

SHORTS



Dulwich Runners AC
Weekly Newsletter
June 9th 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 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
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- 12 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

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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

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: 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.

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, 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

'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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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.hernehillsportsmassage.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.

Endurancelife CTS Northumberland Ultra

Harriet Roddy

I haven't been running long, only a couple of years but mainly initially as an aside to other sports with the occasional charity run peppered in. However, I really enjoy running on trails, getting out of the city and exploring the countryside on foot (or by bike) and the hills are better!

I have had my sights set on the coastal trail series event in Northumberland for a while now. Being up at Newcastle University I had the opportunity to explore some of the most beautiful beaches in the UK and always thought it would be a picturesque route. Friends have done some of their other events and have remarked on the good organisation of all the runs. However due to events of the past year the run was postponed from February (what was going to be a peculiar way to celebrate turning 26) to the late May bank holiday. Though the chance of it being cancelled was always lingering it looked the more and more promising as time went on. Having only done one marathon before this – a very hilly trail one- I was nervous about getting the miles in but preparation was going relatively well despite working round the clock trying to catch up on 8 months of a PhD while labs were shut. However, one thing that I know helped me on the day is that I know the area well so I could look out for known sights and tick them off as I passed.



The race itself is a point-to-point run from Alnwick to Bamburgh of 36 miles. Passing along the river Aln initially out to Alnmouth and then straight up the coast via Craster, Newton, Beadnell and Seahouses. We pick up the half marathon and 10k distances along the way, with the marathon lot finishing at Bamburgh while we

went on to complete a 10-mile loop further north. Some of the run was done on the beaches on sand and dunes and some on the coastal path, the mixed terrain kept it interesting. It should have some very impressive views! I say 'should have some very impressive views' because on the day there was a heavy sea fret that clung to the coast making the visibility pretty poor. Views of castles rising out of cliffs and rolling dunes on white sandy beaches became thick mist, at some points it was challenging to see the runners in front of you! Though the sun did peak out for about 45 minutes on some of the extra loop in which I managed to turn slightly closer to the colour of the Dulwich vest – note to self, reapply sun cream.

We were all given individual start times to help space us all out, I presume around every 2 minutes, I had no idea how fast/slow I would be over this distance so was set off bang in the middle of the pack. So, at 8.06am I started at a very anticlimactic but relaxed start line. I felt quite strong due to good conservative pacing through



till the 20mile mark where I started to tire, but a friend and my partner were lurking around this point to give some much-needed motivation and an opportunity to stop and get some proper food in. The section next sections very much got lost in the sea fret, it seemed like we were running towards Bamburgh Castle for an eternity, eventually it appeared rising out of the fog, very ominous. A scramble up the sand dunes and a goodbye to the marathon runners who had reached the finish (lucky them) and I was on my way to the additional loop.

The weather was starting to clear at this point which made scrambling through the dunes a bit easier mentally and some nice miles stretched out through golf courses and along the coastal path. Heading inland we were met with a long couple of miles up a continuous hill but by



this point I had almost got to the 50km mark so was feeling quite proud of myself. A quick pit stop with my other half around mile 31 gave me the encouragement I needed for the final 5 mile push home. Slowly but surely the finish line came – with a slight unplanned detour through the dunes, clearly my brain decided more hills would be fun – the finish line in sight.

Feeling very happy and an unusual sense of pride I crossed the finish line at 6:22, not one to put in the land speed record books but a fun achievement nonetheless and I smiled the whole way round, I thoroughly enjoyed myself. Yes, in places I probably could have pushed a bit harder, but I was there for the enjoyment and to see if I could even cover the distance. Who knows there may be a next time where I can try and pick up the pace a bit...

Endurancelife put on a great event, I had friends taking part in all the distances and there were positive reports all round of the race experience. The volunteers were great and wonderful. I am very happy to have had the opportunity to race this year and finally my first race for the club!



Boston Marathon

My marathon number three was due to be Boston USA back in Spring 2020 so (various cancellations later) it was with some irony that I lined up in the original town of Boston to finally run my third marathon and attempt to go under 3 hours for the first time. (London, 2016: 3.15; Chester 2018: 3.05.) I don't include the Marathon du Medoc (2012) in this roll-call, and I am pleased to report that the cabbage fields of East Lincolnshire make for quicker terrain / terroir than the vineyards of Bordeaux, with definitely less temptation to sample the local fayre.

