

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 in groups of six from the clubhouse carpark & speed work at Dulwich College Tuesdays. 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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- 8 Wednesday night run map.

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

Like us on Facebook @dulwichrunners

Connect with us:



Good News !

All club runs & training in full swing...



Our Wednesday club runs in groups of 6 and Tuesdays speed work have started

Please see further on in Shorts for full details.

Dulwich Runners renewal 2021/22

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.

EA 2021/22 renewal

E.A. emails were sent on Monday 22 March
Contact me if not received.

The Dulwich Runners part of membership for those who renewed last year was automatically renewed at no extra

cost for an extra year expiring March 31 2022.

The E.A. renewal fee remains at £15 for the year, April 1 2021 - March 31 2022.
If you have any queries regarding membership please feel free to contact me.

Barry Graham

Save the dates !

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

Sun 4th BBQ at the club house from 1pm

More details to follow.

DULWICH RUNNERS 2021 FIXTURES

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

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

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

Wednesday Evening Club Runs

Groups of six, each 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....

Please maintain social distancing at the start of the run in Burbage Road.

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

You can just turn up but arriving a bit earlier helps us sort out groups and place you in a suitable pace group.

If this is your first run with the club please contact Mike

Mann or Ebe Prill in advance. (email details below)

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 ebeprill@yahoo.co.uk
Mike Mann mcmann90@yahoo.co.uk

Standard run is 8-9 miles, slowest group will also have choice of 5 miles, depends on numbers on the night.

If you're a new runner, we'll place you with others to run with at your preferred pace and distance.

If you are unable to sign, or if you have any Covid-19 symptoms in the days after your run contact Ebe and Mike immediately: ebeprill@yahoo.co.uk - mcmann90@yahoo.co.uk

Tuesday Evening Training

We are regularly getting around 45 runners at Dulwich College fields and track on Tuesday evenings.

With two time slots at 6 and 7pm we can easily accommodate everyone in two groups.

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

If you have attended sessions or have already registered your interest just turn up on the evening.

NEW RUNNERS - We are getting many new runners on Wednesday night runs and some of you have now taken part in Tuesday evening sessions. These sessions on grass and track are suitable for all abilities and include efforts at 5-10km pace plus some shorter faster ones.

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

COST IS £2 PER SESSION PAYABLE WHEN YOU ARRIVE - CARD PAYMENTS ONLY, NO CASH, ALL MAJOR CARDS ACCEPTED - GOOGLE, APPLE, & SAMSUNG PAY.

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

2021 CLUB CHAMPIONSHIP AND 5K/10K LEAGUE

2021 CLUB CHAMPIONSHIPS UPDATE

Provisional details of the 2021 club championship programme were issued at the end of last year, and have been published in Shorts. These have now been reviewed in the light of current information, and there are a few changes. The approach that has been adopted for this year is to offer maximum flexibility, so where possible series of races taking place either monthly or more regularly have been selected.

The two events completed early in 2020 the Beckenham parkrun and the Big Half will count towards this year's club championships. 7 events have been selected for this year, giving a total of 9.

The rules governing the club champs have been modified for this year, reflecting the more flexible approach. In order to qualify you will need to complete 4 of the 9 events. These should include at least one event from each distance category. The 10k, half marathon and marathon are classified as long, with the remaining events short.

For those taking part in several races in a regular series, a maximum of 2 races will count towards the club champs. The closing date for all races is 30 November.

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

Some updated information on events below.

