



SHORTS

Dulwich Runners AC
Weekly Newsletter
June 24th 2020
www.dulwichrunners.org.uk

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

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

Like us on Facebook @dulwichrunners

Connect with us:



In your SHORTS this week !

- 1 General information
- 2 Virtual Club 5k Challenge and other virtual races..
- 3 Dulwich runners on zoom
- 4 Training.
- 5 Virtual race reports, results etc
- 14 Club Kit
- 17 The map we would have used tonight !

As you will see some of the regular items have been removed from Shorts as they are not relevant under the current conditions, they will return once things get back to normal
Meanwhile feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

COVID-19 (Coronavirus) Dulwich Runners AC Statement

Dear Club Members

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

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

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

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

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

maintaining a two-metre distance in Shorts this week.

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

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

Ros Tabor
On behalf of Dulwich Runners AC Committee

Renewals

We have been informed by England Athletics that they have decided to reduce their registration fee from £16 to £15 for the 2020/21 year.

This would mean that the Club Membership fee would be reduced from £46 to £45. Many of you will already have renewed your membership at the £46 and in light of this it is proposed that once things are normal again you will get your first club run on a Wednesday night at no charge.

Graham Laylee

VIRTUAL RUNNING

VIRTUAL CLUB 5K CHALLENGE

As we cannot train as a group, we thought it might be a good idea to set up a Virtual Club Championship for those of you who want to have a competitive fix, miss their weekly parkrun or just want to maintain some routine to their running while we are still allowed to run outside.

The Championship takes the form of a weekly SOLO 5K time trial taking place from Friday to Monday at a time and place of each runner's choosing. Runs and times are tracked through Strava or other GPS app and uploaded to the OpenTrack results service. A weekly table of results will be in Shorts.

You will need to submit your result yourself via Opentrack

HOW IT WORKS

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

BMAF Relays

Note it is not too late to enter the BMAF relays - you don't have to be at full fitness to benefit the club. Anyone over 35 who is running should enter to assist the club's performance.

Normally you have to spend much of the day in the Midlands to run it but this time you can run around your local park or even own back garden. Over 3000 have entered the event in total.

The Dulwich men's entry - nearing 30 - is respectable even though there are probably a dozen men who have run the actual relays in the past who have not

yet entered.

The women's entry is really poor - just 8 by Tuesday night which as these are spread over 4 age groups is a pathetic response.

There must be at least 15 women vets (over the age of 35) who have run for the club in the last year who are currently training who have not yet supported the club's efforts to get a team out.

Any one at any level of fitness will almost certainly improve the club's position in this event which is now - thanks to CO-19 almost certainly going to be the biggest masters event of 2020. - **Steve Smythe**

Dulwich Runners Landmarks Photo Competition



Dulwich has many unique landmarks that we've all run past many times; some famous and some not. When you're out for your next run take a photo of whatever landmark is quintessentially Dulwich to you. There are no hard and fast rules - it can be a landmark, a view, with or without a runner etc. Be as creative as you like.

The winning 12 photos will be used for a 2021 Dulwich Runners' calendar. To enable photos of other seasons, the competition will run for several months. Deadline tbc. You may enter as many times as you wish, but any person will only be able to have one photo in the printed calendar. Entries have started to be sent in, but we want lots more. NB - interpret the word 'Dulwich' to be 'Dulwich and the surrounding area'. We have photos taken in Brockwell park, Peckham Rye and Burgess park. That's all fine.

entries to Ange: dulwichladiescaptain@gmail.com

dulwich runners on zoom

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



Wednesday at 8.30pm

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

- Virtual bar Bring your own cold or hot drinks and have a chat with other club members about everything running and Dulwich related.

We will also use this time slot for other events like quizzes on future dates (tbc)

Zoom Meeting ID: **842 3494 6420**

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

Weekly:
<https://us02web.zoom.us/j/84234946420>
[tZAVdO2hqjOuGNRpbxgwkUL_WDdze6io_iGM/s?icsToken=98tyKuGsrDguE9CTtBuHRpwlAljCLPPwiCFbjY1vjB39BDdYVy_JAcZGKLcpGdfv](https://us02web.zoom.us/j/84234946420)

Join Zoom Meeting
<https://us02web.zoom.us/j/84234946420>

Meeting ID: **842 3494 6420**

One tap mobile

+441314601196,,84234946420#

United Kingdom

442030512874,,84234946420#

+United Kingdom

Wednesdays	
Jun 24	8:30pm
Jul 1	8:30pm
Jul 8	8:30pm
Jul 15	8:30pm
Jul 22	8:30pm

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

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

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

Richmond 10k now postponed

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

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

Suggested training for coming days

My training suggestions

by Steve Smythe

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

Suggested Schedule (Nb slight amendments to what was

Wed June 24 steady 50 mins

Thurs June 25 5 miles up and down - ie for sub-20 5km runner - miles of 6:30, 7:00, 7:30, 7:00, 6:30

Sat June 27 Hills or fast steady 5km - run first, third and fifth kilo faster but ease back 20 seconds on the second and fourth

Sun June 28 90 mins steady with faster second half

Training Groups

It's worth noting many clubs are now training in small groups - and nearly all are doing so by organising it by ability. I note some are doing it that way in our club - on Tuesday I attended both a group of local similar paced runners at Dulwich club (including Mike Mann) and a track session attended by our current top half dozen 5km runners at Alleynes and both seemed to work well.

In sessions generally, numbers might be able to be increased in future months.

However, if anyone is organising sessions at the moment with a wider range of ability, it should be remembered we are a club and care should be taken not to exclude people

given last week)

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

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

Tues June 30 6-8 x 800m at 5km pace with 90 second recoveries

Wed Jul 1 steady 60 mins

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

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

(more than one group may be required and if so the split should be by ability) and sessions should seemingly not be arranged for the benefit of just one person and social distancing should be observed.

