

SHORTS



Dulwich Runners AC
Weekly Newsletter
June 16th 2021
www.dulwichrunners.org.uk

These are your SHORTS
Please send your reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com

DEADLINE 17:30 TUESDAY

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

Like us on Facebook @dulwichrunners

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Good News !

All club runs & training in full swing...



Our Wednesday club runs and Tuesdays speed sessions are all taking place.

Although the clubhouse is not fully open, the

bar is for post run drinks only.

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.

I will also be sending out an email reminder to those of you that did not renew for this year and 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

Due to the ongoing COVID restrictions we are postponing the park run and bbq that were planned for the 3rd and 4th of July.
Please watch out for new dates.

DULWICH RUNNERS 2021 FIXTURES

When races restart and we have a proper fixture list it will be here

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

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: no £1 club run fee for now, no changing facilities but inside bar is open for post run drinks only

If you are unable to register, or show any Covid-19 symptoms in the days after your run contact Ebe and Mike: ebepriill@yahoo.co.uk - mcmann90@yahoo.co.uk

The groups are as follows.

sub 7 min mile pace led by Tom South
thomas_south@hotmail.com

approx 7.30 min mile pace led by Gower Tan
gower.tan@gmail.com

8-9 min mile pace and slower groups led by Ebe Prill ebepriill@yahoo.co.uk
Mike Mann mcmann90@yahoo.co.uk

Tuesday Evening Speed Training

At Dulwich College track and fields on College Rd. - We have two groups, one starting at 6 pm and one at 7pm. These sessions on grass and track are for all members and suitable for all abilities and include 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

If interested contact Mike Mann mcmann90@yahoo.co.uk

Thanks to coaches Katie and Anna who've set and led sessions, also to others who have stepped in to lead groups.

Sunday Runs

All members existing and new, if you'd like to do 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

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

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

If interested in any of the above check details in advance with the respective run leaders

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 talked about being more inclusive at our AGM. We have also had lots of new joiners and some people are newish to running, which is very different to being new to DR but not that new to running.

To be honest this is also a fab opportunity for all you lovely 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 they will be slow. Basically, you take your lead from the people in your group if you are volunteering to support the new to running folk. This may even, on occasion, entail walking.

The rota is https://doodle.com/poll/5mssmfhibg5qr98p?utm_source=poll&utm_medium=link

Please add your name on the left and click on the Wednesday for which you would 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 beautifully 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 for the club. We're going to review how this is going at the end of the summer and take it from there.

On an admin point: I am using doodle poll to run the rota, simply because this is a tool I use to run a different activity. We successfully use it to get maximum amounts of Ultimate Frisbee for minimum admin and I am aiming to apply that here.

If anyone has any better running specific ideas, I am all ears. Get in touch: 07786012933.

Thanks all

Sonja ☺

2021 CLUB CHAMPIONSHIP AND 5K/10K LEAGUE

2021 CLUB CHAMPIONSHIPS UPDATE

Provisional details of the 2021 club championship programme were issued at the end of last year, and have been published in Shorts. 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.

The closing date for all races is 30 November.

NOTE: Results of all races chosen should be on Power of 10 in order to count

Some updated information on events below.

- Entries for the Battersea Park races have been open since late April, but are filling up fast.
- 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.
- 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.
- Any of these Regents Park races will count.
- 'It's unlikely the Soar Mile will go ahead. The Mark Hayes mile will be held as the club champs mile (see below) but any other track mile will count.
- The Big Half 22 Aug will be a club champs race, but other 1/2M's can be used as an alternative.
- 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. If you want parkruns at alternative dates and at venues other than Dulwich to count, you will need to submit your results.

The provisional programme for this year.

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

5km - Sri Chinmoy Battersea Pk series (any 2 races in the summer series) <https://uk.srichinmoyraces.org/races/london>

5M - Second Sunday of Month 5M trail race, Wimbledon Common any month (any 2) <http://secondsunday5.com/>

10km - Various 10k races in Regents Park or Richmond Riverside 10k (any 2 races)

1/2M - Big Half 22 August (or alternative)

Marathon - London 4 Oct (or alternative marathon)

Parkrun - Dulwich, suggested dates 18 Sept, 30 Oct, and 6 November.