Training had gone quite well. Like my training partner Grzegorz, I was also targeting Milton Keynes, but when that got canned I signed up to Boston; I suspect the extra month training was probably critical.

I enjoyed the first half of the race a lot. It was gusty and quite hot, but I was going well. My plan had been to go at a steady rate of 6.50 mpm and I was regularly hitting about 6.35-45 mpm without too much stress. I was running solo into a head-wind and made a significant effort at about mile 8 to bridge to a group of about 20 who were all trending at about 3 hour marathon pace. It was the right decision as I stayed with them (or at least some of them) for the rest



of the race. There was some great camaraderie amongst the group which really helped.

I started to fatigue from about mile 18. Blisters (for the first time) in my silly new expensive shoes and the start of cramp in the legs. At mile 20 I knew I had to dig in and hope for the best. The last few miles were pretty tough, but I had decent margin on my target time and came over the line in 2:58.15.

At the finish I saw Grzegorz and Tom. Later we shared some shandies by the river - 3 Dulwich runners going under 3 hours for the first time - quite special! Boston is a very interesting town with a huge history and a fascinating but precarious present. To contemplate this I stocked up with a doner kebab and a 4-pack of strong Bulgarian lager for the train home. I slept, probably loudly.

It may be cabbages rather than vines, but I would definitely recommend Boston marathon. A lovely flat course in very open Lincolnshire countryside. The risk will always be the fenland

wind, which was blowy on the day, but not terminal. I was made-up to complete a marathon in under 3 hours and one thing I am certain of is that I would never have achieved that if it weren't for the encouragement, advice and (mostly) friendly competition from my friends at Dulwich Runners!

Paul Greenhalgh 2:58.15

Eastbourne Sprint Triathlon

6th June

Having successfully negotiated a duathlon during the spring Clare went a step further at the weekend by tackling a triathlon, her first since major heart surgery at the beginning of 2019. It was good to spend a long weekend in Eastbourne around the event now that summer seems to have properly arrived. The whole place was positively buzzing with a bustling seafront, plenty of café life spilling onto the pavements and the courts at Devonshire park being prepared for the forthcoming pre Wimbledon tournament. Great to have all of these various aspects of a normal British summer returning, hopefully to stay.

Of course multi sports events have to be pretty much done and dusted by the time most visitors have had breakfast. Sunday turned out to be a beautiful day - just as the forecast said it would be - but Clare's 7.45 start for the sprint event had to be delayed very slightly to let the mist clear a bit over Beachy Head where the cyclists would be bound after their 750 metre sea swim. Sea swims always bring some added apprehension and the sea was at the choppiest we saw it over our long weekend there - of course it just had to be! It was still cold enough for compulsory wetsuits and Clare battled her way through a slightly over distance

leg. Next was the bike course which, proceeding from sea level to the first outcrop of the South Downs, inevitably involved a lot of climbing - and then descending - for its 18km length. The 5km concluding run was simply, by contrast, a case of running along the top and bottom tiers of the promenade.

Clare enjoyed this well organised event, feeling strong and comfortably in control pretty much throughout. For what it's worth it was a qualifier for the GB World Age Group championships which she has competed in several times in the 50-54 and then the 55-59 categories before her diagnosis. Having now moved into the 60-64 group she finished halfway down that category to potentially qualify - in principle, anyway - for events abroad that, frankly, no one really knows where or when they will take place if, indeed, they take place at all.

As we ambled along the promenade towards a well deserved lunch with friends we encountered Suzannah Kinsella who directed us in turn towards a spreadeagled fellow DR, Lloyd Collier, on the beach. They had both completed the standard distance triathlon - i.e. twice the distances Clare had covered - in the colours of Tunbridge Wells tri club,. Now that was hard work! - **Mike Dodds**

Clare Wyngard Finish Time: 1.44.50
Swim: 850m - 21.24 (water temp about 12degs?)
Bike: 18.15km - 50.35
Run: 5.05km - 28.15

Sri Chimoy

Speedy Steeds 5km

Monday 7th June

A warm evening, with a high pollen count, at Battersea Park greeted 25 Dulwich Runners, for the first club championship race since the Big Half in 2020 due to Covid pandemic. The race was recently organised by Sri Chimoy over a 2 and a half laps of the park, and is known to be one of the fastest courses around.

