



# SHORTS

Dulwich Runners AC

Weekly Newsletter

October 2nd 2019

[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

These are your SHORTS,

Please send your reports, running news & anecdotes to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 2	<b>Club Night</b> , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 8	<b>Crystal Palace Track</b> - starts @ 7.10 with warm up taken by Elkie Mace, Anna Thomas & Katie Styles, main session with Steve Smythe @ 7.25 <b>see below for important details about the new payment system</b>

Connect with us:



## Crystal Palace Track New Payment Arrangements

We are back at Crystal Palace until next spring

The fee stays at £2.50 for members (non members pay the standard rate of £4.45)

**There will be no trackside payment**

**Either pay cash at reception...**

**(YOU MAY BE ASKED AT RECEPTION TO SHOW YOUR DR or EA DETAILS AS PROOF OF MEMBERSHIP)**

If you are unable to find your Dulwich Runners membership details, contact me and i will email you a replacement.

or Online at:

<https://www.better.org.uk/leisure-centre/london/crystal-palace/crystal-palace-national-sports-centre>

Click Book Activity > Click Book Tickets > Click Athletics, Crystal Palace and follow the instructions.

Regular attendees at track sessions can obtain a GLL/ Crystal Palace Activity Membership Card where you can book with a PIN number and use the card to gain entry through the barriers without having to wait at reception.

To get this card email Ras Kaur

[crystalpalaceevents@GLL.ORG](mailto:crystalpalaceevents@GLL.ORG) with your Name, Contact No and Dulwich Runners Membership No.



## LUCKY VEST

*Tonight in  
the clubhouse*

Wear your Dulwich Runners vest or t-shirt for the club run on the first Wednesday of any month and you will go into a free draw and could win the £5 cash spot prize!

Vests £18 each from Ros [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



## 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.

## In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 4 Upcoming races etc
- 5 Cross country information
- 6 Race reports, results
- 9 parkrun times
- 10 Club kit, Social events etc
- 13 Wednesday route map

**And much more !**

[Like us on Facebook @dulwichrunners](#)

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

*A brief look ahead*

Oct 6	National 6/4 stage road relays - Sutton
Oct 12	Surrey League XC - men & women
Oct 19	Surrey Masters XC champs - Mordon
Oct 26	BMAF XC relays - Long Eaton

## 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](mailto:steve.smythe@athleticsweekly.com) to go on the mailing list



## NEW RUNNERS ROTA

Many thanks to **Ange Norris** for taking out new runners last week and 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

<b>Jonny Hough</b>	<b>2/10</b>
Emma Ibell	9/10
Paul Keating	16/10
Grant Kennedy	23/10
Matt Ladds	30/10

## Rehydration !

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

## 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)**

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

# 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
Oct	6 National 6/4 stage road relays	Sutton Park
	12 Surrey League cross country (men)	Effingham Common, Guildford
	12 Surrey League cross country - 6k 11am (women)	Reigate Priory Park
	19 Surrey Masters cross country champs	Morden Park
	26 BMAF XC Relays	Long Eaton
Nov	3 Regents Park 10k (short) entry details below	Regents Park, London
	9 Surrey League cross country (men)	Wimbledon
	9 Surrey League cross country - 6k 1pm (women)	Mitcham Common
	16 London Xc Champs	Parliament Hill
	16 British & Irish Masters cross country,	Southport
	23 South of Thames 5 miles	Morden Park
	30 Kent Masters cross country champs	Dartford
Dec	21 South of Thames 7.5 miles 2pm	Lloyd Park
<b>2020</b>		
Jan	4 County cross country champs	Denbies Vineyard, Kent
	11 Surrey League cross country (men)	Beckenham
	11 Surrey League cross country - 8k 11am (women)	Wimbledon Common
	25 South of England cross country champs	t.b.c
Feb	8 Surrey League cross country (men)	Lloyd Park
	8 Surrey League cross country - 8k 1pm (women)	Richmond Park
	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

Entries for this years last club champs race now open:

[https://www.theraceorganiser.com/listed-races/the-mornington-chasers-regent-s-park-10k-series?utm\\_source=facebook&utm\\_medium=event-page&utm\\_campaign=regents-park](https://www.theraceorganiser.com/listed-races/the-mornington-chasers-regent-s-park-10k-series?utm_source=facebook&utm_medium=event-page&utm_campaign=regents-park)

## Masters Events

To aid your race planning please visit the masters page on the club website at: <https://www.dulwichrunners.org.uk/masters> to find details of events and dates up to summer 2020

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

# Ladies Surrey League

Fixture 1 – Priory Park, Reigate,

Saturday, 12th October 2019

ladies run 6k at 11 a.m.

