



SHORTS

Dulwich Runners AC

Weekly Newsletter

July 31st 2019

www.dulwichrunners.org.uk

These are your SHORTS,
Please send your reports, running news & anecdotes to:

barry@bg1.co.uk or barry@1bg1.com

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 31	Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Thu 1	Assembly League - Victoria Park
Fri 2	SOAR MILE - Club Champs -Stratford
Tue 6	Dulwich College £2 per session Start with warm up drills at 7:10pm then 7.25 main session on grass. <i>Tuesday night sessions at Ladywell have now ended and full group training resumes on grass at Dulwich for the month of August.</i>

Connect with us:



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 get on the mailing list

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)

PHYSIO TALK

Physiotherapists from a local practice (GP physios on Lordship Lane) will be visiting the club and giving a short talk after the run on 21 August.

It will be useful for injury prevention / treatment, so try and arrange to stay behind that day.

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND 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.

In your SHORTS this week !

- 1 General information
- 3 Fixture list & race details
- 4 Upcoming races etc
- 5 Race reports & results
- 7 parkrun times
- 8 Club kit
- 9 Social events etc
- 10 Wednesday route map

And much more !

Like us on Facebook @dulwichrunners

----- EVENT HORIZON -----

A brief look ahead

Aug 1	Assembly League - Victoria Park
Aug 2	SOAR MILE - Stratford
Aug 29	Assembly League - Beckenham



Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota. 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

Mick Ward

Colleen Williams

Tom Wilson

31/7

7/8

14/8

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.

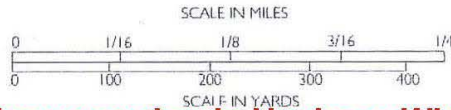
All maps also on Strava (you don't need an account)

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

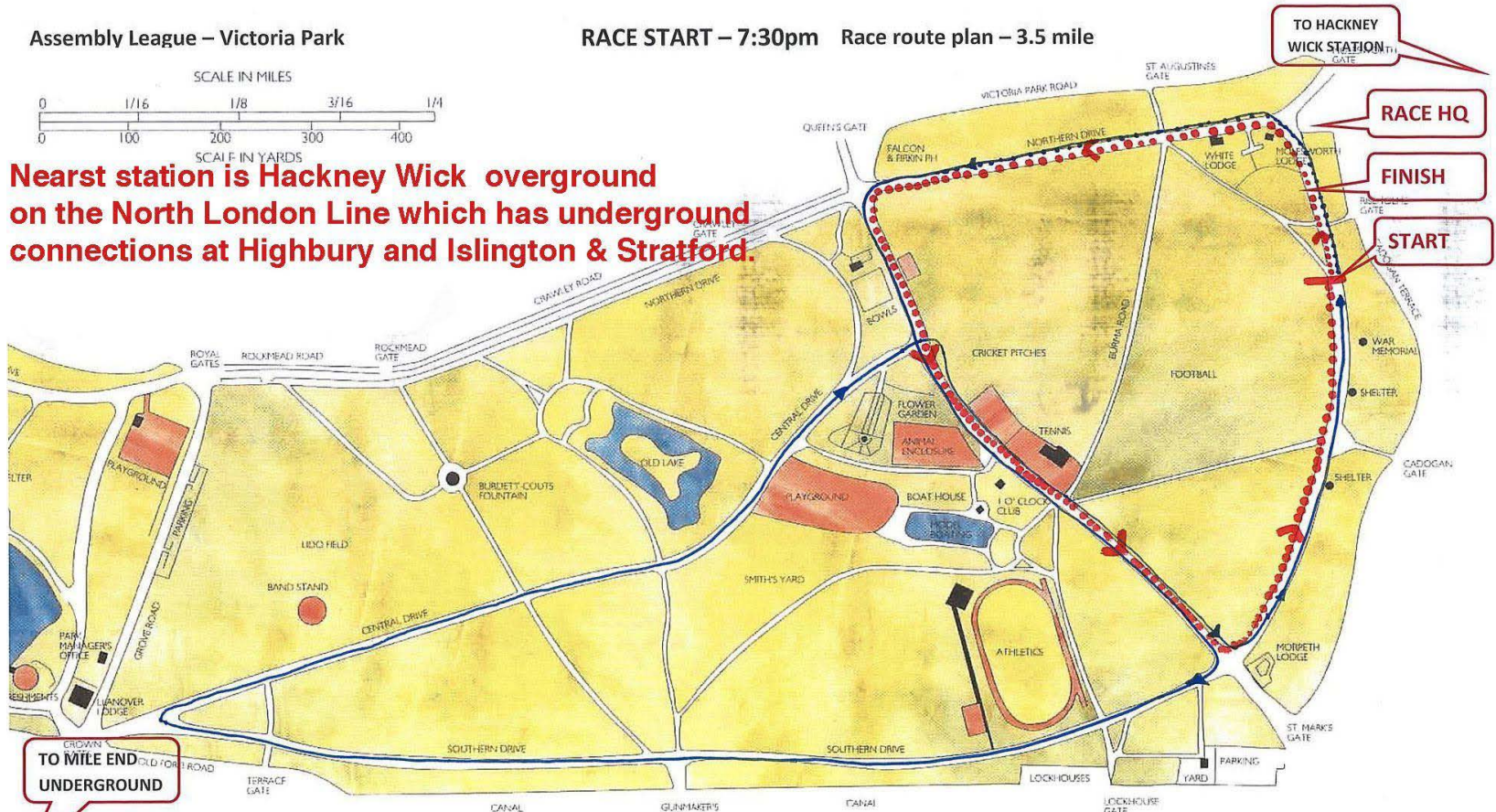
Assembly league races are open to all club members, *of all standards and ability*.
 Free to enter, no pre registration needed
 You can just turn up on the night collect a number and run