Mark Hayes Mile, Tuesday 29 June 7pm

This will be our club champs mile event held at Dulwich College track instead of our usual regular 2 hour training slot. Subject to numbers, there's likely to be around 5 races seeded by times at 10 minute intervals starting at around 7pm, with a presentation afterwards followed by a picnic so bring your own food and drinks..

We now have almost 30 entries and should be able to accommodate up to 60 in a series of races.

To take part contact Mike Mann mcmann90@yahoo.co.uk with your predicted time

DR 2021 Club Champs League

We have 2 leagues set up on Opentrack until the end of June. (Assuming we will be able to run normal races again by then - tbc)

We are trying this as part of the Club Champs 2021 whilst we can't do actual races.

You can upload your own run - run by yourself or with one other person

Any result from a virtual race

Any result from a 'real' race. If you prefer to use the result from the race, rather than your garmin, you will need to

inform us for the time to be included in the league. Enter as many times as you like to try and improve times. NB Each time you enter over-writes all previous entries. To enter go to - <https://data.opentrack.run/en-gb/x/> and search for Dulwich Runners.

You will find - Dulwich Runners 5k League 2021

Dulwich Runners 10k League 2021

It has details of how to enter and upload your runs.

5k League results

M45	Tom South	15:50
M35	Shane Donlon	17:44
M55	Ebe Prill	20:54
M60	Gary Sullivan	21:19

10k League results

M55	Ebe Prill	44:20
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'5k and 10k League'

Any races over these distances completed in the first 6 months of 2021, whether traditional races, time trials with starts in waves or virtual races will count towards these.

Shorts will publish a monthly league table for the two distances. This league will be separate from the main club champs. We intend to use Opentrack for time trials and official times for regular races. Further details to follow.

This is a reminder to all those who haven't yet done so to submit your times. The 5k league runs until the end of June. If parkruns start before then, these will count.

John Clarke Memorial Fell Race

Friday June 25th 8pm

This low-key event organised by Orion Harriers is billed as the only category A fell race inside the M25 (indeed the only race that claims to be "fell" inside the M25!). I did it two years ago and it is an excellent short race, only 3 miles but with about 900 ft of ascent, all off road on the edge of Epping Forest. Entry cost £3 and is done on the night at the Orion Clubhouse. It is easy to get to as the clubhouse is about a 10 minute walk from Chingford Railway Station.

If you have never tried fell running this is a really easy introduction. Unless we have had lots of rain you can get away with trail or even road shoes. I plan to do it, if I can still walk after Saturday's race in the Lakes!

For more info contact hugh@christchurchpeckham.info
Hugh Balfour

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

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

To find out more - 07506 554004, or an email: www.hernehillssportsmassage.co.uk

Race Reports & Results

Want your race results and reports in SHORTS ? please email them to 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.

Dorney Lake Sprint Triathlon

13th June

With the start time slid earlier to 7am to accommodate the elite athletes later in the day, it was an early 4.30am start from Sydenham. But the sun over Dorney lake and the surprise news that there would be no wetsuits allowed for the swim, made for a promising omen. With life getting in the way, I hadn't managed a swim since restrictions had been lifted, so this would be first swim since before lockdown. Honestly, it didn't feel the ideal preparation. But with a 5k PB the week previously (time trial with Kay, 20.31), and twice weekly velodrome sessions, I felt quietly relaxed.

No spectators and socially distanced, there managed to still be a good vibe, with a mix of GBR and first timers. I decided to try and enjoy the swim, and though there was an exciting tangle of weeds under the surface, I just loved being back in water. (I didn't crucify myself for the odd bit of breaststroke.) A lovely flat bike course, I ignored the carbon wheels and aero helmets around, and managed 4 minutes quicker than last year. Running legs brought a 20.38 5k to finish, which overall brought me in 3rd in my category. And home by 9.30am!
Clare Norris



VETS AC 5K, Battersea Park

8 June

In the second race of the summer series, 6 Dulwich Runners took part on a warm evening, though good for running apart from the tree pollen with had several, including myself coughing before the start. It was the same route as the Sri Chinmoy race the evening before but the start was close to the athletics track and the finish just before the bandstand. There were 100 entries with the start organised into five waves, which worked very smoothly.

