



SHORTS

Dulwich Runners AC

Weekly Newsletter

May 15th 2019

These are your SHORTS,

Please send your reports, running news & anecdotes to:

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

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 15 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 21 **Back at Dulwich College Track £2 per session**
Start with a warm up taken by Elkie Mace at 7:10pm then at around 7.25 main session taken by Steve Smythe, 1st part of session will be on grass, 2nd part track.

In your SHORTS this week !

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

And much more !

Like us on Facebook @dulwichrunners

Connect with us:



Click to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)

our website: www.dulwichrunners.org.uk

DULWICH RUNNERS AC 2019/20 MEMBERSHIP RENEWALS OVERDUE

To run in any race at all as a Dulwich Runner or count in the Club championships then you must be a fully paid up member.

If your membership card/ details had expiry March 31 2019 on it then you will have received via email your renewal details for 2019/20.

Please do not post the form back, you can email it back with any changes etc.

Preferred payment method is by Direct Bank Transfer and

the details are in the email.

You can also pay with cash at any club session.

No cheques please.

If your current membership details have 2020 on them then this does not apply to you and you should not have received any renewal request.

If you have any queries about your membership then please contact me ASAP.

Thankyou to those of you that have already renewed
Barry Graham (Membership secretary)

TRACK SESSIONS

NOTE: Now Back at Dulwich Track

Cost is £2 per session

Warm up taken by Elkie Macer consisting of various drills and stretches etc will start around 7.10pm..

The main session taken by Steve Smythe will start on grass and then on to track.

These sessions more suitable for all levels of ability than the Crystal Palace sessions. - page 2 for more details

Thursdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.

Start 11:15 - 11:30 in various local parks.

There is no fee. Suitable for all standards.

steve.smythe@athleticsweekly.com to go on the mailing list

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

A brief look ahead

May 18 BMAF road relays- Sutton Park, Birmingham

May 27 BUPA 10k - The Mall, london



Thanks go to **Hugh Balfour** for taking out new runners lastweek

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota. If you're on the list please try and turn up that night and make sure anybody new has someone to run with.

If you can't make it, please try and either swap with someone or let us know asap. - Thanks. - Ros

Ebe Prill

Ange Norris

Jo Shelton Perada

15/5

22/5

29/5

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- Sign the attendance register and **pay £1.**
- The money is to help pay for clubhouse hire, map printing, club costs etc.
- We use the register to compile the new runners' rota, so please write legibly.

Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. Copies will be at the clubhouse, but feel free to print your own and if your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse.

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

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

MIDSUMMER RELAY 26 JUNE

Put the date in you diary now. - This event is the major fundraiser for the club so you all need to support it by either running or helping on the day. Please promote it and encourage entries from your friends, family and work colleagues. There is also a 1 mile fun run for children. Details and entry form are on the website. - Ros



We have a number of the entries for this important fundraising event in the club calendar, but very few so far from our own club, so please come forward if you are able to take part.

This is not an event targeted at elite runners but is open to runners of all abilities and recently joined members are encouraged to enter.

Don't worry if you are unable to put together teams of 3 as we can do that for you if necessary. The mile distance will provide good preparation for the Mark Hayes Mile in July (date tbc), the SOAR Mile on 2 August and other track meetings during the summer.

DULWICH RUNNERS A.C. SUMMER RELAYS AT DULWICH PARK



26.JUNE.2019

3 x approx. 1 mile lap

Entry forms and race details from
www.dulwichrunners.org.uk
or ros.tabor49@gmail.com

Entry: Race starts at 7.30pm
£15 per team
(Limited entries on the day)