The race start/finish is adjacent to the tennis courts and approximately 200m from the park café.

The courses will be the usual routes used for previous Surrey League and is comprised of mixed terrain of short grass and park/wooded trails. The route will be marked with flags/signs/

tape and there will be marshals at key junctions. Recommended footwear will be fell shoes/spikes (or shoes with very good off-road grip).

Please note there are no changing facilities within the park. There are toilets within the park café (200m from the start) and at the far end of the Morrison's supermarket car park (at the Bell Street junction).

Priory Park is within a ten minute walk of Reigate train station. Local car parks (all pay and display) within a ten minute walk of Priory Park are located at Bell Street, Bancroft Road (multi-story), Upper West Street and at the Town Hall at Castlefield Road.

*Surrey League Ladies Match 1*  
*12th October 2019*

*Senior Ladies - Div 1 @ 11am, Div 2 @ 1pm*

*A-B-C-D-F-A-B-C-D-E-F-A*

*U15/U17 @ 12pm*

*A-B-C-D-E-F-A*

*U13 @ 12.30pm*

*A-B-F-A-B-C-D-F-A*



## Ken Crooke Cross Country Champs

In 2019/20 will include the following events.

- 4 Surrey League races
- Lloyd parkrun, 28 Sep.
- London Champs, Parliament Hill, 16 Nov.
- South of Thames 5 miles, Morden Park, 23 Nov.
- South of England champs, 25 Jan.

To qualify you will need to include 5 events, including 3 of the 4 Surrey League races

## Surrey Masters Cross Country Champs, 19 October

Masters champs have been switched from Richmond Park to Morden Park,.

Age categories are W35, W45, M40, M50 and M60 with 3 to score for team medals. It would be good to have some complete teams.

Its 6.3km for the women and M60s and 9.3km for M40s and M50s.

Women and M60+ start at 2pm, and M40s and M50s at 2.45 Eligibility is by residence or birth. Please contact your captains if you are not sure.

Those resident in Southwark, Lambeth, Croydon and boroughs further west are eligible to run for Surrey.

**To enter contact your captains by 10 October.**

[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

[mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## SEAA Cross Country Relays 19 October

Entries are invited, primarily from seniors, for these relays taking place at Wormwood Scrubs on 19 October.

Men's event is 4x5km and women's 3x3km.

If you are interested It would help the captains if you can get together and **propose complete teams by 2 October** as the closing date is early.

[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

[mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## South of Thames 5 miles, 23 November

Taking place at Morden Park with a 2pm start, the course is over undulating grassland but this year it is over 3 shorter laps. As with the London Champs, it is one of the Ken Crooke cross country champs races.

**To enter contact your captains by 13 November**

## Men's Surrey League 12 October start 3pm

Our first match of the season will be held at the brand new venue of Effingham Common, near Guildford KT24 5HX. Effingham Junction train station is 2 minute walk from the start and there are plenty of paid parking spaces nearby. The course takes in Effingham Common and Great Ridings Woods. Mostly dirt track and grass and a 10 ft section of tarmac and a few wooden bridges. Up to now the course has been dry and suitable for trainers or trail shoes but this may well have changed by the time of the race with the arrival of wetter weather, so be prepared.

We are advised that ticks are prevalent on the common from the local deer population so you should check yourselves closely post race. Also oak processionary moths have affected the local oak trees this summer. The caterpillars can cause severe allergic reactions.

It goes without saying that we face strong competition in the light of our promotion to Division 1, so we will need to field our strongest possible team. Finally any supporters who are available to marshal from 1pm (the junior races start earlier) are invited to contact me. **Mike Mann**

## BMAF Relays, Long Eaton 26 October

Entries are invited to these relays at Long Eaton.

Each stage is around 3km with teams as follows: M35 and M45 (each 5 stages), M55 (4 stages), M65 (3 stages), W35, W45, W55 and W65 (each 3 stages).

To enter we need complete teams plus reserves to cover injuries, **to enter contact your captains by 14 October.**

You may wish to contact colleagues in your respective age categories to encourage them to take part and form a complete team. Following recent changes to the club's expenses policy, we will now reimburse train fares up to a limit of £25.

