



SHORTS

Dulwich Runners AC

Weekly Newsletter

May 6th 2020

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

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
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As you will see a few 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

Until there are any changes or further advice the following statement, instructions and advice will stand.

Dear Club Members

Due to Covid-19 and Government guidance and advice the club committee made the decision that until further notice all club activities will cease, Wednesday night runs, Tuesday track sessions and also to postpone the AGM.

There is nothing to stop any of us going outside to run under current government guidelines and should the situation change we will keep you informed via the club weekly newsletter Shorts, the website and our social channels.
If you have any questions or concerns please

contact a committee member and keep up to date with the Government guidance.

Hope you all stay safe and well.

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 on a Saturday or Sunday at a time and place of each runner's choosing. Runs and times are tracked through Strava which can be downloaded for free to smart phones/laptop/tablet etc. A weekly table of results will be published in Shorts.

HOW IT WORKS

1. Join Strava by downloading the App at www.strava.com
2. Once logged in join the Dulwich Runners Group
3. Any Saturday or Sunday, record your 5K run on your Garmin/phone/other GPS device & upload to Strava (please caption in the description DR Virtual Champs)
4. Results in Shorts each week

THE RULES

1. Your 5K can be run on any course or surface (road, track, off-road) at any time on Saturday or Sunday.
2. The 5K is a solo time trial. Please comply with all government guidance and practice responsible social distancing
3. Your recorded distance must be at least 5k

It's time for the next Dulwich Runners' Relay

Saturday and Sunday 9th and 10th May

. The last one was fantastic fun as it was a great way to see others from the club, (at a social distance) and

motivate ourselves to have a run by feeling part of a group activity. Each stage is run solo, from one person's house to another, or a mutually agreed place in between. Everyone can join in with a run on Saturday and Sunday, or just one day if you wish. For anyone who has been ill or are coming back from injury, it can also be a walk with no pressure on time.

If you'd like to be involved, contact Andrea with your postcode and length of time you'd like to run. Andrea 07814 439279

BMAF virtual relays

14-20 June

The BMAF road relays for 'veteran' runners 35 or older have moved to a virtual format. Entries free (donations to charity welcome) at [opentrack.run/x/2020/GBR/bmaf-virtual-rr/](https://data.opentrack.run/x/2020/GBR/bmaf-virtual-rr/) This is one of the bigger events we as a club used to take part in over the years so would be great if we can get teams together for as many age groups as possible, women and men.

The time slot has moved from May to June and the rules are the same as for many of the virtual races we are doing with 5k run solo and observing all the distancing

guidance. More details in the web link.


Everyone (35+) can enter on her or his own. You only need to have a gps device to record your run. IMPORTANT is to give Dulwich Runners as the team in step 2 of the entry. I found it best to enter via a desktop version of browser as mobile browsers can get you into a loop at the very end when you are asked to confirm your entry. (a box needs to be checked which might not be there on the mobile version).

After entering you can check the list of competitors by typing DUL in search field. That gives you the list of runners for our club with age groups and you make sure you're on there in the right age category.

Let me know via email ebepriill@yahoo.co.uk if you have difficulties with entering. We can alternatively sort out team entries by one manager

Dulwich Runners

Landmarks Photo Competition



Dulwich has many unique landmarks that we've all run past many times; some famous and others less well known. 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



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



Starting from Wednesday 6 May 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)

Tuesday evenings from 12 May at 7.30pm

'Ask the Coach' - Steve Smythe will be on hand to provide top tips from his decades of running across all distances.

Zoom details to follow.

All committee members and coaches have access to the zoom facility to act as hosts for individual sessions. We'd welcome your input as to what you would like to see and how the facility could help specific training groups with their own individual sessions

Dulwich Runners is inviting you to a scheduled Zoom meeting.