Star performer was Kay Sheedy who did serious damage to her recent pb, improving it by 23 seconds, and finishing second woman. The remainder of us started in the same wave and there was a good contest between Ian, Graham and myself which had the effect of spurring

the 3 of us on to times that were much better than our initial expectations. The 3 of us ran close together for much of the race. Ian improved on his excellent time of the previous evening, while my pace was similar to that in my disappointing 3000m track race the day before. Gary, coming back from recent injury, had a solid problem free run.

Mike Mann

Kay Sheedy	18:31 pb	1st W35
Mike Mann	23:22	2nd M70
Ian Sesnan	23:23	
Graham Laylee	23:35	
Gary Budinger	26:25	

White Oak Sprint Triathlon Swanley

13 June

Having written in last week's 'Shorts' about Clare Wyngard's first triathlon for well over 3 years she's now done two of them in the space of a week. It wasn't planned, we were supposed to be back on the south coast this weekend but when a visit to friends fell through she was on the lookout for a late entry somewhere local to carry on the comeback momentum from Eastbourne.

The White Oak triathlon is a low key event - perfect for 'first timers', incidentally - based just outside the Greater London boundary in Swanley. It's one she has supported over many years including winning the supervet (over 55) category in consecutive

years in the middle of the last decade.

If you do triathlons you don't get a lie-in, especially if you have to register on the day, so it was in the car by 4.55 (!! even for the modest, traffic free 14 mile trip from SE21. This was really a mercy, though, on the predicted hottest day of the year.

Not that this mattered in the swim phase because it was in an indoor pool which she entered at 6.40 am. This was a bit chaotic, apparently, as pool swims, just like sea swims, often are but for different reasons. I say 'apparently' here because I too was taking advantage of the early morning cool by this time on my own 10k training run, an out and back along the B2173 taking in some of the bike course which was 21.45k for the 'sprint' distance competitors. I never saw Clare go by but it was a relatively straightforward, if slightly undulating, course.

As for the running this was in Swanley park. From supporting Clare at this race in previous years I distinctly remember what a rotten park it was to run in for all sorts of reasons - surfaces, turns, inclines etc. - which is why I avoided it for my

own little venture. We have much better running ones in Southwark, Lambeth, Bromley and yes, Ross Rook, in Lewisham too - we're lucky. It was also over distance by a not inconsiderable margin so a time that was a couple of minutes or so over last week's effort needs to be viewed in context. Her overall result showed a remarkable symmetry, exactly half way down the field in both her age group and the gender group as a whole.

All in all it was a very pleasing way to rescue a possible lost weekend (lost, that is, except for the football, cricket, tennis etc., obviously). On top of that it was great to renew acquaintance with so many of the friendly marshalls from the Dartford and White Oak tri club who recognised Clare, and even the bagman too, from previous events.
Mike Dodds

Clare Wyngard 1-32-59 (400m swim 10-41, 21.45 km cycle 47-16, 5.3 km run, 30-40, 2x transitions 4-19)

5th woman supervet/10; 17th woman/34; 55th finisher/94 overall

University of Birmingham Open Series 3

9th June

Lucy ran a perfectly paced race to run a 31 second pb. All being well her next target will be a sub 10 mins!

3000m Lucy Elms 10:00.56 PB
Clare Elms



Sri Chinmoy 5k

14 June

Christiana Campbell 21.09

Southern Vets League, Hillingdon

7 June

Running for HHH in the first fixture of a delayed season, I competed in the M60 3000m at Hillingdon. Although 9 secs faster than my previous effort in the late May HHH open meeting, I was disappointed with my time.