## London Champs 16 November

These champs take place at the iconic venue of Parliament Hill Fields, are easy to get to and we convene for drinks afterwards at a local pub, so what more can you ask for?

This is one of the Ken Crooke cross country champs.

**To enter contact your captains by 30 October**

## The Big Half Sun1 March 2020

The community places for our club have now been filled.

Good for Age entry is open at : <https://www.thebighalf.co.uk/events/vitality-big-half/good-age-entry/>

There might be more regular entries later on as happened last year, but no guarantee unfortunately.



### **Surrey League**

Is the main priority, 4 races this season, start on 12 Oct, further details posted nearer the time in Shorts or: <http://surreyleague.org>

Keep these dates free if possible. Our men were promoted to Div 1 last season and we will need to perform well again to avoid the drop. Ladies compete in Div 1.

### **Distance**

Men's Surrey League around 8km, women's races start at 6km in autumn, up to 8km in the new year. Other races from around 8km autumn to 12km plus for men later in the season, normally not more than 8km for women.

### **Scoring**

Surrey League, first 5 women for the club and the first 10 men qualify for the scoring team, so it is important we field as many of our strongest runners as possible. Cross country races are not elite, are suitable for runners of all abilities, and in both the men's and women's Surrey League there is now a B team competition where the second 5 or 10 runners score.

### **Surrey League entry**

To take part please inform your captains so as many as possible entries for men & women can be made in advance. Men and women use the same numbers for the entire season, so either give them to your captains after the race, or take them home, in which

case you must bring them to the next race. Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

### **Other Races**

There are cross country race most Saturdays during the season eg: county champs (incl. Masters), London Champs, 2 Sth. of Thames races, Sth. of England and National champs, and other races for Masters. See fixture list in Shorts and on the website.

### **Which races to go for**

Main priority is the 4 Surrey League races, and races in the Ken Crooke champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

Other races are medium priority, but you are encouraged to compete for your eligible county in the Surrey and Kent county champs and Masters champs. We would also like a good entry in the two South of Thames races and the South of England champs. Other non high priority high races eg: SEAA relays and Reigate Relays. Note that Lloyd parkrun, 28 Sep is the first race in the Ken Crooke cross country champs (see below for further details).

### **Entry for other races**

Apart from Surrey League for nearly all other races captains have to submit entries in advance of a deadline, details of which will be put in Shorts, by email and Facebook, requesting those interested to put their names forward, so please read these carefully. It is not possible to cater

for runners who decide at the last minute that they fancy a race and substitutions are not permitted.

The club pays for entries, so do not put yourself forward on a speculative basis but don't worry if you have to withdraw later for a good reason, such as injury or illness.

### **Footwear**

Road or trail shoes early season, late autumn onwards spikes or fell shoes are best. Get cross country spikes, not track spikes. Screw in spikes are from 6mm to 15mm. As it gets muddier change to longer spikes, eg: Parliament Hill and Lloyd Park.

Fell shoes are studded with more grip than trail shoes and are suitable for most conditions except ice. Cross country shoes can be bought at a number of places eg: Run & Become (Victoria), Intersport (Herne Hill), Runners Need and Sweatshop or Wiggle online. Most offer a 10% discount to those with club or EA membership.

### **Ken Crooke championships**

2019/20 will include the following:

4 Surrey League races

Lloyd parkrun, 28 Sep.

London Champs, Parliament Hill, 16 Nov.

South of Thames 5M, Morden Pk, 23 Nov.

South of England champs, 25 Jan.

To qualify you will need to include 5 events, including 3 of the 4 Surrey League races

**For further information please contact your captains at:**

[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

or [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

or [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)

# Race Reports & Results

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

## Lloyd Parkrun/Mob Match

28 September

This was the first of this season's cross country champs and having it early season together with combining it as a mob match with Striders of Croydon meant that we had a decent number of 25 competing, though this fell well short of the impressive turnout of 49 from Striders . Notwithstanding our numbers disadvantage we ended up clear winners with the first 4 finishers, 6 in first 10 and 16 in the first 20 in the match between the two clubs.

Our first 4 finishers, Ed Chuck, Jack Ramm, Tom South and newcomer Martin Belzunce in an excellent debut run for the club were first 4 finishers overall. In addition the first 8 female finishers were Dulwich. It was good to see those relatively new to the club competing, including Alex Loftus, Sara Roloff, Jane Bradshaw, and Madi Robinson. Having the smaller mob meant all apart from our final 2 finishers counted in the overall scores of 482 for Dulwich and 618 for Striders. Thanks to Chris Vernon for coming along to marshal and support.