Topic: Dulwich Runners - Wednesday Club Night
Time: May 6, 2020 08:30 PM London

Every week on Wed, 12 occurrence(s)

May 6	2020 08:30 PM
May 13	2020 08:30 PM
May 20	2020 08:30 PM
May 27	2020 08:30 PM
Jun 3	2020 08:30 PM
Jun 10	2020 08:30 PM
Jun 17	2020 08:30 PM
Jun 24	2020 08:30 PM
Jul 1	2020 08:30 PM
Jul 8	2020 08:30 PM
Jul 15	2020 08:30 PM
Jul 22	2020 08:30 PM

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

Weekly:

https://us02web.zoom.us/join/tZAvdO2hqj0uGNRpbxgwkUL_WDdze6io_iGM/s?icsToken=98tyKuGsrDguE9CTtBuHRpwIAIjCLPPwiCFbjY1vjB39BDdYVy_JAcZGKLcpGdfv

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

Dial by your location

+44 131 460 1196 United Kingdom

+44 203 051 2874 United Kingdom

+44 203 481 5237 United Kingdom

+44 203 481 5240

United Kingdom Meeting ID: 842 3494 6420

Find your local number:

<https://us02web.zoom.us/u/keAW3dbSVt>

Strength for Runners - with Coach Elkie Mace Session 1

Thursday 7th May 8-9pm on Zoom

For many runner's strength is overlooked which can lead to injury. Now is your chance to establish a really good habit and ensure longevity for your running. The session will focus on core strength in a dynamic way - particularly glutes and leg strength. Examples of exercises are squats, lunges, plank and some yoga inspired moves. All you need is a mat and a band and or weights if you have them.

Session 2

Strength for Runners - with Coach Elkie Mace - Tuesday 12th May 8.30- 9.15pm after Steve's Q & A, on Zoom

For many runner's strength is overlooked which can lead to injury. Now is your chance to establish a really good habit and ensure longevity for your running. The session will focus on core strength in a dynamic way - particularly glutes and leg strength. Examples of exercises are squats, lunges, plank and some yoga inspired moves. All you need is a mat and a band and or weights if you have them.

I hope that sounds ok to everyone

Thank you

Elkie

<https://us02web.zoom.us/j/82398648890>

No password

Meeting ID 823-9864-8890

Virtual Quiz Night

Wednesday 13th May 8.30 p.m.

Keep your diaries free for our first Virtual Quiz Night
What you will need to do -

1. Sign up for a zoom account on a laptop. Not all functions work with a phone.
 2. If you can sort yourselves into a team of 4 that will help the admin side on the night.
 3. Once you have a team of 4, email me the team name, plus names and email addresses of everyone. Please do this by Sunday evening 10/5/20
 4. If you don't have a full team, email me who you have, whether it's 1, 2 or 3 people, with the same info.
 5. If you do just turn up on the night, you will be able to take part. We can put you into a team then.
- On the night use the following link and ignore the other one for bar chats. That one will still be there for anybody who wants it.

Join Zoom Meeting

<https://us02web.zoom.us/j/88283219935>

Meeting ID: 882 8321 9935



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.

Due to current circumstances please only use these fixture lists as a guide. Many events have already been cancelled or postponed. When further information is received the fixture lists will be revised

2020				Road & other
May	7	Assembly League	CANCELLED	Victoria Park
Jun	4	Assembly League	CANCELLED	Jubilee Pk, Leyton
	15	Sri Chinmoy 5km	short	Battersea Park
Jul	2	Assembly League		Crystal Palace Park
	18	Richmond Summer Riverside 10km	long	Richmond
tbc		SOAR Mile	late July/early August tbc	short t.b.c
Aug	6	Assembly League		Victoria Park
Sep	3	Assembly League		Beckenham Place Park
	13	Second Sunday of Month 5M trail	short	Wimbledon Common
Oct	18	Cabbage Patch 10	long	Twickenham

Cross country
Club Champs
Assembly League

If you require information about any races 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

2020 Club Champs Races

The programme of races for the 2020 club championships has now been selected. Races still to come are as follows:

26 Apr London Mar. **cancelled** (or alternative) long
15 Jun Sri Chinmoy 5km, Battersea Park short
18 Jul Richmond Summer Riverside 10km long
late July/early August tbc SOAR Mile short
13 Sep 2nd Sun. of Month 5M trail, Wimbledon Comm. short
18 Oct Cabbage Patch 10 long
4 races to qualify from a total of 8 including at least one from each distance category.