Assembly League – Victoria Park

RACE START – 7:30pm Race route plan – 3.5 mile



Nearest station is Hackney Wick underground on the North London Line which has underground connections at Highbury and Islington & Stratford.



TO MILE END UNDERGROUND

COURSE: 1 SMALL LOOP (RED) + 1 LARGE FIGURE-OF-8 LAP (BLUE). Total distance: 3.5 miles approx.

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.

Road & other Cross country Club Champs Assembly League

2019		Race	Venue
Aug	1	Assembly League - Victoria Park	Hackney
	2	SOAR Mile short - FULL, there is a waiting list	Olympic Park, Stratford
	29	Assembly League - Beckenham Place Park	Beckenham
Sep	22	SEAA road relays	Crystal Palace Park
	28	England Masters Inter-Area Xc Challenge	Bury St Edmunds
Oct	6	National 6/4 stage road relays	Sutton Park
	12	Surrey League cross country (men)	t.b.c
	26	BMAF XC Relays	Long Eaton
Nov	3	Regents Park 10k short	Regents Park, London
	9	Surrey League cross country (men)	t.b.c
	16	British & Irish Masters cross country,	Southport
	23	South of Thames 5 miles	Morden Park
Dec	14	or 21 tbc South of Thames 7.5 miles	Lloyd Park
2020			
Jan	4	County cross country champs	t.b.c
	11	Surrey League cross country (men)	t.b.c
	25	South of England cross country champs	t.b.c
Feb	8	Surrey League cross country (men)	t.b.c
	22	England cross country champs,	Nottingham
Mar	21	England area 12 and 6 stage relays	t.b.c
Apr	4	National 12 and 6 stage relays	Sutton Park

Surrey League Xc dates and venues to be confirmed

2019		Track races and meetings	Venue
Aug	2	SOAR Mile club champs (short)	Olympic Park
	11	Newham and Essex Open	Olympic Park
	14	BMC meeting	Eltham
	24	HHH open meeting	Tooting
Sep	4	Sth London Harriers 1500m & 5k Festival	Purley
	11	Highgate end of season open meeting	Parliament Hill
	18	VAC 10,000m champs	Battersea

If you require information about any races in Shorts, how to enter etc then contact your respective captains:
 Men road: ebepri11@yahoo.co.uk - Men Xc: mcmann90@yahoo.co.uk - Ladies: dulwichladiescaptain@gmail.com

2019 Club Championships

Here are the club championship races for 2019

Four long and five short with two dates to be confirmed.

