this rota and it will be reviewed at the end of the summer.

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

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

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

To find out more - 07506 554004 - [www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)

# Race Reports & Results

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

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

## Sri Chinmoy Silver Starling 5k

12 July

Mike Mann

Numbers were down on earlier 5k races of this series in June, with a number of those entered evidently deterred by the rain, but we still had 12 Dulwich Runners competing. Fortunately the rain was steady after the downpour earlier in the afternoon before annoyingly coming to an end shortly after the finish.

Andy Bond had a strong run to finish in 7th place, while Fred Bungay improved on his early June time to achieve a PB. Our next 2 finishers also ran PBs with Kev Chadwick posting a big improvement on his previous one achieved back in 2016. Alex Loftus appears not to have run a 5k but his performance was almost 30 secs better than his 5000m time on the track in May. Despite not racing for a long while, Alice Williams did exceptionally well to achieve a PB, finishing 6th woman.

Longstanding club member and race competitor, Ed Smyth finished just 2 secs down on his Kangaroo Hop time on 21 June. Ebe Prill had a solid run, following Alice on the first lap though having to let her go on the second, but still posting his best 5k performance of the year to date. Mark Foster started fast but short of racing fell behind Alice and Ebe midway on the



Alice, Becca, Kevin, Christiana, Ebe, Mike, Fred, Andy, Alex, Ian

first lap. He can be expected to improve with more races. Christiana Campbell is continuing to nibble away at her times as she seeks to achieve her target of sub 21 mins. Mike Mann was another to nibble off a few seconds off his previous season's best. Next in was another longstanding member, Ian Sesnan, slightly down on recent times, followed by new member, Becca Davis who had a strong confident run in her first ever road race, so there's a lot more to come from her.

She was very pleased to have got under 25 minutes for the first time.

The final race of the 5k series takes place on 2 August. Your best time in the series of 5k races with results posted on Power of 10 will count towards this year's club champs. It is not clear whether starts will continue in waves, but if they do there is scope for switching waves on the day for those who feel they have been wrongly allocated, but please don't bombard the organisers with requests for changes.

Andy Bond	16.06	7th man U50
Fred Bungay	16.39	(PB)
Kev Chadwick	17.14	(PB)
Alex Loftus	17.32	(PB)
Alice Williams	20.10	(PB) 6th woman U50
Ed Smyth	20.23	
Ebe Prill	20.41	
Mark Foster	21.13	
Christiana Campbell	21.20	
Mike Mann	23.21	3rd M70
Ian Sesnan	24.19	
Becca Davis	24.27	

800m. On this basis, with a recent 1500m time of 6:30, I was just under 4 secs better than predicted.

My 3000m was fractionally slower than my time achieved a month earlier. Another rule of thumb is to double the mile time to predict 3000m performance. On this basis there is a shortfall of 8 secs, based on my MH time of 6:52.

These conversion factors have worked for me because my performance is fairly level between these 3 middle distances. On current form all need improving, but particularly the longer distances, which is somewhat surprising given my lack of 800m races.

- Mike Mann

800m 3:11.3 (tbc)  
3000m 13:53.4 (tbc)

## Southern Vets League

7 July

Running for HHH in the final fixture of the league this season, I competed in the M60 3000m and also the 800m as a non-scorer.

I am entered for a 800m in mid July, so wanted a practice run over a distance in which I had not competed since early 2020. The usual rule of thumb which works for me, though not everyone, is to halve the 1500m time to predict the

## Vitality (London) 10,000

Sunday 11 July 2021

Claire Steward writes: Having opted to carry over my race entry from the cancelled event in 2020, one of the later options on offer was to do a real race relocated to Hatfield Park, Hertfordshire. This seemed preferable to a 'virtual' race, a refund, or carrying it over again to 2022. The event was divided into two races, a mass start at 9am and a 'socially distanced' start kicking off at 10:45. The later start got my vote, easier to plan train travel to Hatfield and I assumed any super-fast runners would opt for the earlier race.

Hatfield Station is handily placed opposite the park entrance and I stopped to talk to a marshal at the 9k marker, a minute or two later I saw a Dulwich vest approaching and Matthew Cooke ran by. I gave him a shout and he said something about a 'massive hill' as he sped past. Fortunately I had read the race information and been informed that 'Hatfield Park gives you the chance to experience the freedom of running on tracks and trails in a tranquil setting. The terrain is varied and undulating - with some stretches on tree-lined road - passing grassland, ancient oaks and the banks of the River Lea. While it may not be fast and flat, it's never boring!'

The organisation was excellent with a one-way system through the baggage drop, a wrist-band to match the one put on your bag, no queues for the Portaloos, then joining one of the four start pens before filing through to set off in pairs every couple of seconds. All very civilised. The first mile was steadily uphill but then it undulated nicely until a bit of pull past the 9k marker where I had spotted Matthew. We were well spread out but I had enough company around to goad me into a race for the finish.

My chip time was 54:05 (26:59 / 27:06 splits); first FV 65 (out of five), way better than I could have predicted after dropping out of the 5k race at Battersea Park three weeks ago. The winner finished in 32:26. I looked up my time for 2019 - 54:05, spooky!

