

SHORTS



Dulwich Runners AC
Weekly Newsletter
October 27th 2021
www.dulwichrunners.org.uk

These are your SHORTS

Please send your reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com

DEADLINE for submissions etc 17:30 TUESDAY

Wednesday runs from the clubhouse. - £1 fee per run

Changing rooms, showers & bar all open.

Paces and distances to suit all abilities

Tuesday speed work at Crystal Palace Track

- suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Club runs & training
- 3 Cross country information
- 4 Fixtures
- 5 Club championships 2020/21 events, rules etc
- 6 Race reports and results
- 13 Club kit
- 15 Wednesday night run map.

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

Please remember to sign in and pay your £1 on arrival at the clubhouse for the Wednesday run

Like us on Facebook @dulwichrunners

Connect with us:



Please note that on Wednesdays from now on we shall be meeting upstairs in the clubhouse

Dulwich Runners AC 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.

Full membership is £30 plus £15 EA registration if required.

If you are not sure of your current membership status or have any queries about membership and or EA registration please feel free to contact me.

Now that things are gradually getting back to normal we hope that you will renew and continue running with the club and look forwards to seeing you all again. A big thankyou to all of you that renewed last year.

And if you have been "trying us out" and want to join or require further details about us contact me: barry@bg1.co.uk

Social dates for your diaries.

Wednesday 17th November - pizzas and medals.

After the club run we will be presenting the medals for each separate club champs distance this year. (Not to be confused with the overall club champs medals which will be presented at the Christmas party as usual. These are normally done after each race but with the flexibility of races for each distance this year, this hasn't been possible.) We will be ordering pizzas, details tbc nearer the time.

Saturday 11th December - Christmas party. More details to follow.

Club Runs & Training Sessions

Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7pm...

each time you run - Contactless payments only

Meet upstairs in clubhouse, arrive by 6:50pm to register, pay & organise which group you'll run with....

The usual runs are long 8-9M, medium 6-7M, short around 5M -

If you're new at the club, we will place you with others at your preferred pace and distance.

NOTE: £1 club run fee for members and guests

Tues. Evening Speed - Crystal Palace Track

Tuesday training at Crystal Palace track.

You should arrive at 7pm for a 7.10 start. There will be 2 groups with training until Christmas focussed on cross country and endurance.

If you have not previously done so you must register with Crystal Palace Arena using the form on our website

<https://www.dulwichrunners.org.uk/tuesday>

You will need to reactivate your Crystal Palace membership on your apps and pay online.

Tues. Morning Speed - Dulwich Park

Sessions start 11am in Dulwich Park, for anyone available meet by the cricket nets. .

We will use either the grass and or the parkrun circuit - followed by coffee. - Further details Mike Mann

mcmann90@yahoo.co.uk

Thur. Mornings - Brockwell & Crystal Palace Pk.

Sessions at 11.00am for anyone available - Alternating each week between Brockwell Park and Crystal Palace Park, including short hills and longer efforts on the grass - followed by coffee. - for all standards and abilities -

Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

Runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 mins per mile. - Contact Ola olabalme1@gmail.com

For later starts 9 to 10am, a longer run from the Dulwich area (10 miles+) around 8-9 min. mile

Contact Tom Poynton tpoynton@hotmail.com

Longer & faster - 8am from July for marathon training. Circa 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park, check in advance. - Tom South thomas_south@hotmail.com

If interested in any of these runs check in advance with the respective contacts



Surrey League

We compete in the Surrey League and this is the club's main priority. With 4 fixtures in the season details will be in Shorts and on the website with info on start times etc. posted nearer the time. Keep these dates free if possible. Men compete in Division 2 but with good turnouts and performances from our strongest runners, we have a chance to return to Division 1.

Distance

Men's Surrey League races are around 8km, women's races start at 6km in the autumn, increasing to 8km in the New Year. Other races vary from 8km in the autumn to 12km and over for the men later in the season.

Scoring

Surrey League is first 5 women for the club and 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 suitable for runners of all abilities, and in the men's Surrey League there is now a B team competition where the second 10 runners score.

These races are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits over a wide range of races. Members who have joined recently are encouraged to take part. These are team events and provide a good opportunity to get to know other club members.

Surrey League entry

All men intending to take part should

inform their captains to enable online entries to be made in advance. Race numbers are kept for the entire season. This means that runners should return their numbers to their captains after the race, or take them home, in which case they must remember to take them to the next race. The 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

As well as Surrey League there are other cross country races, mostly on Saturdays. It's possible to find a race most Saturdays during the season. eg: the county champs (including Masters), London Champs, 2 South of Thames races, South of England and National champs. Plus others for Masters. See fixture list in Shorts and website.