To complete and qualify for the champs you must run at least 5 events, including at least one from each distance category.

16 Feb	Dulwich parkrun	short
10 March	Big Half	long
14 April	Thames Towpath 10M	long
28 April	London Marathon (or alt.)	long
10 June	Sri Chinmoy 5k	short
16 June	Eltham Park 5M	short
July 14	Sevenoaks Seven Mile	long
Aug 2	SOAR Mile	short
3 Nov	Regent's Park 10k	short

Thames River Relay Sunday 8th Sept.

Starts 9 a.m. Dorney Lake, finish at Kingston, teams of 5 run a marathon distance between them, stages from 4.4m - 6.5m.

A baton relay alongside the Thames, mainly off road, for runners of all abilities. http://www.stragglers.org/river_relay

It seems a long way off but it is popular so we have to enter early. To take part let Ange know on Wednesday evening or reply to dulwichladiescaptain@gmail.com

The Vitality Big Half Sunday 1 March 2020 - Club Places

This is a club championship race.

We have 10 discounted entries @ £10 each, to be considered for one let me know **by Sunday 4th August** (unless youve already asked on post in DR FB group).

5 places to be awarded on appearances in club events (cross country, club champs, assembly league) and 5 by ballot on club night Wednesday 7th August.

Eligibility for a club place requires you to have been a member for at least a year (up to deadline of 4th August).

If you had a club place this year then you'll only be considered if less than 10 apply.

All members did get a place this year but there is no guarantee for 2020. General entry open now at £46 but possible discounts if you live in Southwark, Greenwich, Lewisham or Tower Hamlets.

Also, generally discounted (early bird) entries might become available again. Good for age entries aren't open yet.

Info: <https://www.thebighalf.co.uk/events/vitality-big-half/>
Ebe Prill ebeprill@yahoo.co.uk

Assembly League

A series of races from 3 to 3.5 miles on road or paths within parks and take place on or close to the first Thursday evening of the summer months against 12 other clubs.

These are extremely popular and all members are welcome and encouraged to participate whatever your standard or ability. They are free to enter, no pre-entry or registration needed, all you need to do is have a club vest, turn up and run.

All details in main fixture list and any further information will be here in Shorts as and when it becomes available.

Newham and Essex Open Stratford

August Sunday 11

The same venue as the Soar Mile is hosting an open track meeting on the afternoon of Sunday 11 August. 400, 800 and 1500 metres. Best to enter in advance at <https://drive.google.com/file/d/1d1i1PlyWpbiQrQ8yenpXgjOTJQhIhDdn/preview>

Ladywell 10000 - 1 Sept

Kent AC's annual festival of 10000m running back for its third year on Sunday 1 September. Seven seeded races open to anyone faster than 55 minutes for 10000m. Food and drink available for spectators and runners to buy. This event sells out quickly so enter at: <https://www.entrycentral.com/event/110805>

Algarve Running Challenge

6-10 November

This annual series of races takes place at Monte Gordo in Portugal close to the Spanish border over the period 6-10 November. There are 4 races including a 5km cross country, a track mile, 3km beach race and 10km trail race. In addition to the running events there is plenty of time and opportunities for sightseeing, cycling and swimming in this attractive part of the Algarve. We stay at a 4 star hotel on the beach where half board is available. For further details have a chat to Ros, Andy, Steve Smythe or myself.

Mike Mann



Race Reports & Results

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

London Tri – Olympic Distance Westminster Route

If I thought getting up at 6am on a weekend to do a half marathon in Richmond or Paddock Wood, then triathlons have definitely since taught me to be grateful for such a late start: On Sunday the alarm went off at 4am for Des, a few kilometres away I was able to have a lie-in until 4:15am to head to the Excel for our Olympic Distance Triathlons.