- Entries for the Battersea Park races have been open since late April, but are filling up fast.
- The second Sunday of the month races have restarted under Covid restrictions with a tight numbers limit, but are expected to revert to more like normal from July. Entries on the day may be available but once open try to enter on line ASAP.
- Richmond Riverside 10k (17th July) and there are various 10k races in Regents Park organised by Race Organiser (6 June) Run Through (15 June, 13 July) and Nice Work (14 November) also the Mornington Chasers Winter series, to be announced.
- Any of these Regents Park races will count.
- 'It's unlikely the Soar Mile will go ahead. The Mark Hayes mile will be held as the club champs mile (see below) but any other track mile will count.
- The Big Half 22 Aug will be a club champs race, but other 1/2M's can be used as an alternative.
- Dulwich parkrun. Suggested dates are 18 Sept, 30 Oct and 6 Nov, but avoid weekends when key cross country races, including the Surrey League are scheduled. If you want parkruns at alternative dates and at venues other than Dulwich to count, you will need to submit your results.

The provisional programme for this year.

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

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

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

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

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

Marathon - London 4 Oct (or alternative marathon)

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

Mark Hayes Mile, 29 June

The SOAR Mile is unlikely to take place this year so the Mark Hayes Mile will be our club champs event.

Tuesday 29 June 7pm at Dulwich College track during our regular 2 hour training slot.

Subject to numbers, likely to be around 5 races seeded by times at 10 minute intervals starting at around 7pm, with a presentation afterwards.

To take part contact Mike Mann mcmann90@yahoo.co.uk before 25 June, with you estimated mile or 5k time

'5k and 10k League'

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

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

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

DR 2021 Club Champs League

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

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

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

Any result from a virtual race

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

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

You will find - Dulwich Runners 5k League 2021
Dulwich Runners 10k League 2021

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

5k League results

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

10k League results

M55	Ebe Prill	44:20
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Running Safely

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

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

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

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

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

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

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.

NDW50

22nd May 2021

I've always enjoyed running trails, with a few halves, marathons and a couple of 50K distances behind me I had never yet ventured into the longer distances. Centurion Running have a good reputation for their ever popular ultramarathon events, so waaay back in August 2019 I was up early one Saturday morning and managed to snag a coveted place on the North Downs Way 50, slated to take place in May 2020.

Due to the events of the past year, although Centurion managed to put on several of their other events, unfortunately the NDW50 was not one of them. It was rescheduled twice to June and then to November both coinciding with lockdowns. As a result, you could say my training was pretty stop start. I had started some longer off-road runs in the late summer/early autumn in the build up to the November date until the run was pulled at the last minute.

One advantage of the seriously long lead time to the race meant I had ample time to recce the route. By the time the race date was confirmed for the third time in May 2021, I had a pretty good knowledge of the route having ran most parts of it. This definitely proved to be an advantage on the day, mentally if nothing else.

The race itself is a 50 mile point to point which starts in Farnham, Surrey, passing Guildford, Box Hill, Reigate Hill and Caterham through to the finish at Knockholt Pound on the Kent/Greater London borders. It takes place entirely on the North Downs Way national trail and has some outstanding views throughout.

The wettest May on record leading up to race day had dashed any hopes of a dry trail underfoot although the weather conditions in the morning were actually great; the howling wind and rain overnight had stopped and air temps were perfect with overcast conditions. The race was a rolling start and I self seeded in the first wave which was the "under 9hrs" category. Having never run further than 50K before, I had no real idea of a target time aside finishing but figured around 10 min miling would bring me in at about 9 hours.

I would describe the race as one of two halves. The first 13 miles is fairly flat with lots of wide tracks and footpaths and very runnable through to Guildford where the first major climb is up to St Martha's Church and up onto the downs ridge at Newlands Corner. Unfortunately I was having digestion issues early on and had to make an unscheduled stop here which cost me about 7-8 mins. The flattish route

continues for another 10 miles to Ranmore Common and through Denbies vineyard when it drops down to the bottom of Box Hill at mile 24 and the steps which is the steepest ascent of the course. I passed through the marathon distance a smidge under 4 hours but knew from here on in most of the elevation lay ahead. What's more the next 7 miles or so was the most technical part through to Reigate, as the path hugs the edge of the ridge with narrow paths, energy sapping sharp climbs and descents, overhanging branches hitting my head and increasingly sloppy conditions underfoot.