Which races to go for

Races are from early October until late February. Our main priority is the 4 Surrey League races, and the other 4 races that make up the Ken Croke cross country champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

This season the English National Champs is at Parliament Hill Fields, South of England champs at Beckenham Place Park (tbc). You are encouraged to compete in both these races.

Entry for other races

For most races other than the Surrey League, your captains have to submit entries in advance, in some cases more

than a month before events. Details will be posted in Shorts and by email, requesting interested runners to put their names forward in advance of the deadline given, so please read these carefully.

With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please first check you are free, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

Early season road or trail shoes and as the ground becomes heavier late autumn onwards, cross country spikes or fell shoes are a must. Make sure that you get cross country spikes as opposed to track spikes. Spikes come in different lengths from 6 to 15mm and are screwed in. As the ground becomes heavier longer spikes will be needed, particularly on heavy courses eg: Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions except ice. Cross country shoes can be bought at most running shops and or online. Most offer a 10% discount to those with club or EA membership.

2021/22 Ken Croke XC Championships

For the 2021/22 cross country season, the champs races will consist of 4 men's and women's Surrey League fixtures plus 4 other races. To qualify you need to complete 5 events, including 3 Surrey League races. There are awards for the first 3 men and women and to the winners of the men's and women's 40-49, 50-59 and 60+ age categories.

The qualifying races are shown on the following page.

Contacts

Further information contact your captains at:

dulwichladiescaptain@gmail.com

thomas_south@hotmail.com

chuckedward@googlemail.com

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.

For further info about events in Shorts, how to enter etc, contact your captains:
 Thomas South thomas_south@hotmail.com Ed Chuck chuckedward@googlemail.com
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Cross Country Fixtures

2021			
Oct	30	BMAF Relays	Long Eaton
Nov	13	Surrey League 2 (ladies)	Wimbledon Common
	14	Surrey League 2 (men)	Denbies Vineyard
	20	SEAA London Champs	Parliament Hill Fields
	21	South of Thames 5m (see below)	tbc
Dec	4	Kent Masters Champs	Dartford
	11	SEAA Masters	Horspath, Oxford
	18	South of Thames 7m	Beckenham Place Park
2022			
Jan	8	Kent County Champs	Brands Hatch
	9	Surrey County Champs	Denbies Vineyard, Dorking
	15	Surrey League 3 (men)	Richmond Park
	15	Surrey League 3 (ladies)	Mitcham Common
	29	SEAA South of England Champs	Beckenham Place Park tbc
Feb	19	Surrey League 4 (men)	Lloyd Park
	19	Surrey League 4 (ladies)	Effingham Common
	26	England National Champs	Parliament Hill Fields

2021/22 Ken Crooke Cross Country Championships

For the 2021/22 cross country season, the champs races are the 4 men's and women's Surrey League fixtures plus 4 other races. Qualifying races are:

- 4 Surrey League races (see fixture list above)
- Nov. 20 - London Champs, Parliament Hill,
- Dec. 18 - South of Thames 7M, Beckenham Place Park,
- Jan. 29 - South of England Champs, Beckenham Place Park (venue tbc),
- Feb. 26 - England National Champs, Parliament Hill,

To qualify you need to complete 5 events, incl. 3 Surrey Leagues. Awards for first 3 men and women and winners of men's and women's 40-49, 50-59 and 60+ age categories.

South Of Thames Race

Saturday 18 December

Volunteers Needed

Kent AC are hosting the South of Thames 7.5 mile race at Beckenham Place Park on Saturday 18 December, we have agreed to provide marshals. Anyone not planning to run and willing to help out on the day please contact me Mike Mann mcmann90@yahoo.co.uk.

South Of Thames 5 Miles

21 November

This fixture is in doubt - organisers are seeking an alternative to Morden Park. Updates when information known. If it goes ahead there'll be limited time before entries close so to take part contact the ladies captains and myself ASAP. Mike Mann mcmann90@yahoo.co.uk

London Cross Country Champs

Saturday 20 November

To enter this race, which is part of the club Champs please can you email Edward Chuck or Tom South by Sunday October 30th, so that we can get the entries in.

thomas_south@hotmail.com - chuckedward@googlemail.com and women contact Ange/Ola dulwichladiescaptain@gmail.com

The race is held at Parliament Hill Fields, Hamstead Heath, the home of English cross country and is ideal prep for the English National Cross Champs which is held on the same course. After the race there is always a trip to the pub for a few beers

Contacts:

dulwichladiescaptain@gmail.com
thomas_south@hotmail.com
chuckedward@googlemail.com

Box Hill Fell Race

Saturday 22 January 2022

Confirmation received the race is on, no date when entries open yet but will let me know.

