

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
June 2nd 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 but there is an inside bar for post run drinks only.

## In your SHORTS this week !

- 1 General information
- 2 Fixtures & training
- 3 Club championships 2020/21
- 4 Race reports and results
- 7 Club kit
- 9 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:



## 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

## Save the dates !

July Sat 3rd Park Run (5k) followed by coffee & cake.

July Sun 4th BBQ at the club house from 1pm

More details to follow.

# 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: [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk) Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) Ladies: [dulwichladiescaptain@gmail.com](mailto: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: [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk) - [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

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. - 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](mailto: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](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 of the above check details in advance with the respective run leaders

# 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.

For those taking part in several races in a regular series, a maximum of 2 races will count towards the club champs. 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, including the Surrey League are scheduled. 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](mailto:mcmann90@yahoo.co.uk) with your predicted time

## '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.

## 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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## Running Safely

For some people, running in London can be a potentially frightening prospect. In particular if they are unused to the area or if they are running in the dark. Membership of Dulwich Runners can give you people to run with which might help in this regard. There are also other steps which can be taken to help you feel safer - these include :

1) Planning your route and knowing the areas you are running in.

2) Making use of technology e.g. Strava beacon or Garmin Live Track.

3) UK Athletics have published useful guidance which is available at <https://england-athletics-prod-assets-bucket.s3.amazonaws.com/2021/04/Running-Safety-Guidelines-2021.pdf>

4) If you feel you want to go for a run but don't feel comfortable doing the run alone, just get in touch with [dulwichrunners4change@gmail.com](mailto:dulwichrunners4change@gmail.com) and the Club will do their best to find you someone to run with. Try to give at least 24 hours' notice".

5) If you have any concerns about running safely or anything you want to draw to the Club's attention on this topic please email the welfare office at [dulwichrunners4change@gmail.com](mailto:dulwichrunners4change@gmail.com)

# 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.

## Boston Marathon

~~Manchester April 2020. Manchester October 2020. Richmond March 2021. Richmond May 2021.~~

**Boston May 2021. - Finally I got the chance to run my second marathon, two years after my first at London (3.08).**

Undented by the cold reality of actually running a marathon, during the intervening two years my perception of my marathon potential increased with each training block, 'sub 3' becoming 2.55, 2.50, down to the point where I was annoyed when I found out that London had cut its championship entry time down to <2.40. I even had a look at the past results to see what sort of placing might be achievable. Not miles off 3rd place. Prize money? Not quite enough to go down to 4 days a week, but would cover half the cost of the Alphaflys.

My main concern was the news of a 'bank holiday scorcher'. Unfortunately the middle eastern gene on my father's side yields to the Irish one on my mother's; a slight uptick in the temperature a few weeks beforehand in London while on a long run resulted in a bonk, so I was a bit apprehensive. But Boston is 140 miles north of London. I'll pack a jumper.

I must have missed the 'Hotel AND BAR' name when I was booking my accommodation, as upon arriving at my bed for the night I discovered that my room was directly above a rowdy beer garden. As the evening went on, no TV volume in my room could drown it out; the fights, the break-ups, the inevitable bellowing singalong of Don't Look Back in Anger. Thankfully by about 10.30pm it was over but I made a note to never again forget to bring ear plugs with me for an away-from-home race.

The race started at 8am, with the course quickly taking us out into the open countryside along flat lanes. The field of roughly 700 became strewn-out and for most of the race I ran alone. The first 11 miles were into a headwind, and in hindsight I should have adjusted my pace to reflect the

extra effort that was needed for this. It was around mile 15 where the sap of this early effort, along with the rising heat did for me, and gradually my pace started to slip. The Mike Tyson quote about how everyone has a plan until they get punched in the face crossed my mind.

As the miles went on I mentally started ticking off the various targets that were now out of sight. Sub-2.50 became 2.55. Keeping each mile under 7 minutes became don't go over 7.15. The final target, the pull-the-chord-this-is-an-emergency sub-3 hour, was all that was left but a quick calculation gave me confidence that I had given myself enough of a buffer, and while I had slowed I was never at the 'marathon shuffle' stage. It was with relative calm, and even a small bit of enjoyment that I held firm on the last few miles and knew that on a tough day I'd still managed to take 10 minutes off my marathon PB.