The ground conditions were near perfect, softened up by the recent rain but never muddy or slippery. The course includes the early curved, usually slippery hill familiar to regular cross country competitors but loops back soon after the top of the hill. If the ground conditions did not resemble those usual in mid winter races, the finishing stretch of each lap did as we were buffeted by a strong head wind. Most agreed that the course was worth a good minute compared against a flat road

parkrun such as Dulwich Park.

*Mike Mann*

1	Edward Chuck	16:56
2	Jack Ramm	17:30
3	Thomas South	18:10
4	Martin Belzunce	18:45
10	Joe Twomey	19:23
13	Tony Tuohy	19:35
21	Alex Loftus	20:17
23	Alexie Williams	20:21
24	Gower Tan	20:32
28	Jonny Hough	20:50
29	Andrea Ceccolini	20:54
30	Tom Wilson	21:06
33	Sara Roloff	21:20
35	Roz Johnson	21:27
37	Yvette Dore	21:33
39	Ange Norris	21:41
41	Belinda Cottrill	21:45
49	Anna Thomas	22:11
51	Ebe Prill	22:18
56	Michelle Lennon	22:31
73	Jane Bradshaw 2 <sup>nd</sup> cl.	23:22
76	Martin Double	23:32
81	Madi Robinson	23:54
98	Michael Mann	24:57
115	Carys Morgan	25:51
132	Joseph Brady	26:39

CROSS COUNTRY CHAMPIONSHIP 2019 - 2020				
After 1 event - Best 5 events incl. 3 Surrey Leagues				
	Lloyd parkrun		Lloyd parkrun	
	Mob match		Mob match	
	28/9/19		28/9/19	
Ed Chuck	50		0	1st
Jack Ramm	49	Sara Roloff	50	2nd
Tom South	48	Roz Johnson	49	3rd
Martin Bezunce	47	Yvette Dore	48	1stW50
Joe Twomey	46	Ange Norris	47	
Tony Tuohy	45	Anna Thomas	46	
Alex Loftus	44	Michelle Lennon	45	1stW40
Gower Tan	43	Madi Robinson	44	
Jonny Hough	42	Carys Morgan	43	
Andrea Ceccolini	41	Alexie Williams	42	no vest
Tom wilson	40	Belinda Cottrill	42	dog assist
Ebe prill	39			
Martin Double	38			
Mike Mann	37			
Jopseph Brady	36			

Men - events to come			
Surrey League 1	Surrey League 2	Surrey League 3	Surrey League 4
Effingham	Wimbledon	Beckenham	Lloyd Park
12/10/19	09/11/19	11/01/20	08/02/20
<b>London Champs</b>	<b>South of Thames</b>	<b>Southern Champs</b>	
Parlt Hill	Morden	???	
16/11/20	23/11/19	25/01/20	

Women - events to come			
Surrey League 1	Surrey League 2	Surrey League 3	Surrey League 4
Reigate	Mitcham	Wimbledon	Richmond
12/10/19	09/11/19	11/01/20	08/02/20
<b>London Champs</b>	<b>South of Thames</b>	<b>Southern Champs</b>	
Parlt Hill	Morden	????	
16/11/20	23/11/19	25/01/20	

# Budapest Marathon

*had decided to go for an autumn marathon late this year, having wished I'd entered one in the Spring with my good form at several DR club champ events.*

Around June I started to search and found Budapest which was a.) cheap and b.) had lots of places and c.) from what I could tell looked like a flat course (more on that later). It was also 16 weeks out exactly from when I booked, so knew I had the full recommended time to build up to it.

My aim was to go sub 3 having gone 3:13 in Amsterdam last year, a tall order as I knew I did not quite have the requisite PBs for other distances (18m 5k, sub 85m ½ mara).

I found a training plan on Runners World and started in earnest. This was the first time I've followed a marathon training plan almost to the letter and overall everything went well throughout the summer.

I'm not great in the heat (who is?) so I had to move most of the speed sessions to early morning during August and mostly mixed my long runs up and down the Thames. I was feeling good into September and I booked onto the Beckenham Half which was a couple of weeks out from race day, where I surprised myself coming in at 4th place and dipping under the 85 min mark which was a great confidence boost as I began to taper.