If you've never done any fell running, Box Hill near Dorking is an ideal introduction. Course is 7.5 miles (12 km), well marked, mainly on good paths (no bogs, becks or boulder fields, no chance of getting lost). About 1750' (530 m) of ascent, some quite challenging climbs and exciting descents. In January, the course is very slippery in places and you'll need proper fell shoes (Walshes or Inov8s). You'll have a bad time in trail shoes and a horrible time in road shoes. Cross-country spikes not allowed. This is a very popular race and fills up very quickly (in a few hours). Entry last time was £10. If interested, I'm at the club most Wednesdays, or email me: hugh@christchurchpeckham.info. - **Hugh Balfour**

2021 CLUB CHAMPIONSHIP

FINAL UPDATE

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.

Your fastest result for each race distance counts towards the club champs (so only one race per each distance).

The closing date for all races except the marathon is Sunday 14 November, for the marathon Sunday 5. December.

NOTE: Results of all races chosen should be on Power of 10 in order to count and you need to submit the races you like to count in one email after your last race and by 14 November midnight latest to Ebe Prill ebepriill@yahoo.co.uk (exception only for late marathons up to 5. December)

That allows us to hold the individual medal presentations for each race distance at one social event on a Wednesday night in late November (to be announced). The marathon awards and overall championship trophies will be awarded as before at our Christmas party in December.

Updated information on events below.

- All road 5k races. Entries for the Battersea Park races have been open since late April, but are filling up fast.
- 5 mile race (trail): 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.
- All 10k road races. 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. There is also the Sri Chinmoy Battersea 10k series.
- Any track mile race. The Mark Hayes mile has been held as the club champs mile but any other track mile will count, like the Dave Clarke mile at Wimbledon Park stadium on 28. July
- All road Half Marathons. The Big Half 22 Aug will be a club champs race, and also the popular Paddock Wood HM on 5th September
- All park runs but our main one (and one of the fastest) is Dulwich parkrun. Suggested dates are 18 Sept, 30 Oct and 6 Nov, but avoid weekends when key cross country races, like Surrey League are planned.
- All road Marathons

Provisional programme for this year.

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

28th July Dave Clarke mile: <https://data.opentrack.run/en-gb/x/2021/GBR/hercmile/>

5km - Sri Chinmoy Battersea Pk series <https://uk.srichinmoyraces.org/races/london>

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

10k - Various 10k races in Regents Park, Richmond Riverside 10k, Sri Chinmoy Battersea 10k (see deadline 14. Nov)

1/2M - Big Half 22 August - Paddock Wood 1/2M 5th September

Marathon - London 4 Oct (or alternative marathon up to incl. Valencia 5th. Dec)

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

New(ish) to Running Rota for Dulwich Runners

We have set up a rota to support members who are newish to running on our Wednesday club night. We have had lots of new members and some are newish to running, which is different to being new to DR but not that new to running.

It's also an opportunity for all you experienced runners to inspire some newbies.

Runs will be short – around 5-6km, as 8km is really quite a long way for newbies. Runs will be slow, and possibly some walking. You take your lead from the people you are taking out.

The rota is here: https://doodle.com/poll/5mssmfhibg5qr98p?utm_source=poll&utm_medium=link

Add your name on the left and click on the Wednesday you'd like to volunteer. If there are two people down for a particular date, please pick a different date. Ideally you will all spread yourselves out. The rota will have dates at least 3 months out to enable planning. I have agreed to coordinate this rota and it will be reviewed at the end of the summer.

Doodle poll is being used to run the rota. **If anyone has any better running specific ideas, I am all ears.** Get in touch: 07786012933. - Thanks all - Sonja

Put a spring back in your stride with a Sports Massage.

Ola Balme is an experienced Sports Massage Therapist and DR club runner. -

To find out more - 07506 554004 - www.hernehillsportsmassage.co.uk

Race Reports & Results

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

You are welcome to submit running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

Have Your Porridge and Eat It: The Dulwich Jailbreakers Strike Again

Disclaimer: some of the facts in this write-up, may not be facts

Inmate Bungay writes: The barren and forgettable terra-firma of Wormwood Scrubs bore witness to the SEAA XC Relays this Saturday. Wormwood Scrubs, aptly named, it so goes, after the chief warden for the adjacent Victorian prison, decreed that land be cleared for his own personal running circuit. Inmates were forced to scrub, with large shoe brushes, the once idyllic woodland down to nothing but mud and worms. Hence the names Worm-Wood Scrubs and also Park-run, (after chief warden Ebenezer Park) were coined on that same day.

An atmosphere of moral turpitude beset the Wormwood crowds this late October weekend, as many strong looking teams took to the East Acton scrubland for a good ol' fashioned scrap. Dulwich fielded an aptly dissenting group of young male reprobates eager to impress that they were the toughest kids on the block.