Next Tuesday, I am available to time runners and oversee a short session at 7pm at Alleynes track at Townley Road -there was little interest when I floated the idea at late notice this week - but I will give it one more go but you must contact me first so I can control numbers - all abilities welcome and I may have to split into more than one group. In my view the track there is far safer to run on and is less of an injury risk than Dulwich track.

Contact stevesmythe2006@yahoo.com

Race Reports & Results

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

As there are no races/events in the near future Shorts could be looking pretty bare...
 So with that in mind and knowing a fair few of you will be getting very bored WFH, if anybody wants to send me any running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc then please do..pics also welcome.

15 runners registered results on Open Track this week so only they are included in the results
 Please note that only runs recorded on Open Track will be included in the results.
 If you are also entered for the BMAF Virtual 5K you will need to upload your run separately for each event.

DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		6 June		13 June		20 June	
		Pts		Pts		Pts	
Steve Kendal	MS					16:31	50
Shane Donlan	MS	17:43	50	17:18	50	17:21	49
James Brown	M40					17:59	48
Alex Loftus	M40	18:16	49	18:03	48	17:59	48
Gower Tan	M50					18:25	46
Greg Falconer	MS			18:39	47	18:51	45
Kim Hainsworth	FS	19:24	47			19:03	44
Grzegorz Galezia	M50	19:40	46	19:51	46	19:53	43
Ebe Prill	M50	21:34	41	21:38	44	20:14	42
Alex Bazin	MS	21:15	43	21:55	43	20:17	41
Gary Sullivan	M60	21:59	39	20:49	45	20:35	40
David Benyon	MS	20:53	44			20:54	39
Emma Kelly	FS	24:5	37	24:50	40	23:59	38
Ros Tabor	F60	28:36	33	25:48	39	26:02	37
Andy Murray	M60	26:47	34	25:56	38	26:39	36
Joe Wood	MS			17:36	49		
Eleanor Simmonds	F40	22:10	38	22:11	42		
Jonny Hough	M40	18:32	48				
Matt Ladds	MS	20:17	45				
Helena Flippance	FS			22:44	41		
Hugh French	M40	21:18	42				
James Rimmer	MS	21:52	40				
Catherine Buglass	F40	24:29	36				
Jenny Bomers	FS	26:44	35				

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

HOW IT WORKS

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

BMC Virtual 3000m

Steve Smythe

Clare produced her greatest ever age-graded performance and one of the best in the world ever - 103.70% - when she ran 10:14 for a 3km on the road in Bromley.

She effectively ran it solo but did have Kevin (running a 5km) 10 seconds ahead to chase after but did not catch him until the finish.

None of the other 1000 plus competitors scored over 94% Clare's time was on a par with her still standing world indoor W55 record of 10:13.40, but a year older now it is obviously a better performance in age terms.

Clare won her age group by two minutes and was faster than all the W35s, W45s and W50s too!

Andy continued his good form and his 9:05 was 20 seconds faster than any other M45

1 W45+ Clare Elms 10:14

1 M45 Andy Bond 9:05

Additionally our Swedish International Paul Collyer ran a solid 10:48

BMAF Vets Virtual Road Relay Championships

We had our biggest ever team in this event (being held as a virtual race for the first time) but unfortunately so did everyone else so there was no team medals but the vast majority of those who ran for us did very well and we got some good positions in a number of age groups

Overall, there were over 4100 entries and well over 3000 of those competed using the traditional age groups in this race (35-44, 45-54, 55-64, 65-74) normally held at Sutton Park and we had over 50 finishing competitors - a few entered unable to run due to injury.

Everyone had to run 5km over a course with a basic close start and finish and not too much drop and provide evidence on Strava or Garmin.

Dulwich Park was the most popular venue, with many putting the allowed drop on the limits by starting at the top gate and finishing close to the side gate.

M35 A team: 18th: 1:41:42

While our current fastest Andy ran in the M45s, we did well to make the top 20.

Tim, far from full fitness due to family commitments, showed he is improving form all the time as he chased after Buzz on a socially distanced start at Burgess.

Steve Kendall, in his Dulwich vest debut, ran excellently and was initially wrongly listed as dq'd due to a course infringement even though it was the same as 50 others did Buzz, far from his Antrim form, at least made a huge leap forward improving 30 seconds in a week while Ben Smith broke 17 when his 5km best is listed as just 17:40.

Kevin Chadwick, watched by his newly born Ethan, survived the distractions of having Clare sprint past him just before 3km with his best run for same time.

James Brown, in the rain in a deserted park, did well to break 18 - well inside his parkrun best.

Tim Bowen 16:10 (Burgess) (82.5% age-graded)

Steve Kendall 16:31 (Dulwich) (81%?)

Buzz Shepherd 16:36 (Burgess) (84.37%)

Ben Smith 16:55 (Dulwich) (80.47%)

Kevin Chadwick 17:31 (Bromley) (77.71%)

James Brown 17:59 (Dulwich) (77.88%)

M35 B team 55th 1:51:21

Alex, Eugene and Grant all ran fairly similar times at Dulwich with performances equal or superior to their winter Xc form. Greg, with no short races on his Po10 profile, showed he has some speed with a sub-19 at Myatt Fields, which was also used by Martin, who probably should not have raced as hard with his groin injury.

Toby chose a local twisty course but still broke 19.

Alex Loftus 17:59 (Dulwich) (78.45%)

Eugene Cross 18:05 (Dulwich) (75.27%)

Grant Kennedy 18:17 (Dulwich) (73.93%)

Greg Falconer 18:51 (Myatt Fields) (70.35%)

Toby de Belder 18:57 (Ryewood) (72.86%)

Martin Belzunce 19:12 (Myatt Fields) (69.91%)

M35 Not scoring:

Paul - far from fit made a late decision to run and chose a far from flat course while Ross had a course with a more uphill start but far more downhill finish. Olivier and Alex chose the straightforward Dulwich route and performed well while Ed chose a course taking in Beckenham Park and some of the old Assembly League course.