7.00pm children's 1 mile fun run
£2 per child

www.dulwichrunners.org.uk

Scan with
camera on
phone/device...
visit our site



 @dulwichrunners



DULWICH RUNNERS 2019/20 FIXTURES

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

Road & other **Cross country** **Club Champs** **Assembly League**

2019		Race	Venue
May	18	BMAF road relays- Sutton Park	Birmingham
	27	BUPA 10k	The Mall, London
Jun	6	Assembly League - Leyton Jubilee Park	Leyton
	10	Sri Chinmoy 5k short	Battersea Park
	12	DinoDash Relay	Crystal Palace Park
	16	Eltham Park 5 short	Eltham
	26	Dulwich Runners MIDSUMMER RELAY	Dulwich Park
Jul	4	Assembly League - Crystal Palace Park t.b.c	t.b.c
	14	Sevenoaks Seven long	Sevenoaks, Kent
Aug	1	Assembly League - Victoria Park	Hackney
	2	SOAR Mile short	Olympic Park t.b.c
	29	Assembly League - Beckenham Place Park	Beckenham
Sep	21	SEAA road relays	t.b.c
	28	England Masters cross country Inter-Area Challenge	t.b.c
Oct	12	Surrey League cross country (men)	t.b.c
	26	BMAF XC Relays	Long Eaton
Nov	3	Regents Park 10k short	Regents Park, London
	9	Surrey League cross country (men)	t.b.c
	16	British & Irish Masters cross country,	Southport
	23	South of Thames 5 miles	Morden Park
Dec	14	or 21 tbc South of Thames 7.5 miles	Lloyd Park
2020			
Jan	4	County cross country champs	t.b.c
	11	Surrey League cross country (men)	t.b.c
	25	South of England cross country champs	t.b.c
Feb	8	Surrey League cross country (men)	t.b.c
	22	England cross country champs,	Nottingham
Mar	21	England area 12 and 6 stage relays	t.b.c
Apr	4	National 12 and 6 stage relays	Sutton Park

Surrey League Xc dates and venues to be confirmed

Note: All track fixtures on separate fixture list below

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

2019		Track races and meetings	Venue
May	22	BMC meeting	Eltham
Jun	2	Surrey Masters T&F Champs	Kingsmeadow
	3	Blackheath and Bromley Open meeting	Norman Park, Bromley
	17	Blackheath and Bromley Open meeting	Norman Park, Bromley
	19	BMC meeting	Eltham
	21	Golden Stag Mile	Finsbury Park
	29	HHH open meeting	Tooting
Jul	14	VAC T&F champs	Kingsmeadow
	17	BMC meeting	Eltham
	22	Blackheath and Bromley Open meeting	Norman Park, Bromley
	24	VAC 5000m champs	Battersea
Aug	2	SOAR Mile club champs (short)	Olympic Park t.b.c
	12	Blackheath and Bromley Open meeting	Norman Park, Bromley
	14	BMC meeting	Eltham
	24	HHH open meeting	Tooting
Sep	11	Highgate end of season open meeting	Parliament Hill
	18	VAC 10,000m champs	Battersea

2019 Club Championships

Here are the club championship races for 2019
Four long and five short with two dates to be confirmed.
To complete and qualify for the champs you must run at least 5 events, including at least one from each distance category.

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

Assembly League

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

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

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

ASSEMBLY LEAGUE UPDATE:

The next **Assembly League fixture on 6 June will be held at Leyton Jubilee Park**, about 10 minutes walk from Leyton tube station (further details to follow).

Congratulations to our men for finishing first team once again at Victoria Park led home by Lewis Laylee, the overall race winner.

England honours

Those of a certain age (35 plus to 70) might be interested there is an opportunity to run for England on the road.

<https://www.englandathletics.org/athletics-and-running/england-competitions/england-teams-and-selection/england-age-group-masters/>

It is certainly not like proper selection that Lucy achieved for running for England under 20s where they fly her out but it is an international opportunity of sorts This winter and spring the fastest five English runners in each age group across the Chester, Bournemouth, Manchester and Brighton Marathons were eligible and my Brighton M60 win means I have been selected to run for England I the Yorkshire Marathon in October.

Having done two not very good painful marathons in last two weeks, I'm not sure I want to do another this year as one a year is usually enough and there are quite a lot of costs involved but I will probably do it.

While the marathon teams are closed this year, there will be further opportunities later in the year to qualify for 2020 and there will be 10km and half-marathon teams to go for and I suspect we potentially could have quite a few who might make selection.

Steve Smythe

CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like more coaches. The club has a policy of contributing to coaching costs. There are various levels of qualification and different pathways which can be followed. Details are on the website:

www.englandathletics.org

Our current coaches (Steve Smythe and Elkie Mace) have agreed to help or advise interested members.

If you are interested please contact me or another committee member.

ros.tabor49@gmail.com

Vitality 10k - Mon. 27th May

The club has 6 places for both men and women. If you would like to be considered for one of them, let your captains know asap. Entries are now open so we want to allocate the club places, leaving time for others to enter before the race fills up.