The team was overseen, with his panoptic gaze, by coach Steve "The Lawmaker" Smythe. Smythe was resplendent with authoritarian resolve and a pair of large sunglasses, on what was, an insipidly overcast day. The lawmaker had high expectations of redemption, and a possible top 10/12 placement for the gang. His judicial sideline forthcoming were reassuring for us band o'hoodlums. Thanks coach.

Setting out of the Sally-Port first was new inmate Fred "Bronson" Bungay, with 'bricky' determination and the key attribute of a criminal mastermind: a 'fly-rink'. Bronson Bungay finished in reputable fashion just behind a man dressed in black & white stripes, how appropriate Bungay surmised.

Inmate: Fred "Bronson" Bungay
Crime: Podsnappery, by virtue of no Tuesday Speed Sessions
Sentence: First Leg
Time Served/Porridge: 12 Minutes & 32 Seconds

Second out, feeling fresh from his time in solitary, was Shane "The Kilburn Caterwauler" O'Neill. The Caterwauler scuppered the endeavours of up to three other teams, clawing his way through the field as if clambering up n'over the walls of HMP Wormwood. With his no frills approach and 'shake a flannin' attitude, O'Neill was definitely 'King of the Yard' on Saturday.

Inmate: Shane 'The Kilburn Caterwauler' O'Neill
Crime: Conduct Unbecoming, by virtue of excessive easy mileage
Sentence: Second Leg
Time Served/Porridge: 12 Minutes & 46 Seconds

Third up, was inmate Jack "Baby-Face" Ramm, who thought his legs might be 'not up to dick' after his recent Jail-Yard Marathon success. Ramm ran with virtuous haste and excited once more by the commencement of XC season (precious time outside the confines of his cell), got to 'mafficking' halfway in. Ramm, seemingly now 'mad as hops' and running furiously fast, managed a spot of larceny on the finish line, taking a scalp from another team.



South of England 4x4km Cross-country Relays Wormwood Scrubs

Saturday, October 23

Steve Smythe writes: This was Dulwich senior men's team best ever result in an area or national relay championships as we made the top 10 of probably the best quality Southern Cross-country relay so far.

Fred Bungay, who has yet to realise his full potential being in the very early stages of club competition, ran sensibly and controlled on the always high quality first leg and came in 17th with a 12:32 around a minute down on leader Zak Seddon who ran in the Olympic steeplechase.

Shane O'Neill isn't back to his very best fitness yet but moved us up three places to 14th with a 12:46.

Jack Ramm could have probably done with a few hills to fly up and down and showed no signs of his 2:30 marathon 3

Ed staggeringly averaged 4:48 miles which I'm fairly sure is faster than any previous Dulwich Runner has averaged on the road for any relay leg and this was cross-country - albeit the flatter type that Ed obviously revels on.



Inmate: Jack "Baby-Face" Ramm
Crime: Causing a Ruckus, by virtue of inexplicably perfect hair.
Sentence: Third Leg
Time Served/Porridge: 11 Minutes & 50 Seconds

Fourth up, and inspired by Jacks exemplary servitude, was Ed "The Kentish Drover" Chuck. Chuck ran as though the very leg-irons of his past now bear down on his (prison issued) coat-tails. By the end of the first mile, Chuck had jettisoned the gloves from his 'daddles' suggesting it was time to get his hands dirty once more. Alas, Ed ran with a 'drive it like you stole' attitude, leaving his hands clean (except for the metaphorical red of thievery), and in track spikes no-less (possibly fenced from a morally dubious source: The Fleabay). The Kentish Drover 'Took the Egg' for team Dulwich with a top ten finishing time.

Inmate: Ed "The Kentish Drover" Chuck
Crime: Impersonating another clubs colours, (by virtue of not using gentle action on his washing machine)
Sentence: Fourth Leg
Time Served/Porridge: 11 Minutes & 38 Seconds

The Verdict: 9th place for team Dulwich. And by O'Neill's jailhouse mathematics, 8th placed team (Southampton B came in 4th)

Possible team disqualification for: Causing Affray (Cheering at each other loudly), Contempt of the Sovereign (SEAA), Incitement to Sedition (not being on the official teams register), Conspiracy to Corrupt Public Morals (Very-short shorts), Public Nuisance/Unlawful Assembly (running alongside competing team-members)

Not bad for a bunch of N.E.Ds

*

Sally-Port: Prison Gates
Bricky: Brave
Fly Rink: Polished bald head
Podsnappery: Wilful determination to ignore
Caterwauling: howling noise
Shake a Flannin: fighting
Not up to Dick: Not well
Mafficking: getting rowdy
Mad as Hops: Excited
Larceny: theft
Drover: cattle driver
Daddles: Hands
Fenced: Buy or sell stolen goods
Took the Egg: to win
N.E.D: Non Educated Dulwich-folk

weeks earlier. He sped round the bumpy and occasionally muddy course well inside five minute miling with the third fastest time on his leg though with now big gaps he could only advance two places to 12th with a 11:50 clocking.