Mike Mann 3000m 13:52

Southern Senior Champs Bedford

13th June

In the Midday sun on the hottest day of the year, Lucy ran sensibly and finished strongly to run another pb! More to come on a cooler day!

5000m - 4 Lucy Elms 17.47 PB
Clare Elms

Ennerdale Horseshoe Fell Race

Saturday 12 June

23 miles (36.8 km) 7,500 ft (2290 m) ascent

“You need to stop!” The woman sounded angry, probably because she was frightened having just witnessed me taking a potentially serious tumble on a steep rocky section of the descent from Pillar two thirds of the way through the race. Fortunately, apart from some cuts and bruises, no damage was done.

Four and a half hours before, I had lined up with 350 men at the western end of Ennerdale Water for the first counter in the English Championships. The women had started half an hour earlier, and although we had been given lots of Covid instructions in pre-race emails, most of that was forgotten at what turned out to be a mass start along a narrow lakeside path.

The first mile was really very pleasant. The sun was shining, but we did not have the heat that the south was experiencing; indeed, in a strong wind at 2000ft it was quite cool. And we soon got to 2000ft as the initial climb up to CP1 on Great Bourne is pretty brutal. Before the start I had been on the lookout for some of the other five M65s who had entered, but had only seen one guy from Dark Peak whom I knew. Now approaching CP1 an older runner overtook me. I asked him his age category. He replied V70! Great I had just been overtaken by the oldest man in the race! (In the end I beat him by 40 minutes).

I had done the race 13 years ago and knew that it was not for the faint-hearted. Therefore, I had worked out a more conservative schedule for the first half, but as I got to CP1 I realised I was already 2 minutes down. No matter, I was feeling good and had a good steady run to CP2 at the summit of Red Pike above Buttermere. From then on it got much tougher with a long traverse under High Stile much of it crossing boulder fields, rocks and scree until we reached Scarth Gap. Here I made my first route blunder following two runners who turned out not to be in the race, and two of us got stuck in boulders and heather trying to get back on the right line as we climbed up onto Haystacks to find CP3 at Black Beck Tarn. This is a key point in the race, as it is the only reliable



water, and I had made sure I had drunk all my electrolyte so could refill with beck water. I was now 21 minutes down on my timings, but not too worried because I was still feeling good as we started the long steady climb to CP4 at the top of Green Gable which is almost half-way. The descent from Green Gable is a very steep scree descent, followed by a traverse along a path called “Moses Trod”. The eponymous Moses not being a Biblical hero, but an 18th century bootlegger. This led me to the steep climb up Kirk Fell where the wheels came off spectacularly 13 years ago with the onset of cramp. This time I had taken precautions against it, particularly with a bottle of orange juice and salt which seemed to be doing the trick as I felt fine on the climb and was now beginning to gain a few places.

The descent from Kirk Fell is one of the exciting bits of the race – a very steep narrow gully filled with mud and loose scree but having slithered down that we faced the brutal climb up onto Pillar. At 2927ft (892m) it is the highest point on the course, but once there, although there was till another 8 miles, the bulk of the climbing was done. It was the descent that nearly undid me, trying to go too fast down a rocky scramble while avoiding a party of walkers. But that wasn't the end of my problems. I need to find a narrow trod going to the left of the next climb which avoided a dreadful boulder field in which I had got stuck last time. But two of us missed the trod and got stuck in the boulders, necessitating a steep short scramble to get back on track, and all the runners I had recently overtaken caught me up.

However once back on track it was easy running to CP7 on Haycock and then largely on grass to CP8 on Iron Crag. The two miles from Iron Crag to CP8 on Crag Fell ought to be glorious running, almost all grass, gently downhill, but by now it was hurting. I was battling cramp off and on (my orange and salt had run out an hour earlier), and I was very tired. However, I managed to speed up on the last descent and come home in under 6.30, gaining three more places.