Shane was removed from the results after the weekend due to not being registered with EA but appeared to have run short on Dulwich track anyway. If he is reinstated he will go into the A team and the knock on effect will ensure we will also complete a C team.

Paul Devine 19:23 (Tadworth) (71.23%)

Ross Rook 19:36 (Grove Park) (69.45%)

Alex Bazin 20:17 (Dulwich) (67.11%)

Edward Smyth 21:03 (Beckenham) (63.77%)

Shane Donlon 17:21 (Dulwich track - dq'd presently due to registration) (AG n/k)

Olivier Montford 19:40 (Dulwich - dq'd presently due to registration) (AG n/k)

James Burrows 18:50 (Dulwich) - not submitted in time

79 teams completed

M45 A 11th 69:15

For most of the relay, Andy headed the M45s nationally but was only pipped by multi international winner Chris Greenwood. Andy's time was an outright Pb and one of the best ever Dulwich age graded male performances.

Steve, on the comeback trail, actually did 17:08 twice in a few days - in his second attempt he was helped by Shane and Tim but he just faded in the fourth kilo after being well on course for a sub-17.

Ian also had two attempts but settled for his first one on a less than perfect course down in Sussex.

Gower Tan chose the track and despite a lack of speedwork and too many long runs, and a broken thumb, he blazed an impressive PB.

Andy Bond 15:38 (Dulwich) (91.57%)

Steve Davies 17:08 (Dulwich) (86.76%)

Ian Lilley 18:04 (Sussex) (80.43%)
Gower Tan 18:25 (Dulwich track) (80.10%)

M45 B 69th 78:18

All the B team ran strongly and will be boosted if Tom (who ran well at Bromley) is reinstated.

Andrea chose a unique but good route but not as rare as Paul, who ran on a windy Swedish track. Grzegorz and Chris chose the more traditional Dulwich Park. It was possibly Chris's club debut as he is not listed on Po10.

Andrea Ceccolini 18:26 (Riverpath Catford) (80.26%)
Paul Collyer 18:53 (Sweden track) (78.72%)
Grzegorz Galezia 19:51 (Dulwich) (74.32%)
Chris Nunn 21:08 (Dulwich) (67.74%)

Non scorer

Tom Wilson 18:55 (Norman Park - currently dq'd due to reg.) (AG n/k)

114 teams finished

M55 22nd 59:22

Tony was a reluctant virtual race debutante and chossing to stay close at home had an up and down route but was still easily our fastest.

Ebe had a steady run battling Gary (twice!). Technically Gary probably should be in the Kent AC team

Tony Tuohy 18:33 (Coulsdon) (84.00%)
Ebe Prill 20:14 (Dulwich) (77.01%)
Gary Sullivan 20:35 (Dulwich) (78.88%)

M55 Non scoring

Nick chose a grassy loop in Sussex and ran well.

Steve S, with only one proper previous run in the past few months, went in expecting a 25-26 time but aided by a lead bike and two athletes doing a warm down jog, came within a few seconds of his best 5km of the last 11 months but probably won't be able to run for a few more months,

Nick 21:30 (Sedlescombe - grass) (76.15%)

Steve Smythe 21:42 (Bromley) (74.82%)

72 teams completed

M65 Non scoring

Mike was pleased with his time which was up on recent form while Andy had another steady run.

Bob Bell made a late call to help complete the team but was unable to prove his run to count.

Mike Mann 23:27 (not known) (75.39%)
Andy Murray 26:39 (Burgess) (63.58%)
Bob Bell 27:35 (not submitted) (n/k)

W35 A team 16th 81:48

Kim, no stranger to blasting 5km solo of late, had one of her best runs in recent times to easily lead the W35s home. Kay, more at home on shorter track races, ran well on Dulwich track.

Katie had a good run on the more traditionally used road while Tereza did well despite a course with numerous sharp turns not far from Brands Hatch.

Kim Hainsworth 19:03 (Catford) (78.85%)
Kay Sheedy 20:15 (Dulwich track) (73.40%)
Katie Styles 20:45 (Dulwich) (72.73%)
Tereza Francova 21:45 (West Kingsdown) (68.54%)

W35 B team 48th 90:12

Eleanor had a good run to break 22. Cornish-based Laura can apparently provide anyone interested with a good number of reasons why she did not go faster.

Roz may be capable of four minutes faster at her very best but far from at top health recently, it was a good comeback. Elkie, a very late team addition, eased around to complete the B team.

Eleanor Simmons 21:57 (Dulwich) (69.96%)
Laura Vincent 22:32 (Wadebridge) (66.39%)
Roz Johnson 22:39 (Bromley) (66.98%)
Elkie Mace 23:04 (Crystal Palace) (65.12%)

Non scoring

Catherine and Sonia both ran well with solo performances close to their 5km parkrun times

Catherine Buglass 24:24 (Dulwich) (62.17%)
Sonia Jutte 25:45 (Dulwich) (59.25%)

W45 A team 8th 60:47

With no W55 team, Clare moved down to the W45s and with easily the fastest time in her age group and far and away the best women's age-graded performance of the whole event at 98.11%, she helped the team achieve the only top ten of the day.

It could have been better though as Clare was distracted by having to run the BMC 3000m - where she scored a whopping 103% over the same period and she run much better at the shorter distance.

Yvette and Lucy P both ran well at Dulwich to place highly in their ages and ensure our most successful team performance in an event that had over 100 teams.