Ed, checking his pace continually and getting splits every 400m, was our final runner and he kept a startling pace throughout and gradually started to move through. A strong finish saw him comfortably make the top 10 in 9th of the 40 competing teams. His 11:38 was only bettered by two runners on the leg and was 9th fastest overall over the four legs and quicker than lots of top class runners such as the 2019 National under-20 champion Zak Mohammed of winning team Southampton.

It was a pity that there was no women's team in action but good we had a team from the men and we have been absent from a lot of championship events recently.

European Sprint Distance Triathlon Championships Valencia

25/09/21

Qualification secured some time ago, and uncertainty and cancellations due to Covid meant I wasn't quite in the shape I should have been at the start of the season but I booked my flights to Valencia for the European Age Group Triathlon Championships in the hope that by September travel would not be an issue and got down to training. Swimming has rather plateaued for me in recent years and I need to make some fundamental changes to get faster (this is a work in progress). Running was getting closer to where I want it to be but not quite PB territory.

My main focus, having seen the course maps was full mastery of the bike leg of the race. The course was very technical so I focused on my cornering, acceleration and high wattage short bike sessions in the period leading up to the race. Sprint distance is my favourite. People interchange the words Ironman and Triathlon as if they are the same sport but not for me, short stuff is where the real racing is done.



Arriving in Valencia, best/worst fears (depending on your strengths) confirmed it was going to be a hot one so no wetsuits permitted. I've done a couple of big races sans-wetsuit so no great fuss. Met up

with the rest of the Irish Team and chatted about race strategy; navigate the swim, hammer the bike, survive the run seemed to be the consensus.

On race morning I got there with more than enough time to prepare. I ran into Becca in transition who was already racked and in the form of her life so great result expected. Bike racked just as sunrise was approaching. Race organisers will never get toilet ratios right it seems so after queuing too long, I decided against a swim warm up as did most as we were already very warm. With Spain still obeying certain restrictions it was a time trial style start (unlike my favoured mass starts). When my wave was called I positioned myself mid-pack based on my swim and waited for the hooter and dived in head first. I'm colour

blind so unable to make out the Orange/Red Buoys in the distance on the green water I followed the splash ahead of me. The swim is where you see the greatest gap in ability from the natural swimmers to the bike-run specialists who just get through it.

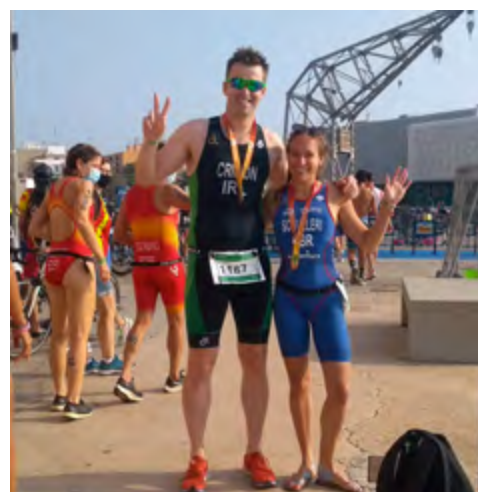


Exiting the slip ramp out of the water I was pleased enough with my time for what seemed like a longish swim. On the bike and down to work I pushed hard on every straight section and cornered aggressively. Some were clearly strong, but not very technically proficient cyclists. I had a couple of scares from errant cyclists taking poor lines but I made sure to shout plenty so they behaved themselves. Passing people for most of the bike I knew it was going well. Holding power and averaging as close to 300 Watts as possible for the 31 odd minutes I was happy with the output and training had been a success.

Getting into transition again I knew I had gone very deep on the bike as I briefly forgot to take my helmet off before going on the run. Hitting my limit early on my legs got whatever was left after the bike. The heat started to set in but you tell yourself it's only 5k. Water over the head at every aid station, trying my best to keep the body temperature down, last km got everything I had when I realised the guy just ahead of me was in my age group so he needed to be passed.

This was a really enjoyable race and I love racing in Ireland kit. 16th in my Age Group in Europe is something I can be happy with. My bike was one of my best to date with a decent run but always feeling I need to do a bit more on the swim. Goals for the winter. Fantastic race also from Becca who was 7th in her Age Group in Europe, showing what good form she's in.

It feels like an age since race day and I've been in holiday mode since, so Cross Country and Cabbage Patch gave me a rude awakening that the running needs more attention now!



16 Des Crinion
17 Rebecca Schulleri

M35-39 1:07:43
F30-34 1:10:33

Valencia Sprint Distance Triathlon European Triathlon Championships

Two years after having qualified for Team GB for the sprint distance European Championships, the race was finally going to take place!