Given the neverending uncertainty over covid I feel grateful to have got the chance to race. While not a big ticket event, Boston has a lot going for it as a marathon course. It's well-organised, easy to get accommodation minutes from the start, the course is pancake flat, and though a bit quiet overall, there is friendly support when you pass through the various villages and a good crowd at the finish.

More than the time taken off my PB was the reduction of time spent saying 'I'm never running a marathon again'. In London I think it was about 30 minutes, this time around 5. I knew I had a 25 minute improvement in me!

Tom Shakhli 2.58.53 (122nd)

## 5k Time Trial

I've been using a variant of the Clapham Common parkrun course most Saturday mornings since late November. The variant arises as a result of a major grass reseeding project on the Common, resulting in part of it being fenced off. My times have varied but up to now my fastest has been 25:39, with some a minute slower over a route which may be more than 5k because of the re-routeing.

Doing the run with Ian Sesnan this week confirmed what I've known for some time, that I'm not much good running solo. Ian demonstrated his good form in training in recent months, while I was 30 secs faster than my best time. Our laps were close to even paced.

Ian Sesnan 25:05  
Mike Mann 25:09

# Boston Marathon

31 May 2021

Out of the 4 marathons I signed up for this spring, Boston Marathon was the first one not cancelled and not deferred. My training plan provided for a Mayday MK marathon, but as it was postponed, I had 1 more month to kill, so I adapted my plans to test shorter distances. The test results turned out all good – PBs on across the board, so all sports analysts agreed I shouldn't have problems with achieving my target i.e. breaking 3 hours in marathon. And I did feel strong but I always have respect for the "royal distance" so I hoped for the best and feared the worst. Although this time there was no funny business, no 10



Grzegorz Galezia

marathons a year, no underground relays, no 24hr skyscraper runs, no 100-milers. I had a single focus – one good marathon in the spring – and I diligently followed Steve Smythe's training plan.

On the day before, two friends of mine (including Marta, who is slowly thinking about going back to proper running) and I drove to spend the night in Grantham, which is only a short drive from Boston. We stayed with another couple of friends, who were also running the B. marathon.

We had a nice pasta in a proper Sicilian-run Italian restaurant, washed down with a bottle of wine. Then we walked around town paying visits to Isaac's Newton's school and Margaret Thatcher's house, washing it down with some beer celebrating one of the first warm days in the year. Then we headed home, hoping to have an early night. But since it was a bunch of 5 Poles, we bought some more wine on the way. And there was a leftover bottle of Glenmorangie that desperately needed finishing. All in all, we went to sleep at 1 am to get up 4 hours later, which wasn't exactly the best marathon practice.

The meeting point for the race was in Central Park (again, not the New York one, but the one in Boston (Boston,



Paul Greenhalgh - Grzegorz Galezia

Lincolnshire, not Boston, Massachusetts)), from which groups of a couple of hundred runners proceeded to the start line in the market square by the Stump in 6 waves, according to their declared finish times. I didn't manage to see Paul, who was put in a later wave, but I found Tom. We started together and, although my tapered legs involuntarily ran the first kilometre at 3:59 m/km, Tom planned a much faster pace so we soon wished each other good luck and parted ways.

As for the tactics, I planned to go at 4:10-4:12 m/km (6:43/5 m/mile) and reassess at 20 miles. This should give me enough reserve to break 3, even if I slowed down at the last 10k, and if, after the 20-mile checkpoint, I still had gas in the tank, I could accelerate.

From the beginning it was quite warm and windy. In the first half we were heading east – right into the sea wind. It took some extra effort to fight it so everyone tried to save energy by running in little groups. Very soon a 6-strong bunch of similar-paced runners formed, including one long-haired guy who was taller than me. We took turns in leading the pack, but the tall guy somehow felt compelled to be in front, which I didn't mind at all, as he was quite a nice windbreaker. The group gradually shrunk and ultimately only him and me remained. He too was heading for his first sub-3.



Gzregorz Galezia - Marta Miaskiewicz

Soon the sun started to be quite intense and, as we were running through fields, cabbages and potatoes didn't provide much shelter, neither from wind nor from the blazing sun.



We managed to keep an even pace. I controlled myself not to go too fast, obviously remembering all the words of wisdom with 'mile 20' in it. The fact that the course was flat and objectively unexciting helped to get into a meditation mode in which you could focus on your pace, stride and breath.

This time round I followed a 'scientific' nutrition plan - which involved taking a lot of gels (one every 20-30 minutes) - and had a bit of water at every station, pouring the rest on my head and back to cool myself down.