Clare Elms 18:01 (Burgess) (98.11%)
Yvette Dore 21:15 (Dulwich) (76.10%)
Lucy Pickering 21:31 (Dulwich) (80.29%)

Non scoring

Janes's submitted time is well down on her Strava time and she would have scored for the A team with that though there are some doubts about her eligibility anyway as it did state first claim status only.

Andrea ran with her but did not record it properly.

Emma went for an unusual route in the dead centre of Ladywell.

Ros showed improved form but just missed out on a sub-26. We are currently not showing as a scoring B team but probably should be if Jane is included as Ros was not listed in this age group in the latest results though she was officially moved down as there was no W65 team which is less surprising than the W55s, who should have had a team.

Jane Bradshaw 21:47 (Dulwich) (21:03 on Strava?) (74.24%)

Emma Ibell 22:56 (Ladywell cemetery)
(70.52%)
Ros Tabor 26:02 (Burgess) (81.09%)
Andrea Pickup time not known
103 teams finished

The organisers complained that over all clubs they spent an age dealing with the 4000 entries with many getting their name, club, date of birth or course wrong. One person tried to get away with a 300 foot drop off a mountain. While our only prize winners this time are Clare (fastest W55 and top women age-graded) and Andy (2nd M45), a few others proved it is not just US presidents who are either hapless or self obsessed and some deserve a special award. In theory, you would think with no major events for months or on the horizon, and this traditionally being earmarked as an important club event, and the top master competition

of 2020 that everyone reasonably fit would want to do it and assist their club's effort? Obviously not.

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

You'd also think people would be able to run it and record it with a proper stopwatch or phone? No.

You'd also think some might not jog it at a slower pace than their slow runs? No.

You'd also think the reasonably straightforward instructions about how to send your time to the organisers and the closing date instructions would be followed? No.

Maybe it is easier just to go to Sutton Park, which may be back in action next year.

London Marathon all-time appearance lists

Steve Smythe

I've not seen this list before but it was posted on the I was a Runner site at the weekend.

Seems Dulwich Runners have two of the top 15 in London Marathon all-time appearance list but ever present status (10 left) might disappear if the race becomes an elite-only race in 2020, which seems possible.

Dennis Williams, who 'organises' the Assembly League has been omitted from the list and should be on 34.

39 Jeff Aston Les Croupiers (1981-2019)
39 Charles Cousens Vale of Aylesbury AC (1981-2019)
39 Chris Finill Harrow AC (1981-2019)
39 Kenneth Jones Orion Harriers (1981-2019)
39 Roger Low Highgate Harriers (1981-2019)
39 Terence Macey New Eltham Joggers (1981-2019)
39 William O'Connor QPH (1981-2019)

39 Michael Peace Ranelagh Harriers (1981-2019)
39 Malcolm Speake Biddleston Bounders (1981-2019)
39 David Walker Chalfont & Chiltern (1981-2019)
38 Steve Smythe Dulwich Runners AC (1981-1982), (1984-2019)
38 Dale Lyons Massey Ferguson RC (1981-2018)
36 Steve Wehrle Dulwich Runners AC (1981-2016)
35 Alan Roberts Vale of Aylesbury AC (1985-2019)
34 Patrick Dobbs Thurrock Harriers (1981-2014)
34 David Fereday Barnet & District (1981-2014)
33 Jeffrey Gordon Thames H&H (1981-2013)
32 Mike Peel Blackheath & Bromley Harriers AC (1981-2012)
32 Tony Tillbrooke Victory AC (1981-2012)
31 Rainer Burchett Shaffesbury Barnet Harriers (1981-2011)
31 Mike McGeoch Les Croupiers (1981-2002), (2004), (2007), (2009-2013), (2015-2016)

DR's in WELSH CASTLES RELAY 1994-2013

Additional to last week's report

Ros Tabor and Steve Williams have been 1st vets in stage19

Past member Cory Wharton-Malcolm, aka Beefy, and his fitness app were mentioned in the Guardian this week <https://www.theguardian.com/lifeandstyle/2020/jun/19/in-your-ear-coach-beefy-and-the-rise-of-the-fitness-app>

Corona Diaries (Episode 5)

Brought to you by Dulwich Ladies

We have been putting together short little biogs that we have shared on the Dulwich Ladies whatsapp group which is a lovely source of support and fun while normal club activities are on hold.

If there are any ladies who would like to join this group please get in touch with Alice on 07518423877. If there's any ladies who'd like to be in the Corona Diaries but don't fancy the Whatsapp group, get in touch with Sonja sonjajutte@outlook.com or 07786012933



Im Ange, fourth from left (co-captain with Ola) I've now found a photo at the Kent masters xc - some mud and plenty of smiles. Im the one in the middle - number 322. I love xc and off road running; I go to the club on a Wednesday night to see and

run with everyone, not for the joy of the South Circular!

All my favourite races are off road, but for some reason I keep on turning up at the London marathon. I joined the club in 1987 when I moved to London, to get to know people. If only I could say I'd run consistently since then but Ive had years out - children, house to renovate, injury, but now I'm back and keen. x



Hi. ! Yvette here, and this is me meaning **SERIOUS** business at the SEAA relays on a very wet Sunday last September. I joined Dulwich Runners in 2014, having seen swarms of red and blue vests at the Lydd Half Marathon that year, and thinking, 'oh, these might be my people. And so it was.

I used to think there wasn't a type of running I didn't enjoy. But then this season's cross country happened. I'm generally stronger on longer than shorter distances. I should have been running the Boston Marathon, but I'm now looking forward to running London in October instead, all things being well. Stay strong dear ladies. We will scamper the roads, hills, trails, track and mud together again soon. X

Hi - I'm Alice, I've been a member of Dulwich runners since 2015, with a bit of a break when I was pregnant.

I'm currently living in Dubai part time (I'm back to London in the summer, hopefully), and usually attend the Tuesday night Track sessions which are great!