I had decided to follow a training plan to get the best prep possible and it didn't disappoint. While training 6 days a week and most days being double sessions was hard and tiring it also quickly showed great results. I got PBs in all running distances and placed high in all triathlons that I did over the course of the summer.

However, uncertainties regarding Covid travel restrictions, then all the additional rules and tests to travel and race meant that I had felt rather stressed over the summer months. Additionally the planning of travelling with a bike (bike box, taking it apart and back together (!), booking it on planes, local logistics...) made me feel really stressed.



Now to the actual race – Just making it to the start line felt like one of my biggest accomplishments and I was super proud once I'd put my bike back together and it was actually rideable! Not just the physical side of things but also the logistics of it all were a challenge asking to be conquered.

The swim was a non-wetsuit one due to the sea temperature

being 26 degrees. Luckily not too big an issue to me, at least no worrying about being slow in taking the wetsuit off in T1. I felt good in the water even though I was at the front for a while just to then see half the bikes gone in T1 – whoops I was just ahead of the second pack, not front pack!



Bike – to try and look like I belonged to an international competition I had trained the flying mount onto the bike a week before the race in our carpark (shoes are left attached to the bike with elastic bands). Not ideal to not have practiced in race conditions but no faux-pas or embarrassing moments in front of the crowds at the bike exit - phew! The bike course was super technical and not having much experience I'd say I'm happy with how it went. I saw Des on the course and was able to shout some encouragement - nice to race abroad and still know some faces!

Run - I know I can suffer through 5k and that was good. I didn't feel as light as I had done during training on my brick runs (run straight off the bike) but held on. Again more passing of Des and shouting encouragement at each other. Then finally the finish line where I managed a little sprint to come in 7th in my Age group. I didn't really have any expectation other than making it to the start, finishing, not come last ideally so a top ten does feel great.

My trip to Valencia was great and I met new like-minded people who I then ended up having dinner with, exploring the city and beach time - something I otherwise wouldn't have experienced.

Lesson still to be learned: Stress less, enjoy more.

17 Rebecca Schulleri F30-34 1:10:33

Kingston 1/2

24th Oct.

After a post spring marathon running hiatus, I picked up my training with the Big Half back in August. Although somewhat off my best, it was still a great pleasure to run through the streets of east London. Training proceeded well over September and October, and my fitness returned steadily. But what was I training for? Needing a goal, I entered a couple of half marathons over the autumn/winter. The first was the Kingston half marathon. And so now I had the opportunity to run a half marathon in south west London too. On a much smaller scale than the Big Half, I still very much enjoyed this run.

My apparent race strategy (though that implies some forethought), was to go out steady, and gradually pick off runners as the run progressed. This worked well for a while. Except at around 15k a "Straggler" inched his way past me. With flash-backs of a similar scenario at the previous week-end's XC Surrey race, I was determined not to let this happen. We then proceeded to exchange places over the next few miles. The benefit of this head-to-head was that we kept up the pace and I realised that a sub 80 min might be on the cards. Although this was achieved with an overly enthusiastic sprint finish, I failed to navigate the nearly 90 degree turn after the finish line and nearly went over a metal barrier!

The course was very flat, and although there were a few miles of towpath, it was pretty firm underfoot so not much hindrance.

Weather was ideal - cool with little to no wind. The event was well organised. The only negative was the somewhat twisty sections through Kingston centre at the start, and around 5 miles into the race. I am very happy to have shaved off more than 6 minutes from my half marathon in two months. I think the next 6 mins will be a bit harder.....

9 James Brown 79:51

Charlton parkrun

Chris Vernon writes: Another new parkrun for Sue and I to visit, one of the many that have popped up on the radar in SE London since lockdown ended, so not too far to travel.

Because the course is mainly off road on uneven grass, Sue asked the RD if they could provide a VI guide and 10 volunteered so all was well.

The course is 3 laps of the park, not the most scenic but it does pass the back of Charlton House a surprisingly grand mansion, now set amid suburbia.

It is very flat with all the facilities (parking, toilets and cafe) handy for the start/finish. All went like clockwork with this new team (it was only event no 4) and we were made most welcome. Definitely one to return to when touring loses its appeal.

Sue Vernon 40.44 199th 1st FV75 and age record
Chris Vernon 48.41 206th 1st MV75
208 ran

Sri Chinmoy 10k Battersea Park

Sat 23 October

Ebe Prill writes: Six of us made it to this fast and flat race over four tarmac laps in the park in perfect running conditions.

Michelle as the first DR in continued her strongly improved post-lockdown form with an excellent run that was just two seconds shy of her pre-covid PB from November 2019 in the same event, making her easily the first woman in her age group and third woman overall.