At mile 20 I took a quick inventory of my condition and concluded that it wasn't bad. The tall guy and I exchanged some remarks that the race starts now, and now started following our respective preferred paces. As there was not damage done (yet), I decided to accelerate. Around mile 22

## RunThrough 10k Battersea Park

Joe Wood

I booked onto this race 2 days beforehand, as I had a couple of friends who were egging me on to get involved. I've been injured for the most part since March, with very staggered training, so I was keen to get out and run with some people again now I was back at it & making up for lost time.

I had managed to do 1 DR Track session the previous Tuesday, although it took a good 5 days or so for my calves to fully recover, so leading into this 10k, I had very low expectations. This certainly helped as I felt zero pressure to achieve a certain time and was just going along for the social side of things more than anything.

In terms of how the race itself went, it's a tale as old as time, I set off much too quick for where my fitness is currently at, or at least so I thought.

## BFTTA Open (Be Fit Today Track Academy)

Kevin Chadwick

My 3rd race of this season and 2nd race here at the Jim Peters Track in Dagenham.

Another race against mostly under 17's but there was one other vet who looked older than me which made a nice change!

After going from 4:51 to 4:44 I decided to go out hard again with a 4:40 target and try to hold it together on the last lap.

The entire race was spent battling one youngster who was UNDER 15 and about half my height!!, with what seemed to be the entire stadium shouting support for him.

We had a good 10 sec lead over the rest of the field and unlike my recent race at Norman park when i suffered in the last 400 despite being on for a PB at the bell. This time i held it together.

Was it the Vapour Flys?? I asked the organisers before the start if i was allowed to wear them and they said YES

A final 100 meter kick just pinched 1st place and a new 1500 track PB

1 Kevin Chadwick 4:38.95  
9 Ran

I saw a familiar DR vest among the cabbages. I managed to catch up with Tom to find out that the sun was getting him hard. We exchanged a few words of encouragement and I moved on at my pace.

Suddenly, after mile 23 I started getting slight cramps in my calves. They were not debilitating but it didn't look good - I know from experience that a cramp can force you to stop or at least walk. Everything was going so well and, although I didn't hit the wall, the cramps could deprive me of the holy grail. It was hard to account for because I took magnesium supplements for a week and consumed beetroot in every shape and form. I started seeing, with my mind's eye, myself crawling across the finish line, missing my target by 21 seconds. I have watched too many dramatic marathon finish videos, probably. Luckily, the cramps didn't exacerbate, but stayed with me until the very end. The last kilometres were tough - as they should be. I slowed down slightly but it didn't pose any risk to my sub-3 time as I had an ample reserve.

At the last few hundred meters there were actual crowds of spectators along the road, cheering like in the good old times. This definitely helped and I managed to speed up to a sprint finish with raised arms, crossing the line at 2:57:20.

I waited for Tom and then Paul and we staggered to the hotel to have a shower and then proceed to the well-earned beer and food in a river-facing beer garden. Soon we were joined by the Polish crew and the merriment continued until we were forced to leave to go back to London.

To sum, having crossed a few magic numbers - like the age of 50 or 3 hours in marathon - I could theoretically retire from racing and go back to fun runs. But I haven't made up my mind yet. For the time being I'm signed up for the Milton Keynes Marathon by the end of June and London and Berlin in the autumn.

Grzegorz Galezia

The first km felt great, as it always does, and I was lulled into that false sense of security. I got about 3 or 4k in feeling relatively ok when things rapidly turned into uncomfortable. From then on stubbornness and sheer determination meant that I had to keep clicking off splits at the same pace that I'd started at. It was then a game of countdown, firstly km's, then when i got right to the business end it was counting down the minutes.



One thing I did find in the last km, is that I think there must have been an extremely high pollen count on this night as my eyes felt completely glazed over and the back of my throat was totally clogged up, which isn't ideal when you're setting a new PB for highest heart rate ever achieved.

I ended up coming in at 36:46 and somehow managed to negative split overall. I was extremely chuffed and exceeded all expectations of what I thought were possible for the evening.

Was great to see a few other Dulwich Runners out and a special thanks to Polly for her enthusiastic cheering on each lap, which gave a little boost each time.

## BMC Grand Prix Sportscity

29th May -1500m

Clare Elms

Lucy travelled up to Manchester, packed with supporters on the evening of the UEFA Champions League final to race at Sportcity next to the football Stadium. She ran a sensibly paced race and finished strongly to take over 4 seconds off her 1500m pb.