I prefer long distance races, but have a very weak stomach, so usually violently ill after - this photo was taken at the Big Half before I had to be sick on the line! ...somehow I still love long distances though!

I really hope we can get back to group sessions in the summer, I'm really looking forward to seeing everyone and meeting the people that I haven't met yet.....

The A-Z of London parkruns - pt1

Tom South

As a club and as runners, we have a lot of park runs to choose from within SE London, but also across London as a whole. As a whole, I am like others, have a few local ones that I tend to use on a Saturday morning. Also, within the club as with the running community there are people who enjoy taking part in what is known as a 'parkrun tourism.'

For those who want to look at doing some parkrun tourism London, there is ample opportunity for you to do this. This might require some planning to get to some of the locations in time for the 9am start time, especially if relying on public transport. Using the M25 as a boundary, there are 66 options to choose from by reckoning.

So here is a guide to the park runs of London, with the following information: - location, nearest tube/train station, course description, how many Dulwich Runners have attended, with fastest times.

So, if you are new to park runs, you will need 66 spare weekends (unless they add more), or not as many weeks if you have already done a few. So, in alphabetical order here we go.

Aldenham:- Based in Aldenham Country Park, this is the most Northerly of the parkruns, within the M25 boundary. There is a car park for people who want to drive (£2.40 with your barcode), or Elstree and Borehamwood being the nearest train station, which is two miles away.

A two lap course around the reservoir, on a mixture of dirt trails, grass and pavement.

Only one Dulwich Runner has run here, and that was Johnathan Whittaker in 19:28.

Course Record Men: 15:45. Course Record Female:- 18:55.

Ally Pally:- Staying north of the Thames, it's the course at Alexandra Palace. This is a pretty easy journey by public transport, with access via Wood Green on the Picadilly line, and then a mile walk/ run, or you can get the train from Kings Cross to the Alexandra Palace train station

A two lap course, running in an anti clockwise direction, with an out and back section to start and finish with, its run on a mixture of gravel and train paths.

9 Dulwich Runners have run here for a total of 11 appearances. North London resident Paul Collyer having most appearances (3), and Joe Twomey the fastest male (18:36) and Ros Tabor fastest female (23:39).

Male Course Record:- 15:42. Female Course Record:- 18:02.

Bandstead Woods:- The first park run south of the Thames and regular haunt of TT, Tony Touhy. Parking is limited to 50 spaces near the start, or a bigger carpark on the Lower Park Road. For those heading by train, Chipstead is the closest station at just over a mile away.

A two lap course on undulating, woodland paths, the conditions will vary depending on the weather conditions. It can be very muddy or as firm as anything.

27 Dulwich runners have made an appearance here for a 242 runs. Tony has made most appearances (130), with Tim Bowen posting the fastest male time (17:03), with Ange

Norris being the fastest Dulwich female (21:11).

Male Course Record:- 15:25. Female Course Record:- 17:01.

Barking:- Heading out east for the first time, we head to the Barking parkrun is a 15 minute train ride from Fenchurch Street, followed by a 10 minute.

A two lap course that has a couple of sharp turns in it, plus runs past the parks lake as well.

Three Dulwich Runners have made the trip to run here, with Kim Hainsworth having made the most runs (8), with a total of ten runs altogether

Kim is also the fastest Dulwich Runner (19:30), with James Wicks being the fastest male from the club (23:25).

Course Male Record:- 14:52 Course Female Record:- 17:42.

Beckenham Place:- Back south of the river, for a pretty local parkrun to the club, which has hosted club champs a couple of times.

And easy parkrun to get to by car, or by train (if they are running), with the start approx. 600m from Ravensbourne Station. Slightly further away are Beckenham Hill and Beckenham Junction.

This two lap course, can be affected by the weather as the majority of course is run on grass, with some tarmac and gravel paths.

107 Dulwich runners have run here for a total of 446 parkruns, with coach Steve being the leading the charge (40). Fastest male ins Tim Bowen (16:11) and leading female Claire Elms (18:02).

Course male record:- 15:58. Female Course Record:- 17:54.

When parkruns start up again, their will be a new one lap course starting and finishing by the mansion.

Beckton:- Heading back east again, this run takes part in the Beckton district park, and has two DLR stations within walking distance for easy access. These are Royal Albert (200m) and Becton Park (300m). When getting off at Royal Albert, make sure you know where your heading otherwise you could end up doing the Victoria Dock Parkrun.

A two lap course, made up of a small lap (2.4km) and a large lap (2.6km), run on a mixture of tarmac and grass.

9 Dulwich men have run here for 9 appearances, but no Dulwich Ladies have ventured here yet. Fastest runner is Andy Bond (18:00).

Course Records Male:- 15:02 Course Record Female:- 18:16

Bedfont Lakes:- Heading out to SW London takes us to this parkrun, which has the distinction of being the nearest parkrun to Heathrow airport. Ashford train station is the nearest station (1.2 miles), or you can go to Feltham which is just over two miles away.

Run in a country park, or well prepared paths, this course takes in a small lap and a large lap, with both laps taking in one of the lakes.

No Dulwich Runners have made it out this far west yet.

Course Record male:- 15:50 Course Record female:- 17:50

Bethlem Royal Hospital:- One of the newer courses in London, and one of the most unique in the fact that it is all run in the grounds of a hospital. Located on the borders of Beckenham and Croydon, Eden Park is the nearest train station.

A two lap course run in anti-clockwise direction, all run on grass. Underfoot conditions will vary depending on the time of year and has been said to resemble cross country conditions in the winter.

16 Dulwich Runners have made the journey to make a total of 32 appearances, with Andy Bond making the most runs (8). Andy is also the fastest man from the club (16:35), with Laura Vincent being fastest female (22:47).