I had targeted this race as my last chance to get a half-decent 10k in for our club champs, having blown up halfway the last time on this course in July. This time I had more race fitness from the marathon training and felt reasonably recovered to go again on this distance, which I find the most challenging in terms of pure speed endurance. Michelle was a great pacer to follow as I decided for once to start more sensibly and definitely not to be ahead of

her on the first k. Being back to just one wave at the start helped too. We both probably still went too fast for the first 200 metres or so, going well under 40min pace, but settled soon into a more sustainable rhythm.



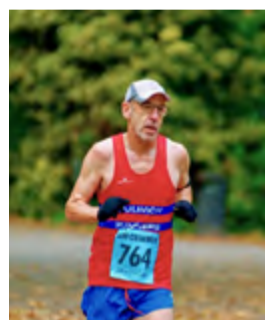
Michelle Lennon - Ebe Prill

5k by a marshal was an almost perfect 20:46 and it felt much more controlled now compared to last time at this point, when I was half a minute slower but totally stretched already. Up to

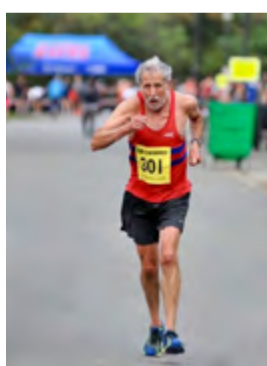
My target was to get under 42 minutes and halfway around 20:50. The time called out at

about 6k I managed to stay a few metres behind Michelle but from there she pulled away, opening up a lead that I couldn't close to the finish. Nevertheless I had a good last kilometre, battling past three men ahead of me and getting under 42, so felt happy with that!

Matt Hartin (whom I didn't spot at the start, checking mainly for our club vests) had, according to his strava, a tougher race than expected but considering limited training was still happy with his time.



Martin Kelsen

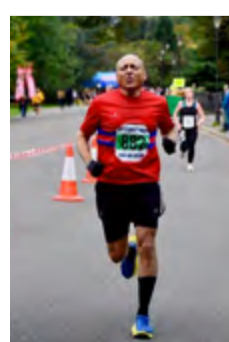


Mike Mann

Martin was next DR in an improved time compared to his last race here in 2020. In fact, going by his recent parkrun times, this 10k was his strongest race this year - doing a double Dulwich parkrun at the same pace!

Mike Mann was easily the fastest M70 in the field (though I couldn't help noticing that one of the runners I overtook on the last k, finishing just five seconds behind

me turned out to be 69!) finishing under 51 minutes, the first time outside of 50 minutes on this course he said, but then his PB at the age of 55 is close to 37 minutes and he holds numerous club records! Ameet improved his performance from July here by 2 minutes in a good run closing the Dulwich order. The race as always was very well organised and marshalled.



Ameet Patel

Race pics can be found on the event website as a bonus.

66 Michelle Lennon	41:34 (1. W50)
68 Ebe Prill	41:53 (8. M50)
74 Matt Hartin	42:36 (57. MU50)
85 Martin Kelsen	44:10 (3. M60)
111 Mike Mann	50:44 (1. M70)
122 Ameet Patel	54:47 (22. M50)

My first half: Oxford

Becca Davis writes: Although it's a bit of a cliché, I started running during the initial lockdown motivated by the warm weather spell, a desire to be outside, and with a social calendar reduced to Zoom calls, time. I'm sure the keen runners in my family (parents, sister, and brother-in-law) would say they had some part to play in my decision as well! With very limited running experience – a last minute post-work Race for Life beside my mum in 2018 (~33 mins) and the occasional audacious visit to the red room for a Barry's class – I turned to the Couch to 5K app and like many before me, Laura's voice of gentle encouragement. I graduated on 17 June and spent the next few months upping my running frequency and time but paid little attention to miles covered or pace. I was just thrilled to be running!

Undoubtedly an increased running load, coupled with limited post-run stretching and sufficient warm-ups on cooler mornings, led to injury. In my case a sharp pain in my left knee requiring over 3 months' physio. As part of the recovery my physio suggested setting some running targets for 2021, including another 10K (I first ran the distance last August) and a half marathon(!). I dutifully entered the Oxford Half ballot doubtful I would secure a place, but conscious that if I did, I would have plenty of time to progressively add distance. When I found out I'd got a place, panic set in and I knew I was going to need some help.

After spending months running solo and genuinely clueless about running terminology, I joined my first Dulwich Runners Club run at the end of May. Ange and Mike were incredibly welcoming, and I thoroughly enjoyed my first run through Dulwich Woods. I became a member that week and spent the next few months meeting club members, hearing about all the events you were training for, witnessing some inspirational racing, and asking lots of questions.

Equipped with a beginner's half marathon training plan I started adding distance at the weekends and joined the excellent (**seriously tough!**) grass and track sessions to build speed (big thanks to Katie, Tom S, Tom P, Ebe and Andy). The summer

months passed quickly, and October loomed. Although I'd tried to maintain some training during various staycations and was feeling more positive about my running progress, catching a head cold in the penultimate week wasn't ideal.