Des was up first at 7am having paid extra (!!!) to be in the first wave and possibly slightly regretting this choice. There was a slight drizzle but luckily no conditions like the super hot and sticky past Thursday. Des did well on the swim, was out within the first 15 of his wave, then very quick as always in transition and soon was off on his bike cycling to Westminster where he was able to overtake a few of his group. The bike course is flat once you have passed the flyovers, bridges and limehouse tunnel which smelled of wonderful fumes. After yet another quick transition Des was off on his 10k run where again he was able to overtake some fellow competitors. The run is a 4 lap course that at each end sends you a slight but hard uphill into the excel center for a little loop inside. Des finished his run in 40:15mins which is about 3mins above his PB and a very respectable time for a 10k after the swim and cycle! All this saw Des finishing in an amazing 6th place in his age group out of 228.

My start for my first Olympic Distance tri was at 8:50am. The dock water had a nice temperature of 20° but the taste is absolutely horrible. I was very pleased with my swim time staying close to another swimmer for most of the course. My transition wasn't as quick as Des' but then whose is, I think if there was a medal for quickest transition it would go to him! I felt strong on the



cycle but didn't manage to catch up with anyone else from my wave which I also didn't really expect. At least only one lady from my group was able to overtake me on the bike. I was happy to get off the bike but was slightly dreading the 10k that was to follow. However, I bumped into another Willesden Triathlete at the start of the run course which lightened my spirits. I tried to keep my pace up but did drop a bit on the second half. It was great to see Des, my mum and others cheer me on. There was a light breeze which was not strong enough to make the running harder but it was able to cool me down a bit which was very much appreciated. How I will ever survive races in warmer conditions than the London 16 degrees summer is beyond me but after a 45:48mins 10k I finally stepped over the finish line. I was very, very pleased with my time and enjoyed the course a lot only wishing the bike course was shorter 2 times :D

Another Dulwich Runner showed that we are also strong in other sport races: Matt Cooke finished in a fantastic total time of 02:24:06 which saw him come 26th out of 228 in his age group! Becca Schulleri

	1.5k Swim	T1	40k Bike (hrs)	T2	10k Run	Total (hrs)	AG
Des	28:41	2:33	01:01	01:52	40:15	2:14:46	6/228
Matt	28:46	3:22	01:06	02:05	43:42	2:24:06	26/228
Becca	28:08	3:18	01:13	02:06	45:48	2:33:07	4/93

The London Triathlon...

...took place this past weekend.

Over the course of two days, around 10,000 people dashed in and out of the ExCeL Centre in the London Docklands. I ran the Sunday Olympic distance event (there were also some longer and shorter events), which includes a bike route along the Thames to a turnaround in Westminster. It was a real treat to rip down A roads closed off to cars for the race.

Conditions were excellent on Sunday: the water was warm, almost 22 degrees (though a little brackish) after a very hot week, and the roads were dry despite heavy rain on Saturday. The event was under new management this year but was well organised.

I felt a little sluggish on the swim after a hectic start but finished it feeling fresh enough. It took me a few tries to get out of my wetsuit (mandatory at this event) but I did eventually do it and get to my bike. The route was good fun, taking you places you aren't normally allowed to bike: through the Limehouse Link

Cambridge Harriers Open Eltham

July 17

In the 5000m, Tom South carried on his good form with another PB as he averaged 79 seconds for the 12 laps.

Top runner Amy Clements agreed to pace Clare at a 17:29 W55 world record attempt but decided to get a few seconds in hand and the 2k pace was actually more on target for 17:10 which was far too quick for Clare and she had to slow. At one stage even the British record of 17:52 looked doubtful as Clare lost heart and speed but thanks to Des Crinion catching and reviving her in the last kilometre, Clare found a last lap kick and ran 17:50.0. To add to the overall disappointment, unfortunately the photo finish failed and there was doubts over the legality of the timekeepers all having the correct qualifications, so Clare decided not to forward it for ratification and try again.