Passing Reigate Hill and the 31 mile mark just under 5 hours I was tiring considerably and into unknown territory. I have an abject fear of running out of nutrition on long trail runs and had packed far too much food which, while kept my head assured, was weighing heavily on my shoulders. The final part of the route I am most familiar with having done several runs between Knockholt and Caterham so I was back on home ground so to speak, the final longest climb at Botley Hill led to the last aid station with 7 miles to go. This section, which I've run many times, felt like the longest it's ever been even though most of the hills were behind me. Heading into the wide fields near Knockholt I could see I was going to come in close to 9 hours which was a motivator to dig in for the last couple of miles to ensure that was the case, and as the sun came out I crossed the line exhausted but happy in 8:56:56.

Centurion certainly lived up to their reputation, as this was the most well organised trail race I've done from registration to finish line. All the volunteers were incredibly friendly and encouraging, great aid stations and there is great community built up around their events. Really pleased I finally got this race done and a 50 miler under my belt and



writing this the day after I'm already certain I will do another. Thanks in particular to Gower and Michael Williams who's support from afar, chatting, long route and hill session watching has been really helpful in keeping motivations up during the past crazy year.

Eugene Cross 08:56:56

Blackheath & Bromley Harries Middle Distance Open Meeting

Tom South

7 Dulwich Runners headed over to Norman Park athletics track in Bromley to see where their recent speed training had paid off with a track race over 1500m and 5000m. This was the first time I had visited the track here since my days from training as a junior athlete for Blackheath Harries, and racing in various young athlete fixtures and the Southern league. The track has also been relaid in the last few years as well so is in very decent condition, and puts the track at Crystal Palace to shame (both tracks come under the control of Bromley Council). Speaking with an old friend from Blackheath & Bromley Harries, the club are building their new clubhouse here and taking over the management and running of the track from the council.

Though the weather was more April like than you would expect for May, the rain held and there was no wind so provided decent conditions for

racing conditions. With the provision of a clock at the 400m of each lap of the race, as well as an electronic scoreboard on the finish line, it would be easy for runners to check their pace, without consulting their garmins/ watches. First off was Kevin Chadwick in heat 4 of the 1500m. Kevin has done lots of his speedwork at Norman Park, and had a few youngsters in his race. Kevin finished 7 out of 11, in a seasons best of 4:44.

Next up, in heat 2 of the 5000m were Tom South, and making his track debut and club debut, Rob Eames. After my disappointment from my 3000m the previous Wednesday, my main aim was to use this as a confidence booster, before getting back into some proper speed training again. Early on a Cambridge Harrier went tearing off, and instead of chasing with him, knowing I don't have the speed in my legs, decided to be patient and waiting before attacking the race, and worked up to the 3800m mark with a runner from Medway. At this point I pushed on with the Cambridge Harrier was fading and caught him with 800m to go, while dropping the Medway runner. Instead of being a time trail



this felt like proper racing. I finished 1st in 16:28 (PB) and felt strong with more to give.

Meanwhile Rob was having a good run as well and putting all the hard training he has done over the past few months into good effect. He was targeting a sub 17:25 time and finished with a PB of 17:21, and came 14th out of 17.

In the final race of the evening and heat 3 of the 5000m, new club member Fred Bungay, was making his debut, with track debuts for Shane Dolan, Alex Loftus, Chris Lawrence, and new joint womens captain Kay Sheedy. Fred should have been in heat 2, but after a steady opening lap, started to increase the pace, gradually pulling away from Shane, a sprint finish to win this heat in 17:10 (PB). Second in was Shane, who faded a bit in the last km also came in with a track PB of 17:54.

Third in for the club was Alex Loftus, who has come off the back of an excellent marathon PB to keep training in the hope of setting some fast 5km times this summer. He was aiming for a sub 18, and felt we should of gone with a Striders of Croydon runner with a couple of laps to go, but finished 4 in a decent time of 18:04.