Lucy Elms U23 - 4:41.44

## Friday Under the Lights 5K #2 Battersea Park

28th May

Graham Laylee  
Club V40 and V45 records for Andy and PB for Lewis

Lewis Laylee (2nd claim) 14:47.8 (PB)  
Andy Bond 15:26.8 (PB) Club V40 and V45 record

# 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



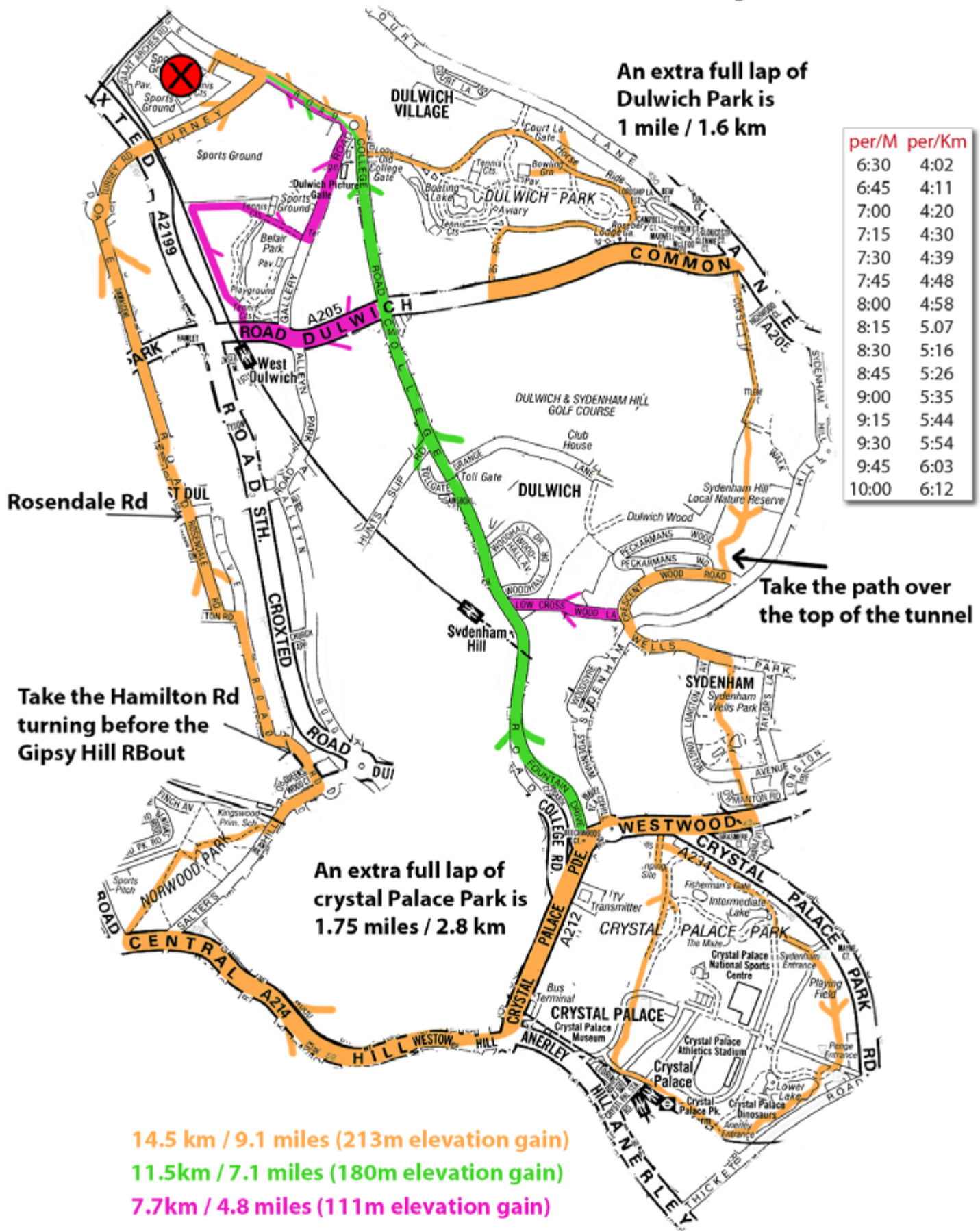
Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top



# Dulwich Runners Summer Map 3



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