I don't know how many participants had been expected but there were only 1430 finishers listed in the results, compared with more than 19,500 on the streets of London in 2019. I guess if you want a race with crowd support on the streets of London, then a trail run round a park in Hatfield may not be to your liking but I actually enjoyed it.

## Dorking 10 mile

A misty Sunday morning over the Surrey Hills and a big turnout for the 35th Dorking 10. A stunning route with undulating hills, made for a great race. Fortunately Hell Hill and Brockwell Park had been good training, and a strong run brought me home in 72.23. Eighth female and fourth in my category. Next year, aiming for under 70 mins. Be good to have some more Dulwich runners too!

Clare Norris (right in photo)



## Vets Ac 5K, Battersea Park

13 July

For Ian Sesnan and myself this was our second 5k in 2 days. Gary Budinger, wearing luminous pink shoes, provided the third member of the Dulwich contingent. After Monday's rain it was enjoyable to run in summer conditions. Results are not yet available and will be posted next week. My own provisional time was 23.31, 10 secs down on the night before and all down to slowing in the final kilometre. **Mike Mann**

# DULWICH RUNNERS KIT

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



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



Most kit is usually available  
 Wednesdays at the club from Ros  
[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



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

**Socks only £5**



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



**The Beast from the East !**  
 It's always on the way!.. be prepared..  
 get yourself a bobble hat £15

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

**For all club kit enquiries: [ros.tabor49@gmail.com](mailto: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](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket

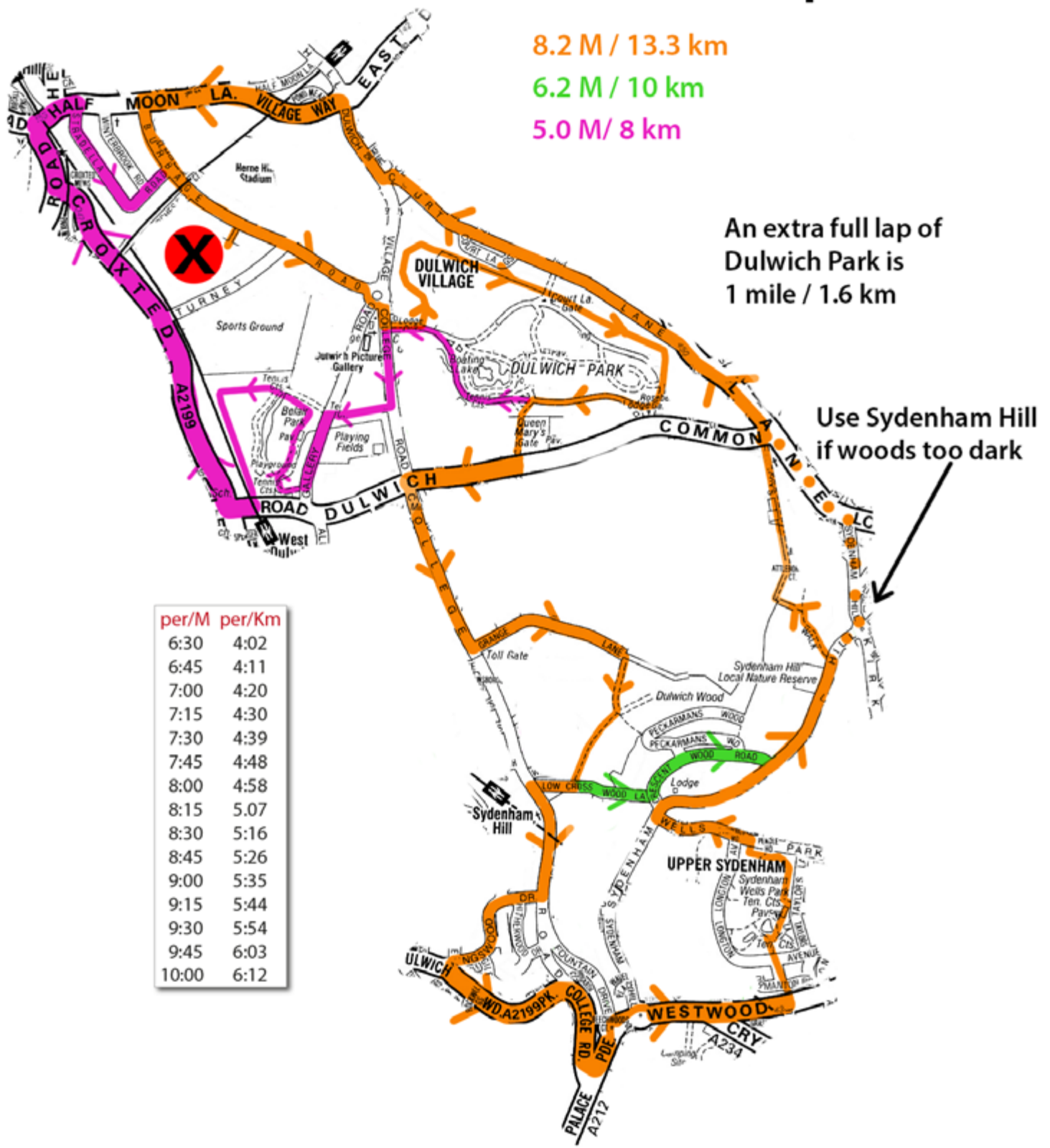


Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

# Dulwich Runners Summer Map 6



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