See Ange, Ola, Ebe or Mike at the track on Tuesday or at the club on Wednesday, or email.

Eltham 5 - club champs

Race is filling up fast:

https://www.eventbrite.co.uk/e/eltham-park-5-2019-registration-565532573157fbclid=IwAR07ZzaqIzQ_7Z9aZi5zL6wpjd2aFk_97tjl-Q4kDEZyvGI2kk9NQCKG8ss

Thames River Relay Sunday 8th Sept.

Starts 9 a.m. at Dorney Lake, finishes at Kingston
Teams of 5 to run a marathon distance between them
Stages range from 4.4m - 6.5m.

A scenic baton relay alongside the Thames, mainly off road. It is for runners of all abilities.

See the website - http://www.stragglers.org/river_relay

It seems a long way off but it is popular so we have to enter early.

If you would like to take part let Ange know on Wednesday evening or reply to dulwichladiescaptain@gmail.com

Race Reports & Results

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

Burbage Skyline Fell Race 5.7 miles 600 ft

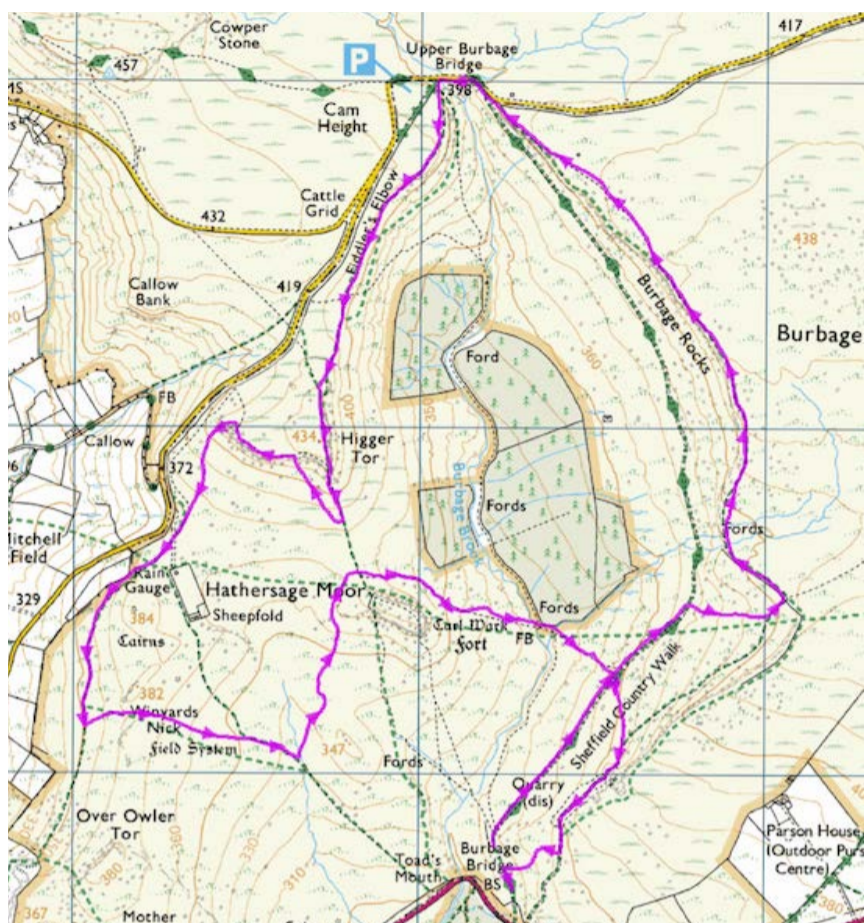
Tuesday 7th May

Burbage is one of the gritstone edges to the west of Sheffield, well known in rock climbing circles, but also a great place to run. This was a race I had my eye on for a few years and staying with friends in Sheffield provided a perfect opportunity. The forecast promised rain, and that is not usually wrong in the Peak District, but this time, the rain held off and instead we were treated to a cool still evening with a glorious sunset- perfect running conditions.

Not knowing anyone else there, I was unsure how to pace it, and so set off about a third of the way down the field. The first half mile was along a wide gravel track and I soon found I was gaining places. Then as we climbed up onto the Burbage Edge I gained a few more before settling into a steady boulder-hopping "rhythm". After a mile along the ridge the course crossed the stream and headed south to Higger Tor. We had to climb this hill twice, descending over huge gritstone boulders, before executing a sharp right turn and climbing back over the boulders' cousins a hundred yards to the west. (You don't have to be a sadist to design a fell race course, but most are).