2020 Assembly League

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

Free to enter, no pre-entry or registration needed, all you need to do is have a club vest, turn up and run.

These are extremely popular and all members whatever standard or ability are welcome and encouraged to participate. Any further race details will be here as and when known.

All Thursdays

Apr 2	Beckenham	5km	7:15	CANCELLED
May 7	Victoria. Pk	5km	7:30	CANCELLED
Jun 4	Jubilee Pk, Leyton	5km	7:30	CANCELLED
Jul 2	Crystal Palace	5km	7:30	
Aug 6	Victoria Pk	3.5M	7:30	
Sep 3	Beckenham	5km	7:15	

Suggested training in coming weeks

My training suggestions

by Steve Smythe

Steve Smythe, who has run more than 2000 races, shares his training suggestions for solo sessions and contemplates current life with no racing

Upcoming training

The lockdown and return to normal competition looks like it might last a lot longer than we envisaged back in March and a few have asked for some sort of schedule that people can follow if they wish rather than just drift from day to day. without a target.

As there are some virtual 5k's to go for, I will focus on a schedule that should assist those looking to improve their 5km speed which will be useful even if you regard yourself more of a marathoner.

If you wish to run Monday and Friday just do easy 30-45 mins as slow as you can but suggest on the Friday you could also do 4 x 150m with long recoveries, trying to get quicker on each and only running really fast on last one.

Wed May 6 steady 45 minutes (a minute a mile slower than 5km pace)

Thurs May 7 40 mins with 10 x 200m efforts at faster than 5km pace with short recoveries (30 secs maximum)

Sat May 9 3km easy, 5km hard, 3km easy

Sun May 10 slow hour to 75 mins (90 seconds to two minutes a mile slower than 5km pace)

Tues May 12 4 x mile at 5km pace with three minute recoveries.

Wed May 13 steady 50 minutes (45 seconds to a minute a mile slower than 5km pace)

Thurs May 14 10 mins easy then alternate 5k pace and HM pace every minute for 20 mins, 10 mins easy

Sat May 15 3km easy, 5km hard but start more gently and build pace to finish strongly, 3km easy

Sun May 16 slow hour to 75 mins (90 seconds a mile slower than 5km pace)

Race Reports & Results

Want your race results and reports in SHORTS ? make sure and send 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...

Race reports will be harder to find than bog roll !

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.

London Marathon history

Steve Smythe writes....Before the lockdown (when I had a job!), I wrote the following for Athletics Weekly's website which was published last week if you have nothing else to read.

<https://www.athleticsweekly.com/blog/10-top-london-marathon-moments-1039929585/>

'1981 London Marathon'

On the day that would have been the 40th London Marathon (my 39th), I was unable to actually run and did a 26.2 mile cycling timetrial around a 2km circuit but did get a reminder I also once ran as that afternoon the BBC showed the very first London Marathon in 1981.

I had made my debut at the age of 18 at Harlow in 1976 with a painful 2:54 and then improved to 2:41 at Barnsley in 1977, 2:34 at the Poly (Windsor) in 1979 and then 2:33 in Essonne in 1980 (but a 71 first half) and it suggested a sub 2:30 was possible (even though there were no shoe assists back then!) and in perfect conditions for me - cool and drizzly rain -

I achieved my ambition with a few seconds to spare and got a fair bit of coverage as I went off fast (sub-five first mile) and having what I recall now my easiest ever marathon I finished about 60 metres ahead of the first women's winner Joyce Smith - I never saw her as she ran a much more sensible pace.

I was race number 813,

I also made the closing credits back in 1981 but that was edited out of the current coverage possibly because Jimmy Savile was in a different clip!

Just note for future use my e-mail:

stevesmythe2006@yahoo.com

Ironman Virtual Race 4

Ironman events who run the Iron Distance triathlon races have put on a pretty slick and well run race series called Ironman Virtual Club for free during isolation which I am sure will earn them some customers post lockdown. They have had a race every weekend for the last month across varying distances, not just the long distance format. A few fellow triathletes chose the Race 4 Olympic Distance race which is a Duathlon format of 3k run, 40k bike and 10k run.