Steve Smythe

5000m

5 Tom South	16:39.1 (PB)
13 Clare Elms	17:50.0 (unofficial UK W55 record)
14 Des Crinion	17:54.5

1500m 11 Tony Tuohy 4:44.2

Dartford Harriers Open Meeting

Wednesday 24th July

800m

Stephen Davies 2:13:33 (PB) (1st V50)
(V50 Age category club record).

VAC 5000m Champs

July 24

Running in the last of 4 heats, it had cooled down to 28 degrees by the time of my race at 8pm, so it felt reasonably comfortable. Wearing spikes on a rather unforgiving track proved to be a mistake as my right calf tightened up midway through the race, forcing to me to ease off, and probably costing me around a minute.

Mike Mann 22:37.66

MK5000 PB Special Milton Keynes

July 27

This excellent event with plenty of food, beer, music, atmosphere, support, good pacing and competition lived up to its name with 183 out of 273 finishers setting a PB.

Clare ran in race 3 of 12 - the last two races were the England Championships, The pacemaker was advertised as 17:20 though one athlete clearly in the wrong race, ignored the pacer and ran 15:50.

Clare was just off the proper pacer but after three laps at about the right pace - low 83s, it took a 80 fourth lap to go past a few slowing and get on the end of a pack and Clare decided to surge rather than have to run solo in slightly breezy conditions, but better than normal.

At halfway (8:45), she was bang on target for the world W55 record but the group slowed through 3000m in 10:33 (17:35) and possibly paying for the fast lap, she slowed as she knew she was outside pace and instead settled on a running a 17:50 UK record time.

A reasonable last lap saw a time of 17:42.99, 10 seconds inside the listed record .

Steve Smythe

Race 3: 14 Clare Elms 17:42.99 (UK W55 record)

tunnel and right down the middle of the Victoria Embankment. It doubled back on itself a couple of times, so you could really feel the effect of the wind. You're Peter Sagan going one way but Carl Sagan the other.

The running route was very dull, four laps out and back along the docks, each starting in the ExCeL. The most interesting part was that each lap took you within less than a hundred meters of the red-carpeted, spotlight, shouty finishing chute. Despite a tedious route, I felt strong on the run thanks to all of you.

I was aiming for 2 hours 30 minutes, and since I don't wear a watch I had no idea how I was doing. But I knew we started at 7:15 sharp, so if the big finish clock showed anything earlier than 9:45, I had it. After studiously avoiding looking at it on the previous laps, I strained to see the time as I got onto the red carpet: 9:35:49.. 50.. 51..

Sean Hammett

Olympic Westminster, overall position:

111 out of 1845, 2:19:55

Kent AC 800m Ladywell

July 18

The day after a modest 1500m, Tony bounced back with his fastest 800m for 2 years. After her hard 5000m, Clare was not at her best and did as a fast training run.

Steve Smythe

Race 4

8 Tony Tuohy	2:19.3
11 Clare Elms	2:26.0

The Orsted Great Grimsby 10k

Sunday 21st July 2019

Although a flat course, both Colin Frith and former Dulwich stalwart Martin Morley, struggled in the heat to record PWs for this event.

822 Colin Frith	50:28
1005 Martin Morley	52:35

1st Male Lewis Jagger 30:09

1st Female Calli Thackery 35:13

3044 finished

Serpentine Last Friday of the Month 5K

26 July

Humid conditions for this monthly event which is usually well supported by Dulwich Runners.

The stellar performances this month came from Jack Ramm who broke his PB set last month at Battersea, and Paul Devine his 3rd fastest ever 'Last Friday' time in over 10 years of running the event. The rest of us had fair to middling runs given the conditions and current levels of fitness

Graham Laylee

Jack Ramm	16:12PB
Tim Bowen	16:28
Alastair Locke	17:04
Paul Devine	17:06
Daniel Mann	17:29
Graham Laylee	23:05

Self Transcendence 5k Battersea Park

Monday 29th July

Just the two Dulwich reps turned out this time on another warm but not stifling evening looking for hot summer times on the speedy Battersea course. My 17:04 is only six seconds adrift of my club championship clocking on a much cooler evening and as such counts as a good run for me; I was pleased to head in two M50s who'd both beaten me in a recent very warm track 5000m. Laura was less impressed with her 21:10 as she bids to get back to sub-21 times and is suffering a slight summer dip in form, but she's edging back the right way and will get there soon.