Course Male record:- 16:35 Fastest Female Time:- 19:56

Bexley:- Staying south of the river, but almost in Kent, is the Bexley parkrun, which is held in Dansons Park. The park has a manor house in it, similar to Brockwell Park, as well as a boating lake and some woods, which the run will take you through and past. By train, the park is equal distance between Welling and Bexleyheath.

The course is a two lapper course run on a mixture of tarmac, but there is some gravel and woodland path to break this up.

21 Dulwich Runners have made the journey here to make 147 appearances, which Michael Fullilove (106) being the most regular visitor.

Andy Bond is the fastest male here for the club (16:57), with Cara Oliver (20:12), being the fastest Dulwich Lady.

Male Course Record:- 15:39 Female Course Record:- 18:23

Brockwell:- A local parkrun and well known to us all here at the club, this is a nice hilly parkrun to do. Journey wise, this one couldn't be easier for most of us, the park lies just over the border in Lambeth from Southwark.

The course is run on tarmac, with the course being made up of one large lap of the park and one smaller lap, with the climbs being at the start of each lap.

The club appears 3542 in the results, with 178 people making up the numbers. Des Edwards makes up the most male appearance (191) with Sharon Erdman not far behind (189) as most female appearances. Time wise, Ed Chuck (16:13) is fastest male and Alexie Shaw (18:43) fastest lady.

Male Course record:- 15:16 Female Course record:- 17:12

Bromley:- Still south of the river and almost Kent again, this parkrun is held in Norman Park. This is one of the longest running events in London, having started in 2009. Norman Park is located a 25 minute walk from Bromley South Station, with the start being by the Hook Farm Entrance. This 2.5 lap course is run in a clockwise direction, on tarmac and gravel grass tracks.

96 people from the club have made an appearance here, with long time club member Colin Firth being the most regular (109). Fastest man again is Andy Bond (16:12), with Alexie Shaw (18:31) being fastest Female.

Course Male Record:- 14:36 Course Female Record:- 16:27

Burgess:- Another local parkrun, and another being south of the river. It's now in its 8th year, having been established in 2012, it's a flat as a pancake course.

Getting to the start point, which is just off the Walworth Road, in between Denmark Hill and Elephant and Castle train stations. There is the added bonus of lockers you can leave your bag as well.

The course has a few tight bends and a hairpin bend, with it being a one lap course, where you double back on yourself, around the lake.

100 different Dulwich Runners, have taken part in a parkrun here, making 932 appearances. Like Bromley, another long time club member has made most appearances, Susan Veron (105). Andy Bond once again is the fastest male runner (16:06), with Kim Hainsworth (19:10), taking the women's honours.

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

16:36.

Bushey Park:- The granddaddy and the home of the original parkrun, is based in SW London, with 834 total parkrun events, dating back to 2004. Often has a 1000+ runners, and the fastest ever parkrun was recorded here in 2012 by British Olympic athlete Andrew Baddeley.

Bushy Park is located equal distance (2km) from Teddington, Hampton Wick and Hampton Court train stations, so could combine with a day out to Hampton Court Palace. A almost figure of eight course, run on a mixture of grass and tarmac, being a flat, fast course. The start and finish are about 100 metres apart.

29 Dulwich Runners have made the journey to Bushy Park, making 74 appearances, with Alex Bazin (11), making the most. Fastest male time is set by Ed Chuck (16:32), with Alexie Shaw (18:52) being the fastest female.

Male Course Record:- 13:48 Female Course Record:- 15:58

Cannons Park:- Heading up to NW London, Canons Park is not that far from Stanmore, this parkrun will be celebrating its 4th birthday in October (hopefully). For travel purposes, it's right by Canons Park underground station on the Jubilee Line.

The course is a 3 lap anticlockwise course with the first 100m on grass. The course is made up of tarmac, gravel and dirt paths as well as some grass.

Five Dulwich Runners have made the trek to NW London for this one (to be fair, it's not too far for Des to travel for this one), for 8 appearances. Fastest male is Shane O'Neil (17:12), with Kim Hainsworth being leading female (19:52). Male Course Record:- 15:54 Female Course Record:- 19:07

CassioBury:- It's debatable to call this one a London parkrun, but it's within the M25, and the London Underground and Overground to go to Watford. It's a short walk from Watford underground station at the end of the Metropolitan Line, so a bit of planning will be needed for those planning to run at a Parkrun that recently celebrated its 5th birthday. A 2.5 lap course one in an anti-clockwise direction, all on tarmac paths, with the opening stretch, a nice straight shot. The records show only one Dulwich Runner has made the trip here for two runs, Alastair Young (23:50).

Course Male Record:- 14:42 Female Course Record:- 17:05

Catford:- This newish local parkrun would have celebrated its second birthday at the end of April, if the virus hadn't got in the way. It takes place in Mountfield Park, not too far from Catford and Catford Bridge stations. The club was due to run a club champs here a couple of years ago, but due to icy conditions the event got called off.

The course is run on a mixture of tarmac, grass and wood chip paths. The course is run in a clockwise direction with two large laps and a partial lap, starting near the bandstand. 31 people have run here for a total of 96 appearances, with Andy Bond and Anglea Oritsejafor being most regular visitors (13). Fastest Dulwich male is Andy Bond (16:20), with Clare Elms being fastest female (19:41).

Male Course Record:- 15:35 Female Course Record:- 19:23

Clapham Common:- This popular parkrun would have celebrated its second birthday at the end of March 2020. On several occasions, over a 1000 people run here, though this tends to be in the post-Christmas rush. It's easy to get to from Dulwich, with access by tube via Clapham Common or Clapham South, or a short run from Clapham High Street. This is a two lap course run in a clockwise direction, on a mixture of trails, footpaths and grass. The start and finish are approx. 100 metres apart.