You have from Friday evening until Sunday night to log 3 activities which match the distance. I did my first 3k run on Friday afternoon before the official start time so stupidly this didn't count for me and I had to run it again on Sunday! The bike went much better and I did this indoors on my turbo trainer for a new PB by 3mins of 40k in 58mins thanks mostly to no headwind or hills! The 10k run was the most difficult to get motivated

Zwift Racing

You would have to be living under a rock to not have heard of Zwift by now. It's an online "gaming" platform connected to indoor bikes and turbo trainers to simulate real life racing with onscreen avatars and graphics. Lockdown and isolation have really seen a surge in participation. It's never really been my kind of thing but I signed up for a Triathlon Ireland run Zwift racing series.

To add a bit more legitimacy to the race results you have to complete the entire race with a heart rate monitor to verify your performance and effort. I appreciate the effort and sentiment of this to arrange a reputable race, however, clearly some still found a way to cheat as again I saw avatars pass me like Joey Dunlop on a Honda! Nevertheless, I enjoyed this a lot more as the majority of participants were finishing in a realistic and verifiable



for so a nice route of twice around the Serpentine last Friday 5k course gave a nice scenic challenge with added difficulty of dodging tourists. It's kind of difficult to motivate yourself for a virtual race as you cannot see your competition or get competitive but it is a nice distraction. It's not something I will take too seriously however as clearly there is blatant cheating going on with impossible bike times being registered and people clearly recording their run times on a bike.

Why you would bother cheating in a free amateur race with no prizes is beyond me. But these wasters aside, I would recommend the races to anyone with a bike and running shoes who wants a challenge. Check out ironmanvirtualclub.com

Des Crinion 1:49:32 - 208 of 14547 finishers
Becca Schulleri 2:13:58 - 2571 of 14547

Winner - 1:24:28!!! - (It would appear he put his motorbike on his turbo trainer).

time. This was a 17km flat time trial. So really it's an all out effort for 20 mins and then a case of hanging on to the finish. Unfortunately my heart rate monitor cut out for a few mins of the race so my time doesn't count but I would have finished 21st from a field of 500 with a lot of room for improvement on the game-ability features of Zwift.

I didn't realise that selecting a TT bike instead of a road bike for your avatar makes you even faster on a solo time trail and also, other features like aero power ups can cut seconds off your time, so I will know better for the next time. I liked that the official results cut out a lot of the clearly bogus times and anyone without heart rate data. Will definitely race a few more of these and would recommend to anyone with a bike and turbo trainer.

Des Crinion - 24:21
Winner - 22:21

Corona Diaries (Episode 2)

Brought to you by Dulwich Ladies

Over the last week or so we have been putting together short little bios that we have shared on the Dulwich Ladies Whatsapp group. We thought we'd share them more widely. Over the coming weeks you will find instalments in Shorts.

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

Hi I'm Hannah Harvest, I'm on the right in the red + shirt.

Here I am with some other Dulwich Runners at Love Trails festival in wales last summer, enjoying some trails.

I dabble in a bit of everything at Dulwich and love to hate track sessions. I've been a member for about 3 years I think



Hi, I'm Lucy. Joined DR in 2014. I like xc and 1500m, mile and 3000m. You won't see me running a marathon but I've done a few halves. It's more fun running with other people and I usually go to track and club run most weeks



Hello ladies, I'm Cara, kindly invited to the group by @447518423877

I haven't raced or run with DR for quite some time now following a diagnosis of intermetatarsal bursitis in both feet last year.

I'm enjoying running for fun and fitness at the moment and grateful that I'm able to do that with no pain. I took part in the virtual relay a couple of weekends ago which was great and nice to feel part of the club again.



I'm Lucy Pickering and I deleted 6 years of photographs a few days ago so I'll have to stick with my WhatsApp pic... I think maybe I like half marathons best maybe or 5k cause it's over quite quickly, but not that quickly. I try and make track sessions but I don't like the winter ones much...



The Parks Around Dulwich - Part 3

In the third part of the series we look at some of the parks around Dulwich that we run around for training, parkruns and racing. As with the previous two parts, I have looked at a brief history of the park, as well as running options and Strava segments. For this week, we look at some of the parks that are slightly further afield from the clubhouse.