Instead of the normal mass start, the race went off in a series of waves, one minute apart, dependent on times and age. Sub 16:30 men went first, followed by women under 50, and then by peoples previous times, so in theory people would be racing against people of similar speed.

There was some pre race excitement as several police cars came charging into the park and around the course, which helped stir up the dust and the pollen in the start area.

First in and winning the race was second claim member Lewis Laylee. Though not quite as fast as his recent times run around a similar course on some recent Friday nights, he enjoyed being in

more of a tactical race, rather than a flat out speed trial, to come in a decent time of 15:15.

Second in, was another second claim member, in his first race back post Cheshire Marathon was Ben Howe, who got caught in no mans land early on between the leading pack and the chasing pack. The chasing pack caught up with Ben at around the 3km where we sat in with a group of 4 that included Tim and Tom, and attached the last km to come in 5th in 15:56.

Third in was the Dublin Bomber, Tim Bowen. First was his first race since the Big Half last year, and sat in the chasing pack, and picked up the pace after 2km and lead the group to the 4km mark, when Tom pushed past to try and shake him off. A flying finish with 200m to go saw him finish in 8th place in 16:00.

Fourth in was Tom South, who is chasing to get 16 minutes for the first official time and is coming back to fitness after his recent bout of shingles. As with Tim, sat in the chasing pack, and with Tim, picked up the pace after the first 2km. Knowing that if I wanted to beat Tim, I would have to go with a 1000m to go, as my finishing kick is not as good as his, tried to attack it. I thought I had dropped him, only for him to go past me with 200m to go and couldn't respond to finish 9th in 16:03.

In fifth place is new club member Fred Bungay, who set off in the third wave. This was Fred's second race for the club, after doing a track debut over 5000m at Norman Park. He has been training with the fast group on a Tuesday night at Dulwich Colle and is putting the training into good use and will continue to get faster. He finished 29th overall in 16:48. Next in was another new club member, Hugh Stobart, who has been a triathlete with Windrush for the past few years, but has recently started running with us on a Tuesday and a Wednesday night. This was his first official road 5km and his time is well up on what he has done at parkrun. Hugh finished in 41st place in a time of 17:08.



Another newish club member was in next, Rob Fawn, who joined the club last year and who has had some minor injuries since the turn of the year but is coming back to fitness nicely. Before the race, Rob said he would be happy with a sub 19 minute run, and he destroyed that pre race prediction to finish in 61st place in 18:19.

Making his debut over the 5km distance, and yet another new club member was Nick Fiducia. He has been training hard over the past few months and is hopefully over a injury he had recently. This was Nick's second race of the year and will continue to get faster as well. He finished in 65 place in a time of 18:30.

Not far behind Nick, was Joe Farrington Douglas. He put in a strong performance here, in his first race since a half marathon last December, to finish not too far outside his PB, to finish in 68th place in 18:46.

Also making his 5km road debut was Chris Lawrence who has also recently joined the club. This was also his second club appearance as well, having made his track debut a couple of weeks back over 5000m at Norman Park. He put his recent good training into good practise here to finish in 69th place in a time of 18:51.

Just a second behind, was the man who has done he grand

tour of Lewisham parks for Shorts, and Cross Country stalwart, Ross Rook. He has been putting a lot of training in of late at the Tuesday evening sessions at Dulwich College, to post his fastest 5km time since 2016. He finished in 71 place in a time of 18:52.

Austin Laylee was next in for his first official 5km race as well. I think Austin found the conditions tough out there, as from recent training, he is definitely faster than this performance. Austin finished in 85th place in a time of 19:32. Dave Benyon was another athlete making their first appearance over the 5km distance on the road. As with several others, has been putting a lot of work into the Tuesday sessions at Dulwich College. This run puts him on par with his parkrun efforts. He finished in 86th place in 19:35. First woman in for the club, was one of our North London residents, Becca Schulleri. Becca has been put in a lot of training lately for a series of triathlons that she is doing later this summer and this is benefitting her running to. This rewarded her with a 6th placed finish, her fastest 5km in two years to equal her pb of 19:47.

Following Becca in for a 12th place finish was Emma Kelly, for her 5km debut as well. Since joining the club, he has come on leaps and bounds in her running and is consistently putting the training. She finished in a fine time of 21:03.