Onto race weekend, the marathon itself was part of a larger run festival which had several other races, including an unusual 30K and a relay. The course was only officially released two weeks before, owing to political wrangling surrounding road closures. It comprised an initial 18K loop

up the Danube river, crossing it twice and back down to the start/finish line followed by a larger one which basically covered both sides of the river. The weather was good, with light cloud cover, no wind and about 13C at the start.



I aimed to go out around 6:45/mile but also had the 5km splits handy. I got chatting to a chap from Herne Hill Harriers in the starting pen who was aiming for 2:55 and once the race started, I kept him in my eyesight ahead. For the first 15k, I got into a pretty even pace and tagged along with a very chatty group of 4 from Haslemere Borders AC, this continued to the half marathon point when I split off from them. Around mile 16 the good support from earlier began to peter out quickly as we headed to the north east of the city, the area became increasingly bleak and a derelict factory loomed on the horizon, shades of Shoreham power station at Brighton Marathon came to mind.

I was still on track by this point, perhaps dropping a second or two per mile. We

came then to a residential area and the turn back to the city, rounding a corner the course directed onto a 3-lane bypass with 2 lanes closed for runners and the first sharpish incline over a road bridge. A short cobble section followed before rounding a switchback onto another incline road bridge with heavy traffic running past a few feet away. Fortunately, that was the last of the fume choked roads as we descended onto the very pretty Margaret Island at the about the 20-mile mark. I passed the Herne Hill Harrier at this point and I also felt myself slowing with my 20th mile just inside 7mins. As always, the race started now; I wasn't sure I'd left enough in the tank.

As we began down the east side of the river past the parliament building, the sun was in full flow and beat down on us and I began to slow further from mile 23 and the inevitable doubts started to creep in - this was going to be close! I had been consistently 1-1.5 mins ahead of the 2:59:00 splits, when I passed the 40km mark I checked and I was about 1 min down - I could still make this! The final drink station was on a slight incline to the last bridge, I grabbed a cup, bashed it over my head and put the hammer down (relatively speaking). Once over the bridge it was a gentle downhill towards the finish, pushing as much as I could at 100m to go I could see I was in time and crossed at 2:59:29. So happy!

I'd recommend the Budapest Marathon, although the course is not ideal with several switchbacks, the fairly bleak mid-section and the initial loop which all in all wasn't too dull, it was also well organised and quite small for a city marathon. Moreover, the city is beautiful and has a number of natural hot springs; in which you can sooth aching muscles afterwards, there are likely not many other marathon locations where that is an option.

Eugene Cross 2:59:29 4thM35

## South of England Road Relays Crystal Palace

Sun 22nd September

After getting my wrist slapped for non-intentional omissions from last week's report here are some honourable if belated mentions for the Dulwich ladies running in the senior B and C teams. Mind you, can't promise my ageing brain won't slip up again in the future...

### Senior women 4x 4.6k (2.86 miles)

Yvette led off the B team with tremendous run that wasn't far short of 'A' team status. Accounting for the course being 200m shorter this year she still improved by a frankly ridiculous 90 seconds or so - she's running over half a minute per mile faster, that's nuts. Emma Ibell's second leg wasn't much less impressive, about half a minute better than she managed last

year, excellent speed.

Anna's run was well up to her best summer parkrun form this year considering such a hard course, while Laura ran faster than last year here so is finally back in range of her best form from earlier this season. I don't know how much running new mum Helen is managing but she still set the C team ladies off with a nice turn of speed. Midge isn't used to these short races yet but did well to match her speed at the Beckenham Relays in early summer, while new member Emma Kelly acquitted herself very well to manage a sub-23 around here.

**Tony Tuohy**

### 40th Dulwich Runners SW 'B' 1:18:04

Yvette Dore	18:55
Emma Ibell	19:18
Anna Thomas	19:53
Laura Vincent	19:57

### Dulwich Runners SW 'C' (incomplete team)

Helen Lister	21:02
Midge Cameron	23:17
Emma Kelly	22:55

## Ealing Half Marathon

I signed up to Ealing Half Marathon after some very good recommendations and the fact it was voted UK's best half marathon 3 years in a row. At the start of the year the plan was to set a time at the Big Half that I would attempt to beat at Ealing Half. Unfortunately things don't always go to plan and annoying injuries happen. I picked up an Achilles about 6 weeks ago that I have been patiently rehabbing. As a result do the absolute minimum so as not to aggravate it so I haven't done a run over 10k since early August.