The Lake of South Norwood

South Norwood Lake

One of the parks least used by the club due to its location, it appears on a couple of the summer routes, and is used on the Sunday 10 Parks run by several members of the club.

The lake was originally created as a reservoir for the Croydon Canal which from 1809 to 1836 ran between Croydon and the Grand Surrey Canal at New Cross. As well as a tarmac path there is a trail that cuts through the woods from the centre of the park to Auckland Road.

A lap of the lake by itself is 750m.

The trail itself leads to the Strava segment challenge known as Back Of SN Lakes, which is undulating:-

<https://www.strava.com/segments/18674611>

Fastest Dulwich male is Tom South (2:30), Roz Johnson being the fastest Dulwich lady (2:49).

Clapham Common

Closer than South Norwood Lakes, but not used on Wednesday night club runs, Clapham Common is often used on a lot of Sunday runs as well as having its own parkrun.

Originally common land for the parishes of Battersea and Clapham, the common was converted to parkland under the terms of the Metropolitan Commons Act in 1878. A lot of runs go past the bandstand.

In the centre of the park is the bandstand, that was constructed in 1890. It is the largest bandstand in London and a Grade II Listed Building.

A full lap of the main part of the common is 3.3km which will give you an option to run on a mix of tarmac and grass. Also there are a lot of Strava segments to chase here, but I have chosen one that is most commonly used by the club on our Sunday long runs, South Side Long Pond To Bandstand Sprint:- <https://www.strava.com/segments/3702941>

Leading male time is held by Tim Bowen (1:57), leading ladies time is held by Tess Bright (2:10).



The Grade 2 listed bandstand



The Windmill On The Common.



The Peace Pagoda, Battersea Park



Along the Thames towards the Albert Bridge

Battersea Park

Battersea Park also features on Sunday training runs. We have also held some club championship 5k races here, Assembly league, Sri Chimony series, and the obscure 2 mile distance as well. If you are chasing a fast time, whether 5k or 10k its well worth looking for a race held here, and when training for a marathon and looking for some faster efforts as part of your run, its worth heading her.

Prior to 1846 the area now covered by the park was known as Battersea fields, a popular spot for duelling. On 21 March 1829, the Duke of Wellington and the Earl of Winchilsea met on Battersea fields to settle a matter of honour. When it came time to fire, the Duke aimed his duelling pistol wide and Winchilsea fired his into the air. Winchilsea later wrote the Duke a groveling apology. The park was opened by Queen Victoria in 1854. The most interesting thing to look out for is the Peace Pagoda that was completed in 1985.

As mentioned the park is ideal for some fantastic tempo sessions. The main loop of the carriageway is a 2.8km loop. If you decide to run along the Thames, this extends the loop to 3.10km.

With various races and training sessions in the park there's a lot of Strava segments to chase, the one I have chosen is not on the normal race/ tempo session circuit, and is known as the Battersea Park Shortcut:-

<https://www.strava.com/segments/3851476>

Fastest time set are by Tim Bowen (5:38) and Hayley Seddon (7:37).

Beckenham Place Park

There might be some parks closer, but there are several club members who live nearby, coach Steve has organised several training sessions here. On top of that over the years we have done numerous races here, including the Beckenham relays, Surrey League and South Of The Thames Cross country races and various assembly league races.

The Park was established between 1757 and 1760 by John Cator whose family built the mansion in the Palladin style in the middle of the park.

Over the course of time, the park has had a golf course (from 1907) and served as a prisoner of war camp.

The park provides lots of undulating off road paths and hills to train and run on as well as a pancake flat parkrun. This also provides many Strava sections to chase, but I have gone for everyone's favourite, the finishing hill of the old Assembly league course and the Beckenham relays which finish by the mansion, Beckenham Place Park Climb

<https://www.strava.com/segments/6955826>

Fastest male time has been set by Steve Davies (1:42) and fastest lady is Claire Elms (2:02)