So far I had been running well, not being overtaken, and being able to speed up whenever the terrain allowed it, but once past Higger Tor, there was a good gently descending path for half a mile where it felt like I was sprinting, although it was only about 4.30 km pace. But it meant that I was gaining on a group in front of me and as was past the next landmark of Winyard's Nick, I saw a Dark Peak runner who looked very much like an M60. Competition!

As we descended towards the next hill, Carl Wark, I pushed as hard as I could and caught him starting the short ascent round the hill. He was obviously a good runner and I knew I would have to race hard to stay in front. As we reached the stream



at the bottom of the descent from Carl Wark, I glanced round and was dismayed to see him only about ten yards behind me. Everything now rested on the final climb and short descent to the finish. I pushed as hard as I could, grateful now for all the Nunhead Cemetery reps, and although I lost one place on the final downhill dash, there was not a Dark Peak vest in sight. He finished 15 seconds behind me, with the third M60, whom I had also overtaken earlier in the race, a further minute back. I have to say I was very chuffed and somewhat surprised to win the M60 and received a beautiful hand engraved glass coaster as a prize. The final icing on the cake was to discover that I had got the M60 course record (although it was only the second year for this course). It quite distracted me from the excitement at Anfield that night!

Winning time	39.23
78 Hugh Balfour	50.55 (1 M60)
319 finishers	

Kent Championships Ashford

May 12

Both Clare and Lucy gained county medals and Clare set yet another record.

Clare was worried they were going to run the seniors alone as only three turned up but thankfully they combined it with the under-20s and under -17s though it did mean with around a dozen that the first lap was crowded and quite slow and Clare was badly boxed mid pack round 78 seconds. with Lucy following further back. The second lap was not any quicker and Clare thought any chance of a good time had passed though the leaders picked up on the third lap and once Clare overtook one more runner 500m out, she was on her own chasing the three ahead - 1 senior and 1 junior and 1 under-17.

She managed a 75 last lap and the result was a British masters record 4:46.64 - two seconds up on her previous record and over 10 seconds faster than any other British W55 has run outdoors. It won the Kent senior silver.

Considering the slow start, Clare was encouraged by her time, though it did fall less than a second down on the recently set world record by the Irish runner Anne Gilsenan.

It was Clare's quickest for three years and it scored her highest ever age-grading at any event (and one of the highest by any

athlete ever) and it was her first 103 per-cent. Lucy was not entirely comfortable as she had an Achilles problem but she saved her energy for a fast last lap and kicked to third under-20 on the last lap.

Despite the slow start, it was her second fastest ever time and just missed her PB of 4:57

Steve Smythe

Kent senior women 1500: 2 Clare Elms 4:46.64 (UK masters record)

Kent under-20 women: 1500: 3 Lucy Elms 4:57.83

Crystal Palace Center

Tuesday 7th May 2019

Probably due to it having been a holiday the previous day the field was a select 10 runners. Most DR's were suffering from doing various 10K's the day before. Graham led the field home whilst John put in his first appearance at this event.

Next race 4th June 2019

1 Graham Laylee	24:05 (5th on age grade)
3 Bob Bell	24:36 (4th on age grade)
6 Claire Steward	26:47 (2nd on age grade)
9 John O'Byrne	42:17 (9th on age grade)
10 ran	

Bath Skyline

401 Ran
Pos Gen
198 41 Colleen Williams 28:17

Beckenham Place

267 Ran
Pos Gen
2 2 Stephen Davies 17:28
22 22 Stephen Smythe 20:04
209 65 Clare Osborne 30:13

Brockwell , Herne Hill

365 Ran
Pos Gen
30 28 Jonny Hough 19:55
32 30 Mark Foster 19:58
68 63 Cameron Timmis 21:45
109 96 Graham Laylee 23:14
250 183 Alex Haylett 27:55
290 199 Daniel Mercer 30:14