33 Tony Tuohy	17:04	1st M50
118 Laura Vincent	21:10	



Ashton Court

508 Ran			
Pos	Gen		
3	3	Thomas South	18:00

Beckenham Place

130 Ran			
Pos	Gen		
47	3	Carys Morgan	23:48
116	29	Claire Barnard	32:38

Bedgebury Pinetum

154 Ran			
Pos	Gen		
86	63	Peter Jackson	29:53

Brighton & Hove

325 Ran			
Pos	Gen		
80	76	Gary Budinger	23:30

Brockwell , Herne Hill

158 Ran			
Pos	Gen		
19	1	Kim Hainsworth	20:12
22	21	Mark Foster	20:27
40	3	Lucy Pickering	21:54
73	61	Graham Laylee	24:09
83	18	Susan Cooper	25:17

Catford

125 Ran			
Pos	Gen		
16	16	Stephen Smythe	22:10

Crystal Palace

208 Ran			
Pos	Gen		
29	5	Belinda Cottrill	21:56
63	53	Bob Bell	23:24
88	14	Joanne Shelton Pereda	25:14
96	18	Hannah Little	25:32
184	61	Clare Wyngard	33:30
185	124	Michael Dodds	33:42

Dulwich

195 Ran			
Pos	Gen		
33	2	Sara Roloff	20:48

Fulham Palace

249 Ran			
Pos	Gen		
142	117	Barrie John Nicholls	25:08
167	39	Lindsey Annable	26:48

Heslington

324 Ran			
Pos	Gen		
150	22	Claire Steward	25:58

Hilly Fields

126 Ran			
Pos	Gen		
6	6	Justin Siderfin	20:32

Lincoln

387 Ran			
Pos	Gen		
148	25	Ros Tabor	27:13
149	124	Andy Murray	27:13

Margate

115 Ran			
Pos	Gen		
13	1	Tereza Francova	22:21

Moors Valley

536 Ran			
Pos	Gen		
27	26	Hugh Balfour	21:12

Nant Y Pandy

148 Ran			
Pos	Gen		
57	43	Freddie Vernon	27:26
139	48	Susan Vernon	44:29
147	96	Chris Vernon	53:26

Old Deer Park

71 Ran			
Pos	Gen		
1	1	Dylan Wymer	17:12
14	1	Ange Norris	21:35

Orpington

127 Ran			
Pos	Gen		
38	34	Colin Frith	24:49

Peckham Rye

124 Ran			
Pos	Gen		
20	1	Michelle Lennon	21:08

Pocket

242 Ran			
Pos	Gen		
1	1	Buzz Shephard	17:11
13	1	Hayley Bond	20:25

Trelissick

219 Ran			
Pos	Gen		
30	28	Cameron Timmis	22:55

Yeovil Montacute

408 Ran			
Pos	Gen		
9	8	Joe Farrington-Douglas	20:32

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

DULWICH RUNNERS CLUB KIT

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

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



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



Bufs/snoods - only £6

Socks only £5



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



The Beast from the East !

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

ros.tabor49@gmail.com





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

SOCIAL SPOT

P
O
T

Upcoming events.

Watch this space !.....

Dulwich Runners are on Instagram....So if you would like to photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, or Jonathan Whittaker who will take care of it! If people mention [@dulwichrunners](https://www.instagram.com/dulwichrunners) on their posts then we can easily repost pictures on the main Dulwich Runners account of



Instagram

key achievements that you want to share, or cover club races that neither Jonathan or Yvette are at.

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

Rehydration !