The mansion post Surrey league 2020



Running on the trails

DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		2 May	
			Pts
Tom South	M40	16:36	50
Andy Bond	M40	17:20	49
Shane Donlan	MS	17:37	48
Tom Wilson	M40	18:18	47
Eugene Cross	MS	18:28	46
Greg Falconer	MS	18:58	45
Kim Hainsworth	FS	19:44	44
Jamie Nicol	MS	19:44	44
Ross Rook	MS	19:53	42
Kay Sheedy	FS	19:57	41
Grzegorz Galezia	M50	20:2	40
Matt Ladds	MS	20:21	39
Yvette Dore	F40	20:49	38
Helena Flippance	FS	20:55	37
Olivier Montfort	M40	20:56	36
David Benyon	MS	21:31	35
Ebe Prill	M50	21:43	34
Tereza Francova	FS	22:22	33
Graham Laylee	M60	23:34	32
Catherine Buglass	F40	24:2	31
Emma Kelly	FS	24:35	30
Robin Downing	MS	25:13	29
Paul Hodge	M50	25:17	28
Jenny Bomers	FS	25:59	27
Andy Murray	M60	26:47	26
Ros Tabor	F60	27:10	25
Sonja Jutte	F40	48:41	24

Another good week with 27 runners taking part on a variety of courses road, park, off-road and track.

MEMORIES

Chris Vernon writes... Great to hear about two old London's in last weeks shorts.

Who could forget '91. The year Steve Wehrle broke 3hrs in 2.59 after stopping to change his shoes at 20 miles! I remember Ange passing me in Wapping on her way to a record which stood for many years and thinking 'I'll get you later girl' but I never did as she beat me by 3 mins ! What storming runs from Jim Eastall and John O'Grady both breaking 2.30 again. When will another DR break that I wonder?

Russell Daker

Mike Dodds writes...Like many of those who go back a bit with this club I was deeply shocked to hear about the death of Russell Daker and was pleased, at least, that the last edition of 'Shorts' contained a number of touching tributes.

I guess that, like Colin Frith, and being the same age as Russell, I was 'there or thereabouts' with him back in the day, although not on the shorter stuff, and so I do hold some good running memories. The one of him that sticks in my mind most of all, though, actually comes from his professional background and telling it here may also clear up a bit of confusion last week about how long he had been with the club.

The scene was just outside the original 'Den', the home of Millwall FC and a short distance from the Old Kent Road in New Cross. For those who may not be aware there were many English football grounds, in the '80s and '90s especially, that had reputations for directing intimidation, and much worse, towards visiting supporters. And then there was the Den! I had followed Newcastle United to many grounds all over the country, some of them, like locally in E13, N17 and SW6, with

Where was I in 2000 ? I had had a reasonable build up with the Thanet 20 in 2.35 and Paddock Wood half in 1.25 where Steve W beat me by 20secs so my log tells me. That however was the year several of us went to Jude's wedding in Sydney and coincidentally did the try out marathon for the Olympics a week later. That is why Clare and Mike, Sue and I, Ros and Andy plus others were not on the start line for London and were struggling in the Australian heat.

Missing your Parkrun fix?

Read the contributions in the Burgess parkrun news

very dodgy reputations, but never with quite as much apprehension as coming here.

How comforting it was, then, to see a couple of mounted officers from the Met escorting us via a weird tunnel, long since demolished like the rest of the stadium, along the side of the ground to the away end. How especially so to see that one of them was Russell who spotted me at once from his lofty position and flashed that familiar smile. I wasn't really sure whether I should acknowledge this with a 'Russell' or just stick to 'Sir'. I think I did go for the former thereby surprising the surrounding fans that I was on such familiar terms with one of our protectors for the day. All in all I was just very pleased, and impressed, to see such a true professional at work.

I had already known Russell, through our membership of Dulwich Runners, for a year, comfortably, by then so when was this precisely? Well, once in the stadium, I distinctly remember the announcer offering his best wishes to supporters of the two clubs who had either gone, or would be going, on the mission to remove Saddam Hussein's forces from Kuwait. It was the start of the first Gulf War, it was January 1991, which all fits. I'd joined DR in the autumn of 1989 and I think Russell had done so at more or less the same time.