Bromley

783 Ran
Pos Gen
179 22 Claire Barnard 24:29

Burgess

575 Ran
Pos Gen
13 13 Paul Devine 18:13
95 91 Hugh Balfour 21:05
554 214 Susan Vernon 37:32
571 348 Chris Vernon 51:01

Cannon Hill , Birmingham

840 Ran
Pos Gen
321 49 Susan Cooper 25:36

Catford

259 Ran
Pos Gen
20 1 Kim Hainsworth 20:18

Clapham Common

772 Ran
Pos Gen
132 6 Charlotte Sanderson 22:01

Cleethorpes

211 Ran
Pos Gen
19 19 Stephen Williams 22:06

Crystal Palace

374 Ran
Pos Gen
25 1 Belinda Cottrill 20:28
38 36 Michael Williams 21:14
107 95 Bob Bell 24:04
171 30 Joanne Shelton Pereda 26:09
249 62 Claire Steward 28:43

Dulwich

431 Ran
Pos Gen
6 6 Daniel Mann 16:36
19 19 Tom Shakhli 17:58
274 213 Oliver Cooper 26:53

Greenwich

354 Ran
Pos Gen
24 24 Jonathan Whittaker 21:17

Highbury Fields

387 Ran
Pos Gen
5 5 Paul Collyer 18:23

Leicester Victoria

400 Ran
Pos Gen
93 10 Marjorie Epton 24:29

Oak Hill

316 Ran
Pos Gen
1 1 Thomas South 17:31

Orpington

206 Ran
Pos Gen
41 39 Colin Frith 24:29
194 133 John O'byrne 43:52

Peckham Rye

383 Ran
Pos Gen
40 38 Alex Bazin 21:05
45 41 Andrea Ceccolini 21:27
49 45 Matthew Ladds 21:44
55 51 Gideon Franklin 21:53
130 22 Karina Burrowes 25:02
196 49 Michelle Key 26:48

Riddlesdown

211 Ran
Pos Gen
1 1 Dylan Wymer 16:20
190 78 Ange Norris 37:42

Rutland Water

309 Ran
Pos Gen
145 114 Michael Dodds 27:22
298 120 Clare Wyngard 43:56

Seaton

177 Ran
Pos Gen
2 2 Joe Twomey 18:24

South Norwood

134 Ran
Pos Gen
79 67 Peter Jackson 29:01

Tooting Common

689 Ran
Pos Gen
25 25 Jamie Nicol 19:30
224 191 Ian Sesnan 24:23

Victoria Dock

180 Ran
Pos Gen
2 2 Andy Bond 15:58

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

DULWICH RUNNERS CLUB KIT



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1/4 Zip Top

DULWICH RUNNERS CLUB KIT

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

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



Socks only £5



Bufs/snoods - only £6



The Beast from the East !
It's on the way!.. be prepared...
get yourself a bobble hat £15
ros.tabor49@gmail.com

HOODIES CLEARANCE
ONLY £10 each



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Sizes: small, large and Xlarge

SHORTS!

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



Surrey League Discount Codes

The following discounts are available as part of the Surrey XC league sponsorship package from Start Fitness (these are available to all club members not just Surrey League runners)

30% off www.moremile.co.uk (you will also accrue 10% of the spend on this code to claim products or More Mile gift vouchers) SurreyXC
10% off www.startfitness.co.uk SurreyXCSF10

SOCIAL SPOT

P
O
T

Upcoming events.

Post Marathon Season Pizza Night Wednesday 15th May

To celebrate the end of a busy spring marathon season and share tales of PBs & chafing we will be hosting a pizza night after the club run on 15th May.

All welcome (even if like myself you didn't run a marathon this spring!).
It will be £7pp payable on the night with the remainder subsidised by the Social Fund.

As previously we will be ordering from Rocca in Dulwich Village. See the menu below, please let us know your pizza choice if attending via email dulwicksocialsecs@gmail.com or comment on the FB post.

Thanks - Matt

pizza

margherita mozzarella, tomato, basil 6.35

provenzale onion, anchovies, olives, mozzarella 7.15

funghi field & wild mushrooms, garlic, mozzarella 7.95

calabrese (n) aubergine & courgette,
mozzarella, olives, capers & pinekernels 8.95

americana pepperoni, tomato, mozzarella 8.75

regina gloucester old spot ham, mushrooms, mozzarella,
olives 8.75

prosciutto dry cured ham, mozzarella, rocket, parmesan 9.15

sarda sardines, baby pinach, piquillo, peppers, olives, garlic,
chillies, tomato, parmesan, (no mozzarella) 8.25