I had thought at one stage I wouldn't make it to the start line but the injury started to come good in the last 2 weeks. I was fully aware that although I thought I would be able to finish I was in no shape to compete over that distance so I made the decision to run without a watch, go on how I felt and try to take in the race experience! It was a bit of a washout on the morning but I quite enjoy running in the rain. I put myself amongst the 1:30 pacers in the start pens and went out with the intention of holding on. It's not a flat course so I felt the hills a lot and started

dropping off pace around the 13k mark. I let the pacers go and I just tried to focus on form and technique over the last 8k and enjoying the fact that I could run pain free again.

I have been running half marathons for the last 4 years and every time I've gone quicker so it's good to realise you can't always go faster. I finished about 10 minutes behind my PB but I was probably more tired finishing this one so it's all relative. Just happy to be able to increase mileage now and get run fit for XC season!

Congrats to all the other Dulwich Runners who I was too cold, wet and tired to cheer on at the finish!

### *Des Crinion*

Pos.	Name	Chip Time	Cat
270	Des Crinion	1:32:30	SM
750	Laura Vincent	1:43:54	V35
798	Miles Gawthorp	1:44:41	V40
1036	Stephanie Landon	1:48:16	V45
2540	Michelle Key	2:06:17	V35

## Switchback 5

29 September

Heavy rain abated just before the start of the race, but meant that ground conditions in the Lloyd Park section of the course were a good deal more challenging than at the parkrun the day before, making trail or studded shoes a must. The section in Addington Hills in attractive woodland contains several sharp climbs and descents with plenty of tree roots to avoid.

The race is extremely well signed and marshalled and drinks and homemade cakes in the Striders clubhouse afterwards were particularly welcome. All 7 of our contingent enjoyed their runs, and congratulations to Ola on strangely picking up the first W35 award.

### *Mike Mann*

Ed Simmons	34:15
Ola Balme	38:56
Mike Mann	40:17
Eleanor Simmons	40:24
Joe Brady	43:20
Sonja Jutte	44:50
Mick Ward	47:17

## Running in Tokyo

Last Wednesday I attended the track session in Tokyo of Namban Rengo, a Tokyo running club founded by a group of foreigners and now with 250 or so members. I meet one of the founders Bob at a public bath house in Yoyogi where many members change and leave their kit with the nice anticipation of having a hot bath there afterwards.

We warm up with a 2km jog around Yoyogi Park before meeting others at the track, which I learn is free for anyone on Wednesday nights. It is a busy scene with sprinters on one side, groups cheering and coaches with stop watches. "Slower runners in lane 1" is the instruction. It feels rather like joining a motorway on a slip road, waiting for a gap in the traffic.

Tonight is a 5km time trial and having arrived in the morning from London my ambition is modest. The temperature is 25 degrees, humidity 65%. I talk with some of the other runners, including the Englishman Michael Trees, whom I had met several years ago when he won a triathlon in the north of Japan where I was on holiday. 41 people

fill in their times on a sheet, then there is a session for conditioning abs led by Bob in the middle of the track.

I ask about how Japan is going to do in the Tokyo Olympics marathon. The trials were held recently for men, with 21 of them having done under 2 hours 10 minutes in the last year – apparently more than the number of Americans who have ever done under that time. Big crowds turned out to watch the trials, a testament to how strong the running culture is in Japan. There is likely to be a home advantage.

After the bath several of the members go across the road for a beer. I joined in and talked with more people. About half the membership is foreigners. The name Namban Rengo means "southern barbarian horde", a phrase referring to the early Portuguese settlers in Japan who came up from the southern island of Kyushu. Apart from the Wednesday track session there is a Saturday morning hills session and the club enters teams in events such as ekiden relays. If any Dulwich runner finds themselves in Tokyo wanting to join in I can pass on more information.

### *Gideon Franklin*

## Serpentine Last Friday 5k Hyde Park

27th September

This month's edition was very windy, which I thought was a good excuse for most of our off-the-pace times, although plenty of other runners seemed to run quickly anyway. Don't be fooled by Jack's poor (by his standards) showing; he arrived in the nick of time and after attaching his number at double speed opted to run with me. His encouragement was welcome and I thought we were shifting along quite well, especially with Alastair remaining a close target just ahead; after all, he'd run 16:32 in

Battersea the previous month so I thought we were caning it but I came in with easily my slowest road 5k of eight this year. I'll continue to blame the wind. Paul was pleased enough as he'd missed recent training, while Ross managed to match his club champs effort in Battersea in June. Ian Sesnan was like most of us, a little down on expected form but Ian Lilley couldn't finish, a muscle pull unfortunately adding to his recent running woes.