Not far behind was long time club member and secretary Yvette Dore. Yvette has steadily built up her training over the past few weeks in preparation for her next block of marathon training, to finish 13th in a time of 21:09.

Next in, was another long time club member, Lucy Pickering. Lucy has been running well in training and has done a lot of sessions around Dulwich Park over the winter with Anna. She had a good race here to finish 3rd female in the v50 category in a time of 21:38.

Finishing 4th in the female V50 category was joint woman's captain, was Ola Balme. This was Ola's third 5km this year in certainly the warmest conditions, but not far off those earlier times this year. She ran a well paced run in 22:38. Just behind Ola, was one of the club coaches, Anna Thomas, who has put a lot of time into organising the Tuesday night sessions at Dulwich College. This was Anna's first race since February 2020, as she had an injury that stopped her running for a while, but will get back to form soon. She finished 21st female in 22:45.

Next in was another long term member of the club, Ian Sesnan, who had a brilliant run to snag first place in the male V60 category. This was Ian's first race since doing parkruns in 2020 and has maintained that form well over the past 15 months to finish in 24:04.

Following in Ian's footsteps was Mr club championships, Barry John Nicholls, who always attempts to complete the

Claire Steward adds: Racing in 2019 ended on a high note with Lauzanne Half in October and The Algarve Challenge in November, then wobbled a bit when I ended up in A&E in December with a random (and apparently one-off) atrial fibrillation incident. As we all know, 2020 was almost devoid of racing opportunities and I only completed nine parkruns, The Big Half in March, and the Virtual London Marathon in October.

Thankfully there was plenty of non-competitive running to be done so I have managed to stay reasonably fit but I was ridiculously nervous arriving in Battersea Park for my first real race in 15 months. Our race numbers were colour coded so we knew which wave we would be running in

Jersey parkrun

The Honorary President writes: Whilst attending a much delayed family reunion in Jersey we found that parkruns have been back since April 24th, what a treat for my 320th parkrun.

It was a lovely sunny morning last Saturday in Quennevais park. The familiar sight of the start banner and the marshals in their bibs all from "Jersey Girls run" club, greeted us as we chatted to other runners all without masks or social distancing.

Bang on time, after minimal formalities, the RD sent us on our way, we are familiar with the course, two laps of the billiard smooth park then onto the gravel of an old railway

grand slam of all the club championship races. He placed second in the male V60 age group. This is probably the most consistent time I have ever seen. Almost two years to the day, when the club championship was held on the same course, in cooler and damper conditions, Barry time was two seconds different in this race. His finishing time was 24:26.

Long time club member Andy Murray claimed third place in the Male V60 category. This was Andy's second 5km this year, and improved on his time from that race to finish in 25:32. Chasing down Andy was the legend that is Claire Steward, who has raced every distance from the 100m up to the marathon. This was Claire's first race since 2020 and made a nice return to racing to claim second place in the female V60 field in a time of 25:45.

Not far behind, was Lindsey Annabel, who like her partner Barry, supports all the club championship races as well as cross country races. Though not at her best after a tough year, she had a fine run to finish in 26:41.

To complete the line up for the club was Jenny Bomers, who has making her comeback from an injury. This was her fourth race since joining in the club and has steadily improved with regular training, and will run better when she is fully fit. Jenny completed this 5km in 27:42.

Results

1st Lewis Laylee/t15:15 (second claim)

14th Becca Schulleri - 19:47 equals PB

2nd Ben Howe--15:56

15th Emma Kelly - 21:03 PB

3rd Tim Bowen /t16:00

16th Yvette Dore - 21:09

4th Tom South: - 16:03 PB

17th Lucy Pickering /t21:38

5th Fred Bungay -16:48 PB

18th Ola Balme - 22:35

6th Hugh Stobart -17:08 PB

19th Anna Thomas - 22:45

7th Rob Fawn -t 18:19

20th Ian Sesnan - 24:04

8th Nick Fiducia - 65th 18:30 PB

21st Barry John Nicolls - 24:26

9th Joe Farrington Douglas - 18:46

22nd Andrew Murray -25:32

10th Chris Lawrence - 18:51 PB

23rd Claire Steward - 25:45

11th Ross Rook - 19:52

24th Lindsay Annabel - 26:41

12th Austin Laylee -19:32 PB

25th Jenny Bomers - 27:42

13th David Benyon - 86th - 19:35 PB

and could check out the opposition in our age categories. The weather was perfect, there were lots of DR vests in evidence, and the six start waves worked smoothly, with the faster 'elites' going off first then the age categories at one minute intervals.