piccante piquillo peppers, hot "nduja",
jalapenos 9.05

we make our pizza dough with organic stone-milled
wheat from dorset

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004

ola.balme@btinternet.com

www.hernehillsportsmassage.co.uk

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



Instagram

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

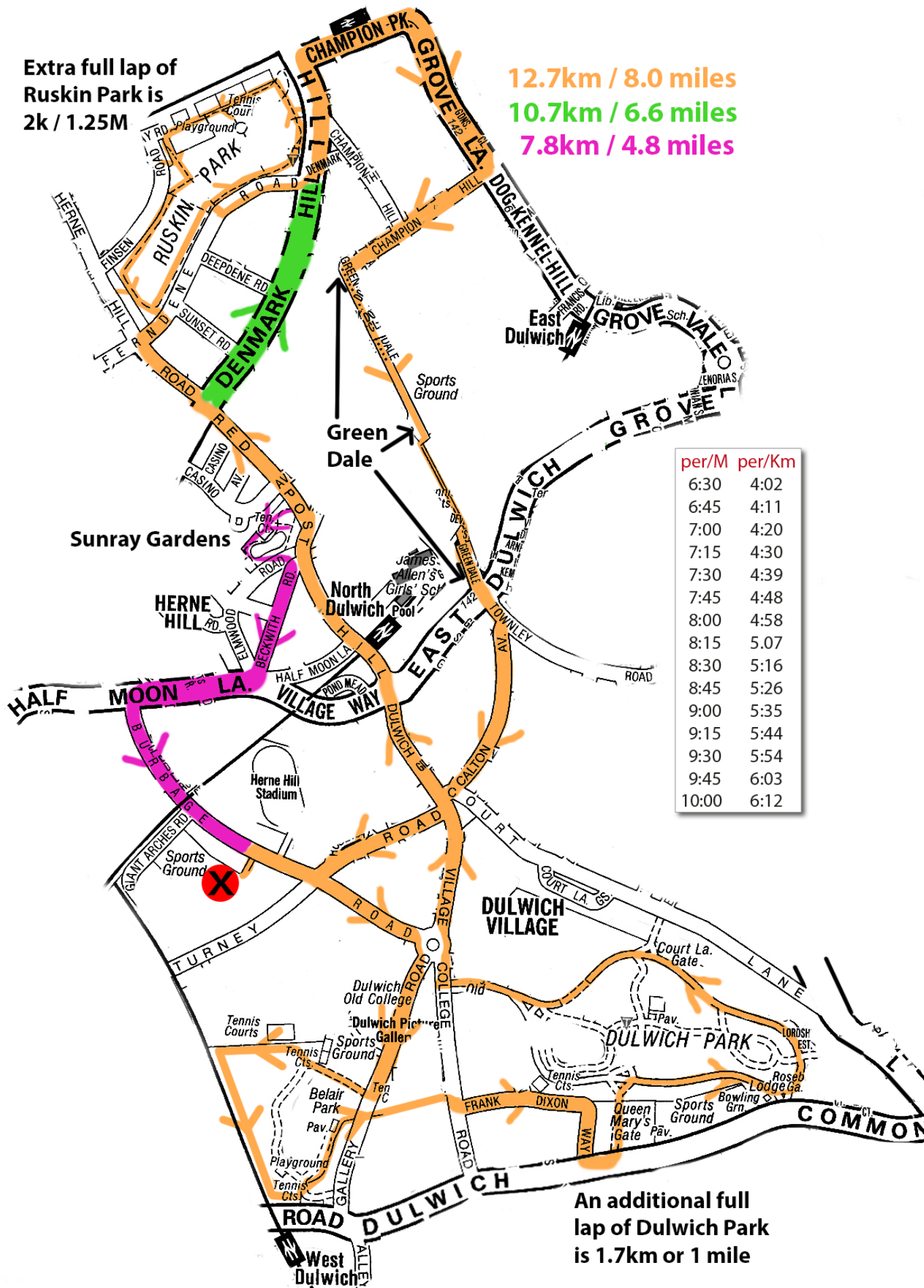
Rehydration !

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

Dulwich Runners Summer Map D

Extra full lap of
Ruskin Park is
2k / 1.25M

12.7km / 8.0 miles
10.7km / 6.6 miles
7.8km / 4.8 miles



An additional full
lap of Dulwich Park
is 1.7km or 1 mile

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