Next in is another person who is a new member to the club and making his club debut Chris Lawrence. He has been training well with Ebe's group over the winter and has started back at the Tuesday track sessions. He hasn't raced on the track since his schooldays and was aiming for a time of 19 minutes. He put a strong run here and came in 7th bang on 19:00.

Finally in was Kay Sheedy. This was a tough day at the office for Kay, who has been training really well over the winter and into the spring, though felt heavy legged going into the race. Though disappointed with her time, she will be faster than this over the summer, as she has done some dent time trials lately as well. She finished 8th overall and 1st lady in this race in 19:39

Results

Heat 4 - 1500 - Kevin Chadwick	4 th , 4:44 SB
Heat 2 - 5000m - Tom South	1 st , 16:28 PB (track)
Heat 2 - 5000m - Rob Eames	14 th , 17:21 PB (track)
Heat 3 - 5000m - Fred Bungay	1 st , 17:10 PB (track)
Heat 3 - 5000m - Shane Dolan	2 nd , 17:54 PB (track)
Heat 3 - 5000m - Alex Loftus	4 th , 18:03 PB (track)
Heat 3 - 5000m - Chris Lawrence	7 th , 19:00 PB (track)
Heat 3 - 5000m - Kay Sheedy	8 th (1 st Lady) 19:39 PB (track)

Hercules Wimbledon Distance Night

Wednesday 19th May

Tom South

Three Dulwich men, Andy Bond, Ed Chuck and Tom South entered this open track meeting, organised by Hercules Wimbledon. They had organised a series of races, ranging from the 2000m steeple, 3000m and some 5000m races. Instructions were received that the new rules in regards what shoes would be allowed to be worn were enforced (heel stack no more than 25mm, so no next % etc).

A grey evening with a blustery wind welcomed the runners, and thankfully the early afternoon showers held off for the evening and the track in Wimbledon Park is fairly well protected from the wind. The earlier rain had made the track quite greasy.

First off in the second 3000m race of the evening was Tom South, who was looking to improve on his PB over the distance last summer (09:27). Tom was in contention

with the leading three with 800m to go, but lack of speed work over the past few weeks (post marathon and then post shingles have impacted training), couldn't go with the pace and finished 5th in 9:30.

Next off was Andy Bond in the first of the evenings 5000m. Choosing to go with road flats instead of spikes, Andy found the track quite slippy, and found the race tough going, after a very impressive 10km performance in Battersea Park on the previous Saturday. He went in with the aim of matching his PB set in 2018 of 15:51. He found himself cut adrift, but, in his normal style, he roused himself with 200m to go for a flying finish (often seen in training sessions), to finish in 15:54, to finish 8th in his race.

In the final race of the evening, Ed Chuck set off with the intention of breaking the Clubs 5000m track record (15:15), which he set himself in 2018. Normally Ed likes to be in the front of a race, controlling the pace, but due to the quality of the field, we would have to run his own race further back in the field. Wearing spikes, we had a runner to work with from SLH for a good part of the race, before increasing the pace and pulling away over the last few laps, to finish 7th in this race and destroy the club finishing in a time of 15:07.

Results

3000m race 2 - Tom South - 5th - 09:30
5000m race 1 - Andy Bond - 8th - 15:54
5000m race 2 - Ed Chuck - 7th - 15:07 (Senior club record).

HHH Open Meeting

22 May

In my first track race for a while my 3000m performance was below par, almost a minute and a half slower than my indoor race in March 2020. I put this down to a combination of age and lack of race fitness.

Mike Mann 3000m 14:01.1

RUN THROUGH 10K Battersea Pk.

15th May

Andy Bond 32:41 (PB)
Austin Laylee 39:45 (PB)

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 2

All routes go clockwise

14.4km / 9.0 M

11.3km / 7.0 M

8.3km / 5.2 M

Enter recreation ground via the footpath and then the gate

Alternative route avoiding steps to One Tree Hill viewpoint

Route diverges at footbridge over old railway

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

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

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