### *Tony Tuohy*

22	Alastair Locke	17:18	
24	Jack Ramm	17:25	
26	Tony Tuohy	17:27	1st M50/55
51	Paul Collyer	18:45	
62	Ross Rook	19:06	
188	Ian Sesnan	25:13	
	DNF Ian Lilley		





September 28

## Beckenham Place

209 Ran

Pos	Gen		
2	2	Stephen Davies	18:26
76	61	Michael Dodds	25:12
101	29	Claire Steward	26:57
131	47	Clare Wyngard	29:02

## Bethlem Royal Hospital

104 Ran

Pos	Gen		
75	27	Clare Osborne	29:35

## Bexley

387 Ran

Pos	Gen		
13	13	Michael Fullilove	21:14

## Brockwell , Herne Hill

350 Ran

Pos	Gen		
13	13	Edward Simmons	19:42
220	162	Desmond Edwards	27:47
221	59	Sharon Erdman	27:47

## Bromley

590 Ran

Pos	Gen		
363	280	Peter Jackson	28:44

## Burgess

498 Ran

Pos	Gen		
16	15	Charles Lound	18:47
52	47	Hugh Balfour	20:31
456	185	Susan Vernon	38:29

## Cannon Hill , Birmingham

831 Ran

Pos	Gen		
540	133	Susan Cooper	30:12

## Clare Castle

125 Ran

Pos	Gen		
53	11	Natasha Chivers	28:53

## Dulwich

398 Ran

Pos	Gen		
19	15	Tom Shakhli	18:53
29	25	Edward Harper	19:24
47	6	Kim Hainsworth	20:02
235	51	Colleen Williams	26:41
239	187	Camilo Vargas	27:00

## Ellenbrook Fields

340 Ran

Pos	Gen		
30	3	Tereza Francova	21:32

## Highbury Fields

361 Ran

Pos	Gen		
326	215	Paul Collyer	35:11

## Orpington

195 Ran

Pos	Gen		
95	77	Colin Frith	28:52

## Peckham Rye

278 Ran

Pos	Gen		
11	10	Alex Bazin	19:52
194	48	Lauren Gill	28:57

## Tooting Common

653 Ran

Pos	Gen		
13	1	Hayley Seddon	18:51
210	173	Ian Sesnan	25:12

## Wormwood Scrubs

135 Ran

Pos	Gen		
23	22	Stephen Williams	22:14

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

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

Most kit is usually available  
Wednesdays at the club from Ros  
[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

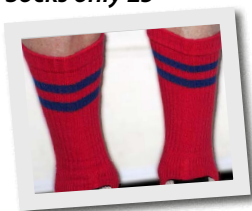


DULWICH RUNNERS' SHORTS - All sizes available  
They are traditionally cut either 'racing' style, or  
slightly longer- Both styles are a bargain £15.



Buffs/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

[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

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



## 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](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1/4 Zip Top

## SOCIAL SPOT

P  
O  
T

*Upcoming events.*

Watch this space !.....

## Algarve Running Challenge

6-10 November

This annual series of races takes place at Monte Gordo in Portugal close to the Spanish border over the period 6-10 November. There are 4 races including a 5km cross country, a track mile, 3km beach race and 10km trail race. In addition to the running events there is plenty of time and opportunities for sightseeing, cycling and swimming in this attractive part of the Algarve. We stay at a 4 star hotel on the beach where half board is available. For further details have a chat to Ros, Andy, Steve Smythe or myself.

*Mike Mann*



## Cox's Walk Oak Trees

We often run through Sydenham woods. There are plans to cut down two 200 year old oak trees in Cox's walk. If you would like to find out more, and sign a petition to try and prevent the felling, click on the link below. - Ros

<https://you.38degrees.org.uk/petitions/save-the-cox-s-walk-footbridge-oak-trees>.

## 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](mailto:ola.balme@btinternet.com)

[www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)

## 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 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.

# CONNECTING SCIENCE AND PERFORMANCE: FUELLING FOR ATHLETES

**KING'S**  
*College*  
**LONDON**

An evening of lectures and Q&A session addressing the importance of nutrition within sport, followed by a reception.