All in all I was very happy. Given my relative lack of fitness, due to recent injuries, I had a good steady run. I was pleased to have gained 27 places between CP1 and the finish, and complete the second half in almost exactly the same time as I had 13 years ago. The next encounter is in three weeks and is much shorter so I hope to do a bit better. Watch this space.

Winning time 3.32.16
265 Hugh Balfour 6.29.02 (2MV65)
303 finishers



Centurion South Downs Way 100 mile

Sat 12th & Sun 13th June 2021

Gower Tan and Terence Baker

Originally signed up in August 2019 for the June 2020 event. Postponed to November 2020, then cancelled at five days' notice. Places rolled to June 2021, with full Covid protocols (rolling wave start, masks and sanitiser at aid stations, individual food portions, etc.)

 National Rail Enquiries



Major disruption on South Western Railway (1)

Last updated 11/06/2021 13:50 [View all current disruptions](#)

Major disruption to South Western Railway services until the end of the day

Train companies affected: South Western Railway. [Find out more](#)

Changes to train times



Major disruption to South Western Railway services until the end of the day

Last updated: 13:50 11/06/2021

Getting to the start line uninjured is always the first battle. Training for us both had been up and down, both missing a couple of weeks with injuries, though nevertheless completing plenty of solid training blocks, including multiple reccies of the South Downs, a cracking night run with Michael Williams from the club, back-to-back long runs, hill reps and all manner of kit and nutrition testing.

The journey to Winchester was the first of several surprises over the next 48 hours, and where level heads were needed. We were greeted at Waterloo by staff instructing us that no trains were running and requesting we were not to board any train due to a major signal failure at Surbiton disrupting nearly all South Western railway services. Terry was due to board at Clapham, and after a quick exchange we jumped onto the first trains actually leaving. Gower was joined by his MDS team mate Rob, who we end up running with for several parts of the race.

The start was about a mile's walk from the hotel, but we decided to have a stroll to stretch legs and ensure we knew where we were going the next morning. After something of a calamitous dinner (Terry's pasta order didn't arrive), we headed for shut eye before our 3 a.m. wake-up call. Breakfast, a chatty walk with several other runners to the start, nerves soon settled, drop bags duly deposited, GPS trackers attached and we were off.

Our primary goal was simply to finish. Anything more, including a sub-24-hour finish was secondary, and we were



Matterley Bowl: the start of our 100 mile journey

exceptionally disciplined in sticking to our plan to walk all the hills from the start. As weird as it felt to take our first walk 100 metres from the start line, it was absolutely the right decision.

The weather forecast had changed a bit in the 10 days leading to the race (not that we were looking at it every 6 hours)! Our concerns about an easterly wind into our faces were ill-founded, and any breeze in any direction would have been a godsend, but essentially there was not a single spot of breeze until approximately 2 a.m. on Sunday. The heat was another matter, and with virtually no shade on the exposed South Downs, the 25 degrees forecast translated into blistering heat in the sun. One runner reported a temperature of 40.7 degrees from the Garmin temperature monitor in his race vest.

Someone once said it's not a real trail run until you take a tumble, and Terry duly obliged, crashing down quite hard on some tree roots at around 23 miles in at Queen Elizabeth Country Park. In a blink, several runners were around him making sure he was okay, and thankfully bar some grazes, there was no major damage. This was the first of numerous examples of the camaraderie and support runners continuously gave each other.

Far worse was to come.

The first familiar face en route was an old friend of Gower's who was waiting 27 miles in at Harting Downs. A brief exchange and photo, and we trotted on.



Mile 27: Harting Downs crew point, meeting Gower's friend Nicola

Spirits were high, and we kept our pacing steady, in line with our target of a 10-hour first half and a 14-hour second half.



Mile 39: Harting Downs, trying to hitch a lift from the paragliders!

Shortly after passing the paragliders, running down a steep field towards a gate, we came across our next challenge, a group of about 20 rather menacing-looking cows that stood up one by one and were becoming aggressive. Another group of runners had just passed them, and it was clear they were agitated. We slowed to a walk and took a wide berth, around a tree to get to the gate, but just after Gower got through the gate, one of the cows got a bit frisky and a little too close to befriending Terry, charging towards him. A close shave! We looked back from the safety of the other side of the fence and noticed a calf, and our proximity to it was possibly the cause of their aggression.