28 people from the club have run here for a total of 63 appearances, with Ian Sesnan running here the most (18). Yet again, Andy Bond is the fastest male (16:39), with Ali Campbell (20:34) being fastest female.

Male Course Record:- 15:07 Female Course Record:- 17:49

Clapham Common:- This popular parkrun would of celebrated its second birthday at the end of March 2020. On several occasions, over a 1000 people run here, though this tends to be in the post Christmas rush. Its easy to get to from Dulwich, with access by tube via Clapham Common or Clapham South, or a short run from Clapham High Street. This is a two lap course run in a clockwise direction, on a mixture of trails, footpaths and grass. The start and finish are approx. 100 metres apart.

28 people from the club have run here for a total of 63 appearances, with Ian Sesnan running here the most (18). Yet Again, Andy Bond is the fastest male (16:39), with Ali Campbell (20:34) being fastest female.

Male Course Record:- 15:07 Female Course Record:- 17:49

Crane Park:- This low key parkrun in Twickenham, is six years old in June this year. Part of the course here is 0.7 km from another local parkrun at Hanworth which surely makes it one of the closest parkruns in the UK. A nice easy journey by train from Clapham Junction to Whitton for this run.

The course is a 1.5 lap course run in a clockwise direction, with the River Crane intersecting the course. As the start and finish are in different places, volunteers are happy to carry kit to the finish for you. Run on a mixture of gravel and tarmac paths, its mostly in the cover of trees, so it remains cool in the height of the summer.

7 club members have made the journey to run here, for 22 appearances with Tom South (9) the most regular visitor. Andy Bond is the fastest male runner (16:32), with Ros Tabor (22:42) being the fastest female.

Male Course Record:- 15:48 Female Course Record:- 17:30

Crystal Palace:- Several people from the club are involved with the organisation of this parkrun, which would have been celebrating its 10th anniversary in May of this year (2020). A hilly course that has used several different courses, depending on the time of year, and other events happening in the park.

The current course would be the summer route, which takes in most of the park, including the Upper Terrace, where the Crystal Palace stood. The one time I have done a parkrun here, it was using this course, which climbs for the first 2km. It's a run lap course, run on a mixture of tarmac and gravel paths.

142 different people from the club have run here, for a total of 2999 appearances, with long time club member Bob Bell having run the majority of his parkrun here (320). Fastest male is Andy Bond (16:37), with Elkie Mace (17:39) being fastest Dulwich female.

Fastest Male Time:- 15:26 Fastest Female Time:- 17:23

Dartford:- The first of two parkruns that are available in Dartford. Like Bromley, technically Kent, but its within the M25, so it counts for this. First run in July 2016, Central Park is a half mile run from Dartford station, with the start point being next to the athletics track.

A 2.5 lap lap course run on a mixture of trails, grass and tarmac, there are a couple of places on the course where you will run pass people running in the opposite direction to you.

7 club members have made the journey, for a total of 36 runs. Buzz Shepard has run here the most times (15), as well as having the fastest male time (17:52). Fastest female is Teresa Northey (24:02).

Make Course Record:- 15:31 Female Course Record:- 17:57

Dartford Heath:- 1.3 miles from the above parkrun, and a realtively new parkrun starting in May 2018. There are two train station options, Crayford(1.5 miles) and Dartford (2 miles). The heath covers 314 of what is known as lowland heath.

The course starts by the bizarrely named Donkey Pond. The course is a two lapper run run in a clockwise direction, on a mixture of woodland trail paths. There are a couple of places on each loop where you will pass runners coming

in the other direction.

5 Dulwich runners have ran hear for a total of 11 appearances, with Michael Fullilove having most appearances (7) and the fastest male time (20:18). Fastest female is Tereza Francova (21:00).

Male course record:- 16:44 Female course record:- 18:33

Dulwich:- Our club home course, where we have also had a few club championships as well. First held in April 2012, this is generally seen as one of the fastest parkrun courses in the country, with runners coming from far and wide to post a decent time. Recently it has seen some people using bulk of the course to set a faster time during lockdown, by using the Queen Marys Gate as a starting point, to add an extra downhill section, and then leaving by the Court Lane Gate to make use of downhill speed and avoid the last 300m slight climb to the official finishing point.

A three lap course run in an anti clockwise direction, all on tarmac on the main carriage way. There is a slight decent in the first half of each slap, with a slight elevation on the second part of each lap, which is testing on the 4th km.

250 club members (most of club members surely have run here at least once?) have attended a parkrun here, for a total of 4217 appearances. Two long term club members hold most appearances, with Mick Mead (250) leading the charge for the men and Claire Steward (122) for the women. No surprise that Ed Chuck is the fastest male (15:25), with Clare Elms holding the fastest womans time (18:03).

Male course record:- 13:57 Female course record:- 16:08

Finsbury Park:- Heading back north of the river, this event is almost 11 years old, having first being held in October 2019. For those heading from south of the river, its straight up the Victoria Line to Finsbury Park underground station, though Manor Park on the Picadilly line is just as close to the start.

A two lap course that starts and finishes by the park café, this is run completely on tarmac paths around the park in an anit-clockwise direction, where you get to run past the parks lake.

21 Dulwich Runners have made the effort to run here, for 43 appearances, with Cameron Lund making the most appearances (12). Joe Twomey has the fastest male time (18:32), with fastest female being Tess Bright (22:22).

Male course record:- 15:06 Female Course Record:- 17:29

Foots Cray Meadow:- This parkrun is on the outskirts of SE London, being based in Sidcup. For those travelling by train, it's a half mile run from Albany Park station. The Meadows is a 240 acre site made up of grasslands and wooded areas. They have two courses, which are a winter and summer course and they are currently advertising their winter course. It's a dual lap course, with the course being all off road, but they don't allow spikes.