Guest speakers:

**Dr Oliver Witard**

Senior Lecturer Exercise Metabolism & Nutrition  
King's College London

**Dr Jessica Piasecki**

International Athlete and Lecturer in  
Exercise Physiology  
Nottingham Trent University

Register now:

<https://fuellingforathletes.eventbrite.co.uk>

17:30-20:30, November 13, 2019

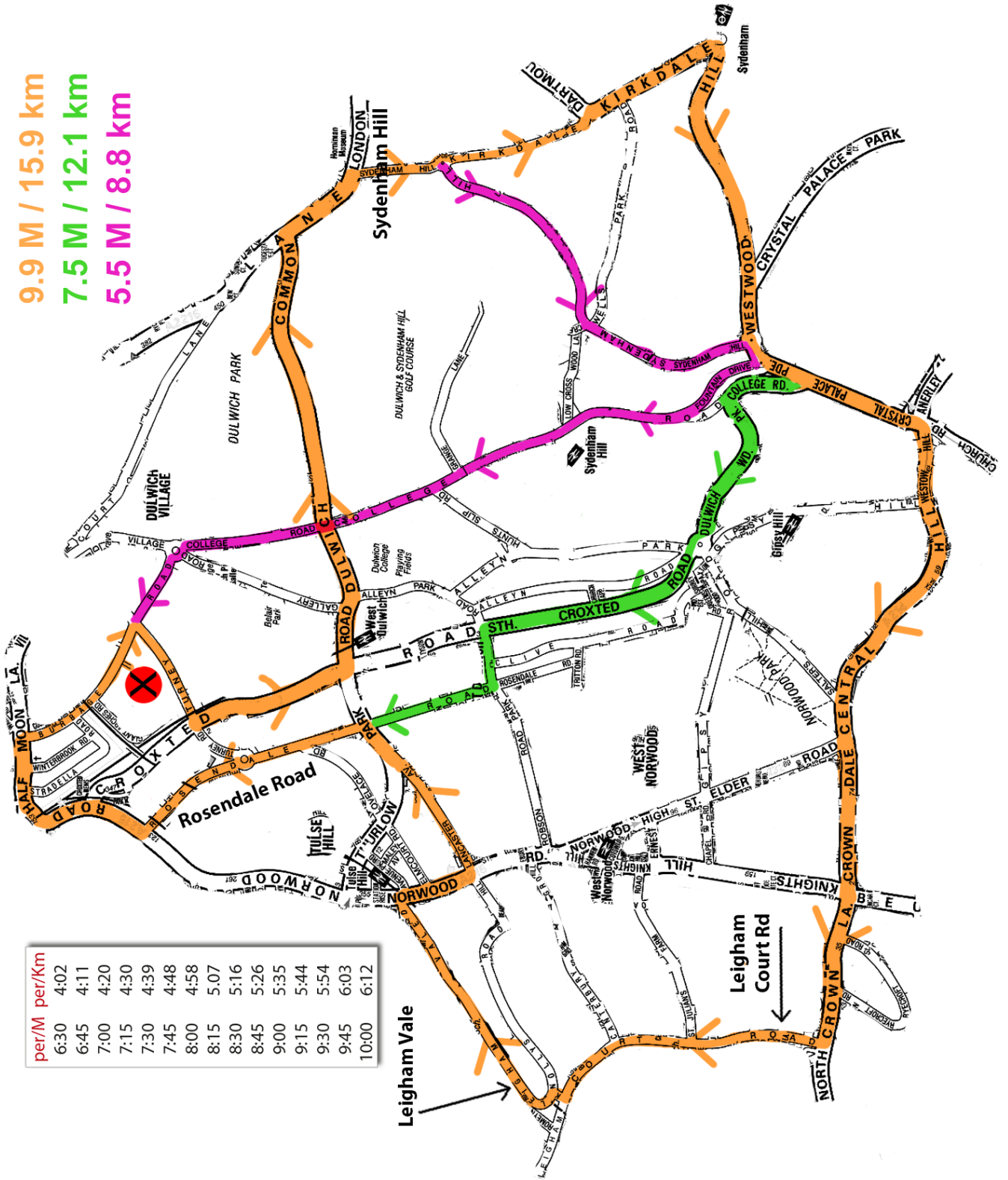
Lecture Theatre 2, New Hunt's House, Guy's Campus  
King's College London SE1 1UL



**HERNE HILL HARRIERS**

# Dulwich Runners Winter Map 3

- 9.9 M / 15.9 km
- 7.5 M / 12.1 km
- 5.5 M / 8.8 km



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>