Being in the final wave was definitely less stressful than a mass start when you just see the faster runners disappearing into the distance. I quickly realised that Andy was running at the perfect pace for me to try to stick with and I hung on for about 4.5k then lost 13 seconds on him. I was second FV60 (out of two, and the first woman is nine years younger than me) so not a bad effort (25:45).

track for an out and back. As I expected Freddie lapped me, going well, as I started my second lap.

There was plenty of company for me at the rear of the field with Sue and another visually impaired runner with her guide not far ahead.

As we left the railway track it was 200m to the finish in a field, beyond which were the token zappers all spread out and socially distanced!

Our results soon came through where Freddie had done a PB, not bad after a 15 month break and the Vernon clan are still the only DRs to have visited Jersey with a total of 9 runs.

Freddie Vernon 28th 21.27 (PB) 1st JM 15

Sue Vernon 337th 43.09. 1st FV 75

Chris Vernon 356th. 51.32

363 ran

High Elms 10km

6th June 2021

After the Norman invasion in 1066, what is now known as the High Elms estate was given by William the Conqueror to his half-brother, Odo, Bishop of Bayeux who farmed the area. However, after many generations the land passed into the hands of the Lubbock family who built a grand mansion on the site in the Italian style before finally becoming a nurse's training centre in 1938, finally burning down in 1967. The surrounding 250 acres of woodland forms part of a Site of Special Scientific Interest and there are various Grade II listed features remaining from the house including an Eton Fives Court and an Ice Well. All well worth exploring on another day.



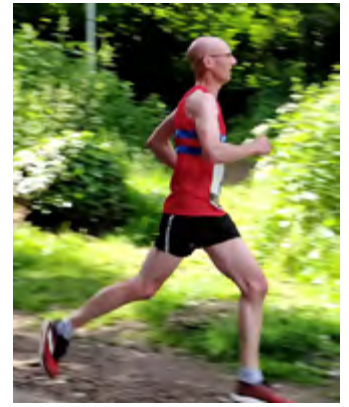
Andrea

Little of this would of course be noticed by the 232 runners who took part in the sixth High Elms 10km. The race takes place over forest tracks and field paths and is described as challenging and hilly. With a climb of 190 feet in the first mile and a bit and 700 feet

overall, that's a fair description as the profile shows. Underfoot conditions were excellent with every tree root dusted with white powder for visibility and no mud. The organisation was superb, from the dedicated runner's car park complete with porta-loos, to the signposting and taping of the course making it impossible to miss a turning on what was quite a complicated course. All this supported by over 100 of the most cheerful and supportive marshals you are likely to find including one playing an electric guitar, another with a tambourine and a tail walker with a foxtail.

The course had been amended for COVID compliance and the general consensus was that it was harder than previous editions. For the same reason, we began in waves of six runners every few seconds which had the effect of making it more of a solo time trial I found. The first mile is pretty relentless but Andy Bond claimed that he "tip toed" up it before picking up speed. Others further back were walking straight after leaving the starting area. The course is stunning, but doesn't really let up. After a flatter stretch along a field edge, the infamous Pylon Hill looms. It's not that long and is only really steep at the top, but you already have the first climb in your legs, you can see it coming and everyone

in front of me at least seemed to be walking up it. I thought it rude not to join them, and it wouldn't be the last time in this race. The second half is not quite as hilly but still has its challenges, before plummeting down a steep drop to the finish where I rediscovered my fell running technique and picked up a few places.



Andy

Andy's slower start strategy clearly paid off as he won the race by over half a minute in 37:20, followed some nine minutes later by Andrea who ran well to be the first woman to cross the line but lost out by 20 seconds to someone who had started after her but run a quicker time. One of the pitfalls of the wave starts is that you only race against yourself and cannot respond to a close competitor. Eleanor Simmonds finished in 53:43 followed two minutes later in time order by Dave West and Sonja Jutte, just six seconds apart in the results but in different waves so didn't see each other at all in the race.

Post-race goodies included a medal with the race profile and a shoe bag with, "I survived Pylon Hill" on it. We certainly did and shattered we shuffled our way back home, in my case via the excellent Green Roof café for a medicinal coffee and cake!