The first in our trio of outstanding support crew was ready waiting for us at Cocking aid station, 35 miles in. We reached Sarah just before midday as the heat was starting to impact us, and we were overjoyed by the Calippo's, frozen smoothie, wet towels, fresh shoes and socks, shirt, ice spray and more, which helped revive us and boost our spirits.



Mile 35: Cocking aid station, with Calippo's from our first brilliant crew, Sarah Evans

The next 10 miles through Bignor Hill were a dark point for Terry, with the peak of the relentless heat and having burned through a full litre of Tailwind and water several miles before the next aid station. Gower passed over his water flasks and badgered Terry on, limping into Houghton Farm at 45 miles for some refuelling and runners' magic that is

Coke! A few hundred meters walking out from Houghton, we agreed that Gower would run on ahead to the halfway aid station at Washington where our first drop bags were located, while Terry would take his time to recoup. Incredibly, he found the mental strength to carry on.

The next familiar face and long-standing member of the Centurion community, Rob Hollands had marked a section of the course, then run back to the half way point. Gower reached the 50-mile point in 10:22:55 and Rob ran along first with Gower and later with Terry, giving hugely appreciated words of encouragement, updates on other runners and some food into Terry.

Washington aid station, with the first of our drop bags, was a village hall at 54 miles. Much needed chairs were laid out (the general advice seemed to be not to sit down before reaching here), and endless volunteers helped replenish our nutrition. Here was an opportunity to get another fresh shirt, socks, buffs, instant ice and favourite foods (Ambrosia rice pudding, Twiglets) from drop bags. Terry had caught his second wind, we were reunited after about 10 minutes and for the remainder of the race were never more than half a dozen steps apart.

Gower's turn to visit his dark place started at around the 61-mile point after Botolphs aid station, with an increasingly swollen ankle and knee injury taking turns to inflict bouts of pain. Thankfully, the second of our amazing crew would be waiting at mile 67, the well-known landmark of Devil's Dyke. Gower met Dave our pacer at the Tokyo Marathon, and as the South Downs are his training yard, he knows every inch like the back of his hand. Dave's constant banter and encouragement as he paced us past Clayton Windmills and towards Houghton Farm was a life-saver. An added bonus was running a couple of miles alongside ultra-running legend Dan Lawson, who was pacing another runner! Dan was literally skipping along the downs, running backwards and joking around to runners around him, everyone fully entertained. Another talking point was the music emanating from Glyndebourne. We wondered if Laura might be playing!



Mile 66: with Dave Rogers, our amazing pacer just past Saddlescombe Farm

The miles clicked past, with Gower blanking out the pain with a 'metronome focus' boosted by constant encouragement from Terry and Dave, who was also running ahead opening gates and keeping us focused, that is, forcing us to stop and get our headlamps on as the twilight faded as our minds started wandering and paths became too treacherous to risk without the help of decent light.



Mile 72: stunning sunset near Ditchling

One runner sat with his head in his hands outside having decided to stop, and a runner opposite Gower inside was hallucinating. Despite the obvious support of the incredible Centurion crew who got sugar and fluids into him, he decided to call it a day.



Another sock change, a shoe change for Terry (Saucony Endorphin Pros to finish), more Ambrosia rice pudding, cup of tea, wet wipes and brushed teeth to help us revive, we were back on our way. Thank goodness for the volunteers who ensured we went in the right direction out of each aid station when our brains were shot!

Our final crew was at Firle Beacon (some 14 miles before the finish), which we reached after several hundred metres of climb that seemed to go on forever. We'd completed a recce of this section with Gower's best man Martyn way back in August 2020, when the race was due to be in November, albeit in daylight and not after 86 miles of running! Just before 2 a.m., we reached Firle (there must have been at least 30 support crews in the car park here, resembling something of a party atmosphere), and there was stalwart Martyn again!