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



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



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



Bufs-snoods - only £6

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 and hoodies. 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

1ST

Runners

40
YEARS RUNNING



***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 years of 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.*

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

Dulwich Runners Summer Map C

8.2M / 13.1km

6.5M / 10.4km

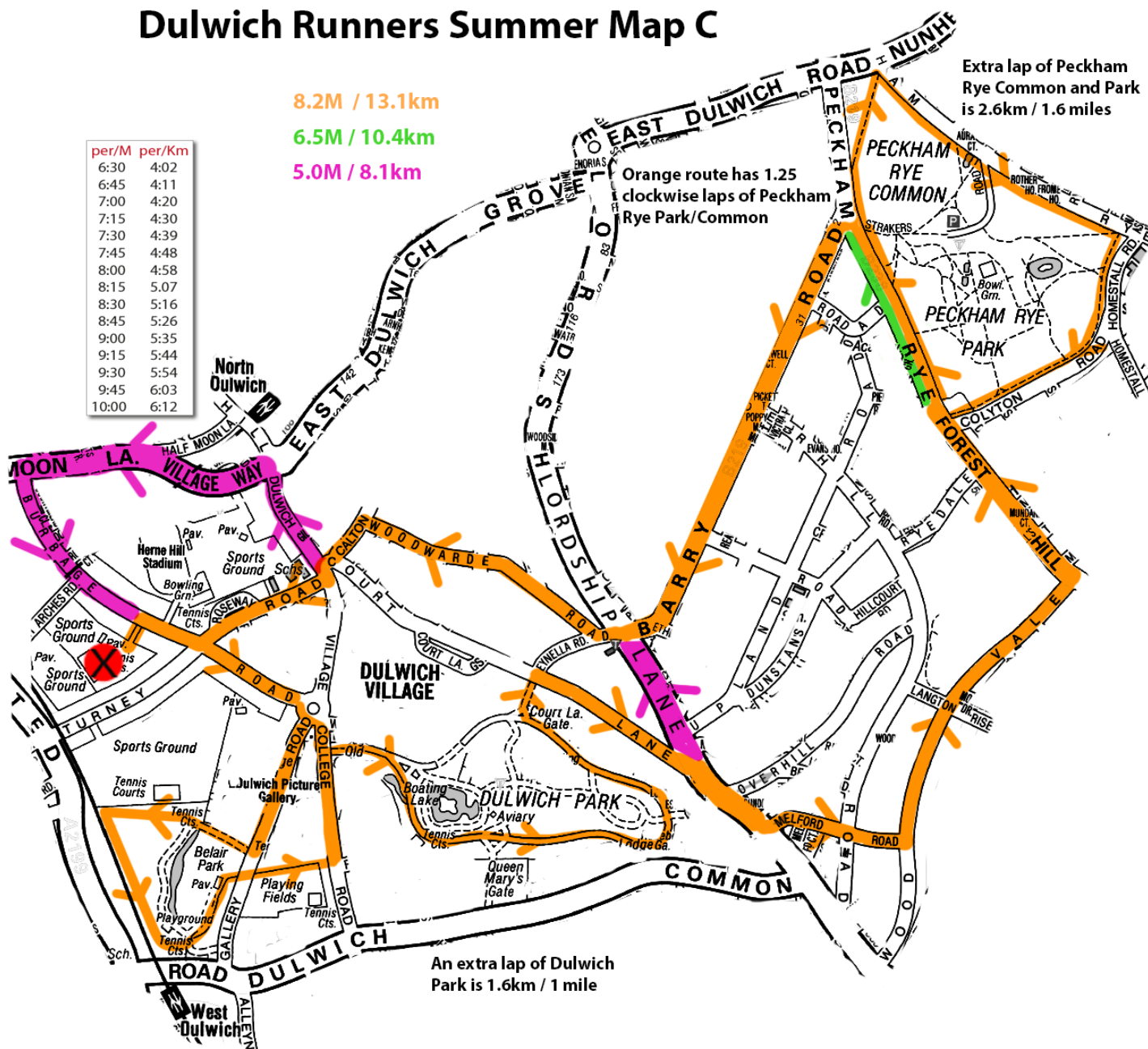
5.0M / 8.1km

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

Extra lap of Peckham Rye Common and Park is 2.6km / 1.6 miles

Orange route has 1.25 clockwise laps of Peckham Rye Park/Common

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



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