12 People from the club have run at Foots Cray, with Mike Fullilove and Kev Chadwick sharing most appearances (2). Once again, Andy Bond is fastest male (17:26), with Tereza Francova (23:09) fastest female.

Male Course Record:- 16:31 Female Course Record:- 19:45

Fulham Palace:- Run along the banks of the Thames, this is one of the nicest parkruns to do, as well as being the only parkrun that visits a professional football club. A relatively easy venue to reach from either Putney train station, or Putney Bridge underground station.

A three lap course, run all on tarmac, the paths are very narrow, so congestion can be an issue, with a couple of tight turns as well. Starting by the childrens playground, its run in an anti-clockwise direction.

23 Dulwich Runenrs have ran here for a 133 appearances, with the actor Barry John Nicholls (47), being leading appearance maker. Fastest male is Tom South (17:04), with ALic Cambell (19:22), being leading Dulwich Runners female.

Male Course Record:- 14:45 FemaleCourseRecord:-17:01

DULWICH RUNNERS CLUB KIT

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



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



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



Buffs-snoods - only £6
 An ideal face covering !

Socks only £5



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



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



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

For all club kit enquiries: ros.tabor49@gmail.com



NEW KIT - BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces & hoodies. Just click the link to the Dulwich Runners shop and purchase directly. <https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html> any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top



***DULWICH RUNNERS
IS 40 THIS YEAR!
DESIGN A T-SHIRT!***

*We would like to have a t-shirt to commemorate the club's 1st 40
yearsof running
And are looking for someone who could produce a design suitable
for printing on a t-shirt, (front, back or both)
Use your imagination to create something fantastic!
If you want more details speak to anyone on the committee.*

Dulwich Runners Summer Map 6

8.2 M / 13.3 km

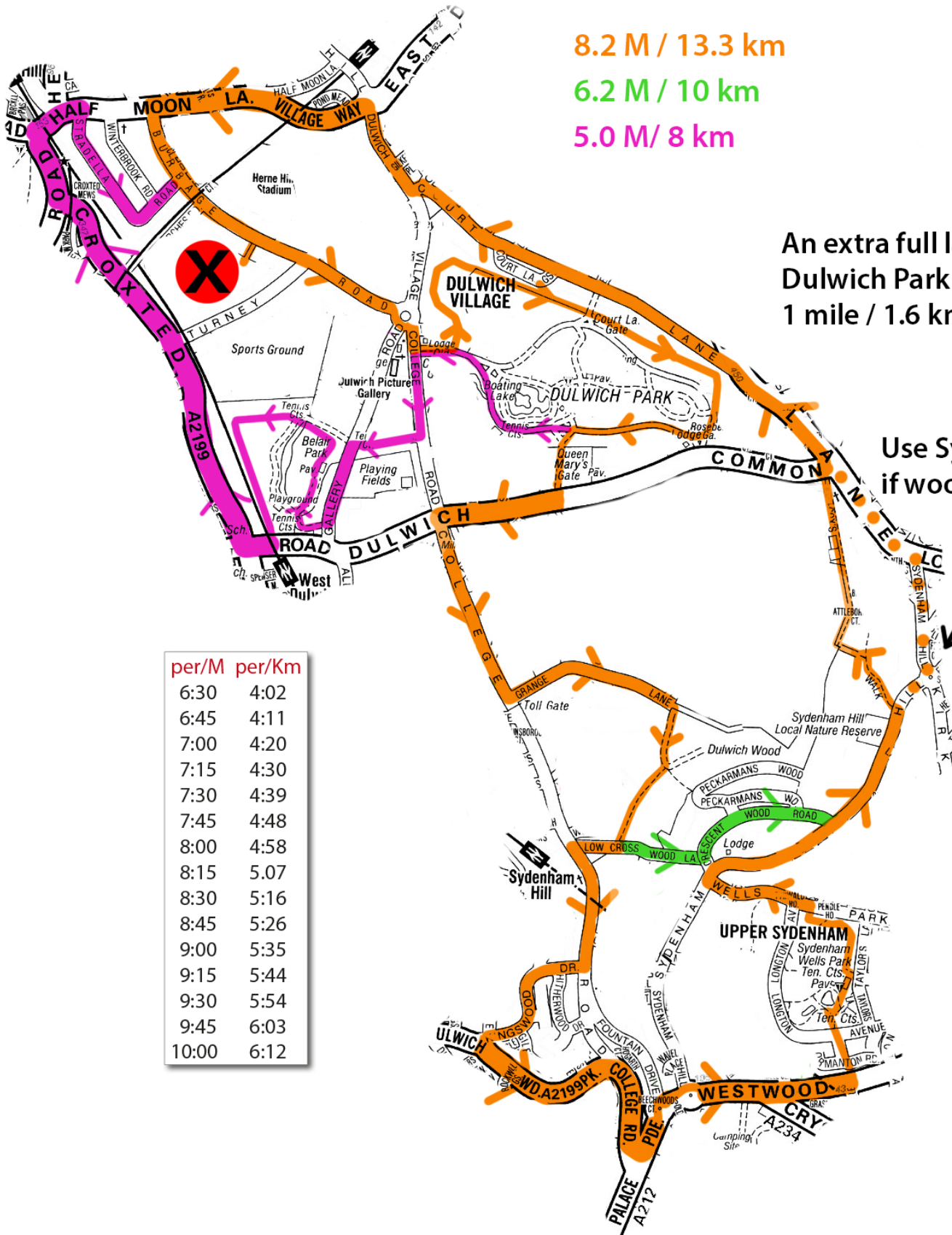
6.2 M / 10 km

5.0 M / 8 km

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

Use Sydenham Hill
if woods too dark

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12



There are no group club runs until further notice, but for those of you wanting to do the club routes yourself here is the map

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