Dave West



Andy - Eleanor - Sonja - Dave

1	Andy Bond	37:20
27	Andrea Pickup	46:14 (2nd Woman)
90	Eleanor Simmonds	53:43
103	Dave West	55:42
105	Sonja Jutte	55:48

232 finished, last finisher 1:37:54



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



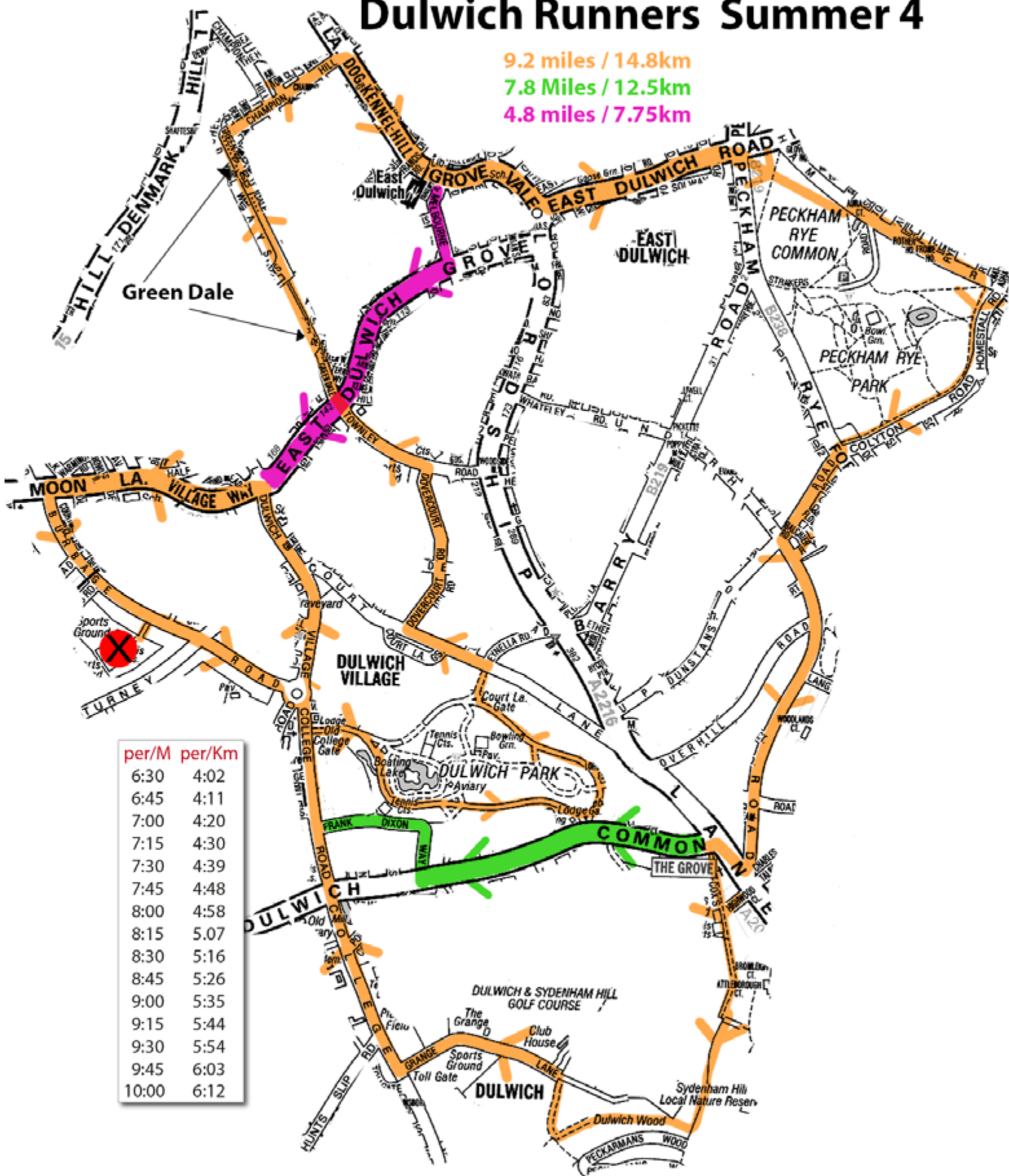
Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer 4

9.2 miles / 14.8km

7.8 Miles / 12.5km

4.8 miles / 7.75km



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

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