Martyn had set out the five-star version of support crew: Table and chairs, smorgasbord of kit and goodies, ranging from running poles to paracetamol, hot Heinz tomato soup to ice-cold Coke, endless food options, more Twiglets, more ice packs ... and lashings of encouragement.

We took a few minutes to eat, chat and load up, refreshed and fed before the first part of our final push (how many more hills to go Terry?). Gower's mate Rob, who we'd passed earlier came past us, not stopping for fear of seizing up. Heading towards Bo Peep at 89 miles, we came across a sea



Mile 86: crew preparing at Firle Beacon

of green dots, which turned out to be sheep that appeared to be sleeping with their eyes open. Freaky!

We reached the final aid station we would visit at 91 miles and at approximately 3:30 a.m. Once again, we were greeted by the friendliest Centurion volunteers imaginable, from the lady outside guiding us into the Old Chapel Centre to the



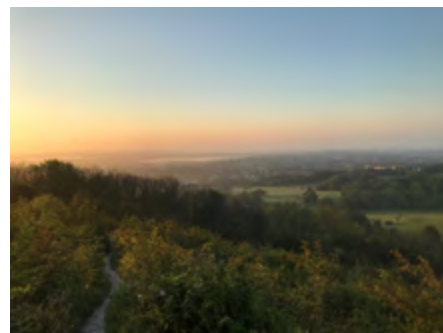
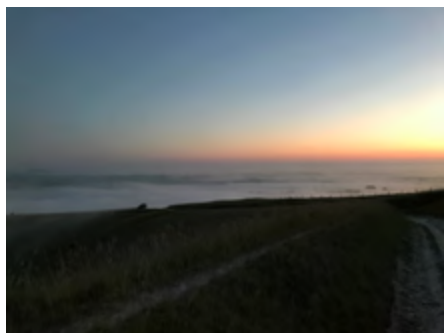
Mile 86: at the 2:00am Firle Beacon party with Gower's best mate, Martyn Craddock

team inside who ran round getting us tea and all manner of supplies. By that stage, tomatoes, pineapple, grapes, sausage rolls and Jelly Babies were all we could stomach. We got a quick update on a few runners (including Iwan Thomas who had struggled from the start but was still going and finished just 30 mins before the 30-hour cut-off) and headed off for the second part of our final push (how many more hills to go Terry?!).



Mile 91: Alfriston Old Chapel Centre at 3:30am

The final 9 miles still included several brutal climbs, past the Long Man of Wilmington and towards Jevington, but as dawn broke our broken bodies were energised by the stunning views.



Mile 93: dawn breaking past the Long Man of Wilmington

As we reached the mile-96 final aid station, we decided to push straight past to the finish, despite the allure of comfy seating, more friendly volunteers and another hot cup of tea in Jervington Village Hall.

While we were tantalisingly close to breaking 24 hours, we were both thrilled to get to Eastbourne in broadly one piece and with limited battle scars. The 124 runners (almost 30%) who did not finish gives a reflection of the race and heat.

The very final push was off the Downs to some streets in the periphery of Eastbourne and around a large bend to the Eastbourne Sports Stadium and a very final 400 metres around its track.

Cue emotions, finisher T-shirts and belt buckles, photographs, applause and the most delicious hot dog with onions imaginable.

Later, we regrouped at a pub on the seafront in Eastbourne, with Michael (truly outstanding run 18:37:07), Alexie and Simon, Gower's MDS partner Rob (25:09:47) and his family, for the obligatory post-race beers and lunch.

It seemed rude not to at least dip our feet in the sea having run 100 miles to get there, with the beach stroll and English Channel wade the next morning working wonders to kick off our recovery.

Two sunrises, one sunset, 24 hours of running, 100 miles and 3,000 metres of elevation had taken us to a place neither of us had previously been, either physically or mentally. What will stick with us will be the stunning scenery, an incredible community and the overall camaraderie.



Thank you to everyone in the club for the support, advice, encouragement, and also the generosity to our respective charities.