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

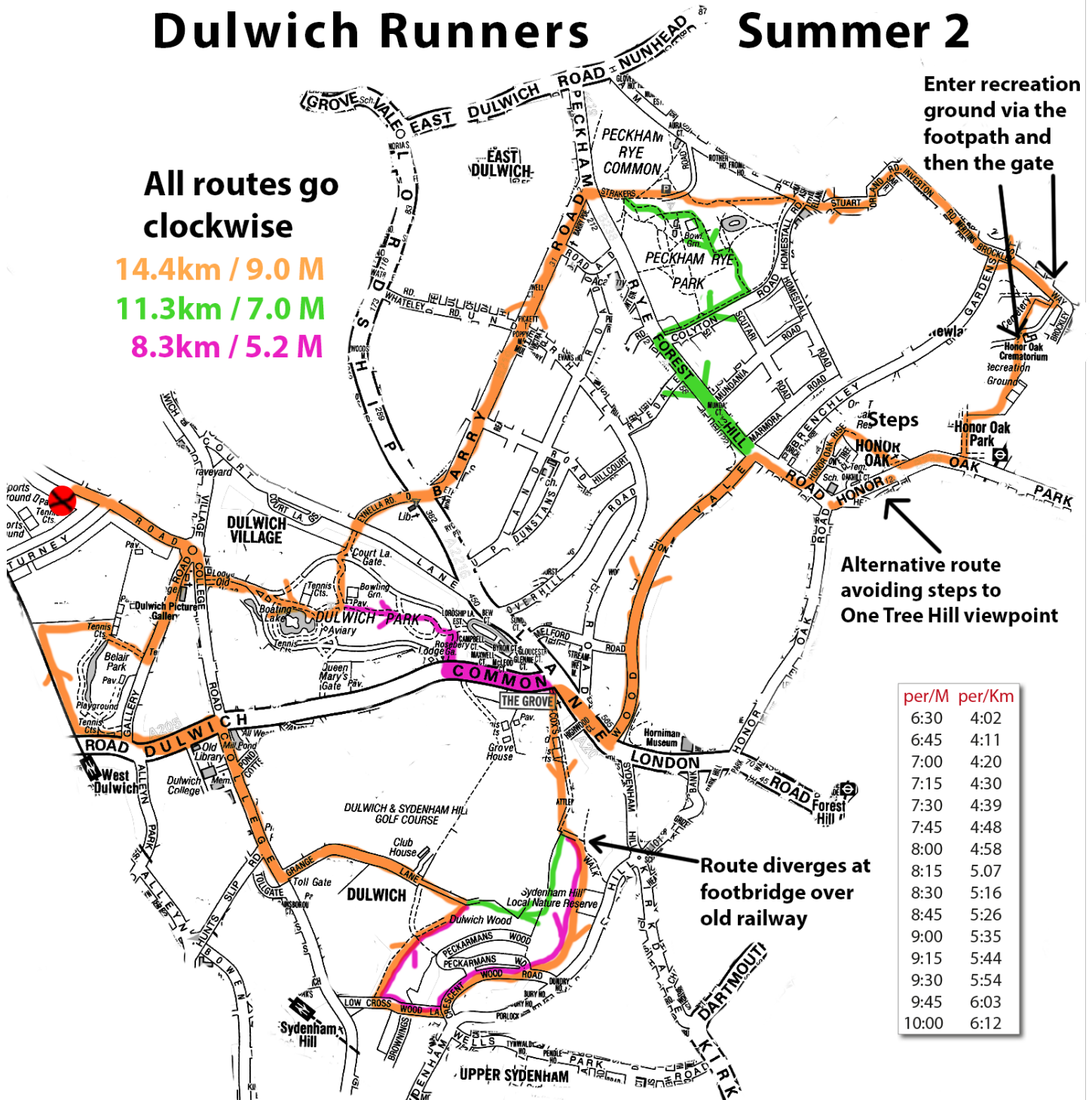
Dulwich Runners Summer 2

All routes go clockwise

14.4km / 9.0 M

11.3km / 7.0 M

8.3km / 5.2 M



Alternative route avoiding steps to One Tree Hill viewpoint

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

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