11	Michael Williams	18:37:07
164	Gower Tan	24:41:09
165	Terence Baker	24:41:10

433 started
124 DNF

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



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



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

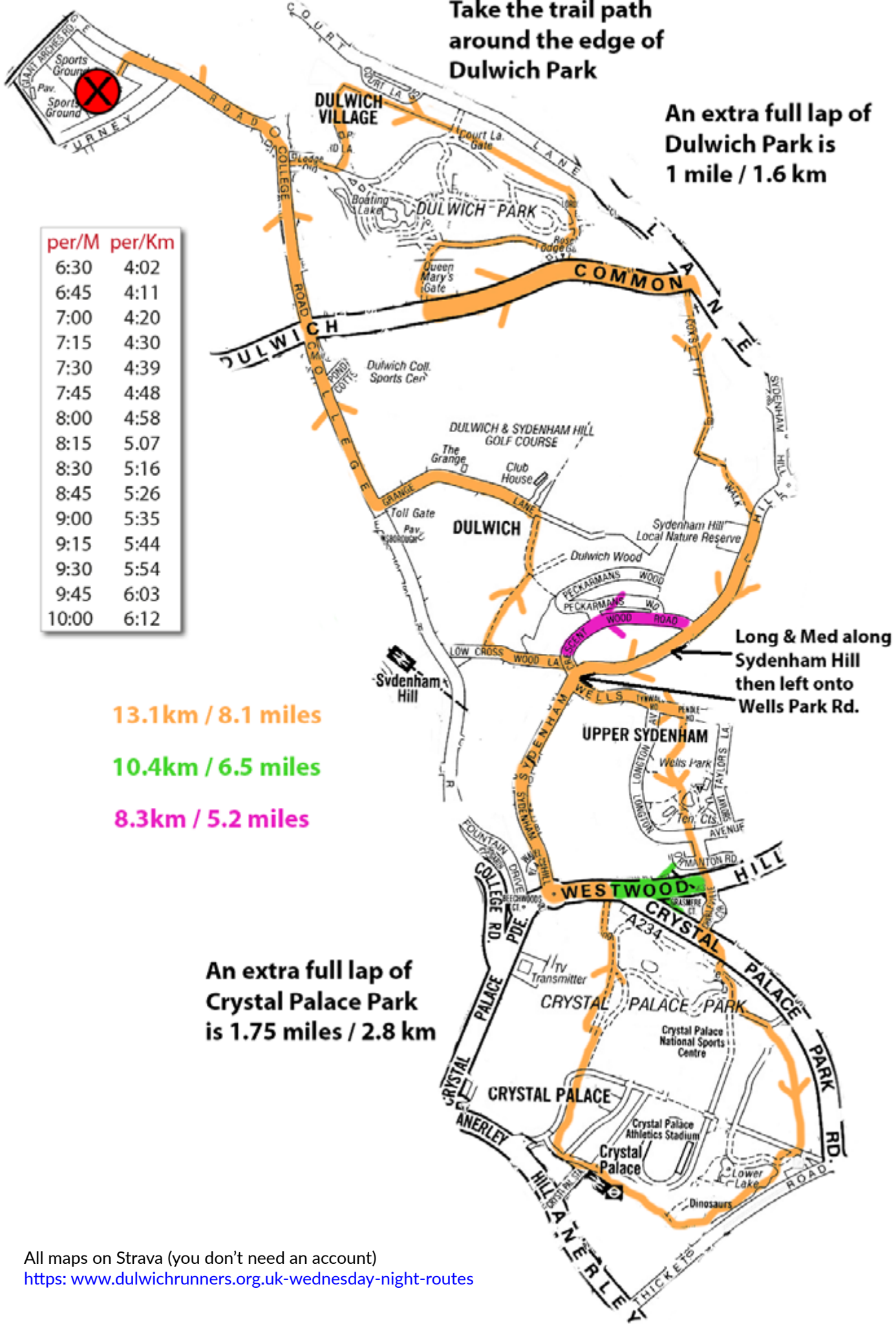


Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer Map 5



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