Oxford was in full matriculation swing when I arrived on the Saturday afternoon to collect my race number. My plan didn't include a run the day before the half, so I went for a walk around the meadows to stretch my legs and settle my race anxiety. I woke on Sunday in a state of nervous excitement and managed half a bowl of porridge before setting off to the race village. On arrival I was overwhelmed by the number of runners (apparently ~13,000) and even more astonished by the queues for the toilets!

As I jogged/walked down to the start pen



I saw some pacers with flags depicting various finish times. I must admit I was rather disheartened when I saw those assigned to my wave (5 of 6) had 2:15 flags on their backs. In the weeks leading up to the race I had (rather too optimistically) revised my predicted time to sub 1:55. I didn't have a race strategy per se - keep going and finish - but I had hoped to fall into a group targeting a similar time. However, once the race commentary began to blast over the tannoy and my wave inched forward, I felt a real buzz of excitement and honestly couldn't stop smiling!

The first few miles were quite congested, particularly in the narrower sections. I felt like I was expending energy trying to find gaps to overtake people (I'm not fast) and looking down to avoid stepping on people's ankles. Despite this I was really enjoying running and felt good. I passed the 10K mark in under 53 minutes and the first hour seemed to fly by.

I expected the third section, including half of the loop out to Marston (roughly miles

8 and 9), to be slower. Although gently downward sloping on the way out, it's uphill (by Oxford's standards) on the way back. A lack of spectators (nonresidential road) and music tents made it feel even more of a hard slog. Ordinarily it would be lovely running alongside misty fields, but I really needed some encouragement at this point. As I re-entered the city to close on the 9-mile marker I felt some pain in my knee. I eased back and hoped it wouldn't get worse. Ultimately, I had to stop to stretch before continuing in a stop/start fashion, hoping I would still make it to the finish in under 2 hours.

Miles 11 and 12 were the hardest, both mentally and physically. I had wanted to add a little speed by this point, but my knee wasn't getting better and I was running low on energy. I'd eaten my fourth jelly baby (I've

never eaten a gel so didn't want to try one on race day) and was regretting not eating more of my porridge. After passing the 12-mile marker adrenaline (or jelly baby energy?) seemed to kick-in. Spurred on by the crowds outside the King's Arms, I pushed on around the Rad Cam knowing I was under a kilometre from the finish. I could see the Oxford Half arch as I turned out of Broad Street for the last time and tried to muster all remaining energy to finish strong.

Everyone said a first half marathon would hurt, and now I understand what they meant. I managed

to cross the line with a chip time of 1:57:35 and left with a lot of learnings. I'm tremendously proud of myself and in awe of all of you for being able to run this distance (and further) in unbelievably quick times.

A big thank you to everyone at Dulwich Runners for all your advice and encouragement over the past few months. Particular thanks to Mike for his company (along with Jen, Maria and others) on Club runs, infectious enthusiasm, and gentle cajoling (along with Ange) to enter my first competitive races: the Mark Hayes Mile (huge thanks to Jack for getting me around); and a Sri Chinmoy 5K (so motivating to hear "well done" shouted as DRs lapped me). I'm really looking forward to training with the Club over Autumn/Winter, trying some cross-country to build strength and fitness, and might even be persuaded to attempt another half next year!

Oxford Half 2021: first man 1:07:25; first woman 1:16:36.

Project 20 (week Brains, Entanglements, Quantum Morphic Resonance, A Fear of Beards, and Mike the Legend

The blink-list version:

I got slower because my running friend needs a new hip, but I found morphic resonance and club telepathy to take me to the next level. Communication over

The more prosaic version:

Examine the pictures below. Separated at birth?



Brains – full name Ray Hacknenbacker - the forgetful scientist from *Thunderbirds* you may wonder where is he now? The answer to that riddle is that has been reincarnated as Ebe Brilliant. You can talk to Ebe about anything. Berlin clubs in the 1980, the perfect flapjack recipe and why it is illegal to stop for a coffee on a long run. If you have an esoteric subject, Ebe is your man, preferably on a long run so he can give you the long form version.

His long career as an undercover rocket scientist has helped him develop a wide range of interests. Recently, I've been wondering how such a 4 dimensional man looks, well, so 2-dimensional. You look at him head-on, he looks normal (apart from the forehead housing his super computer/ brain). But then you look at him side-on, and he looks 2-D, like he's been squashed by a gigantic roller and has been reduced to the depth of magazine decal. Or maybe it was all that time

spent in space which squashed him just a little bit? Or a badly measured space suit? I'm not certain. No doubt, the calorie controlled Edinger Alcohol Free is partly responsible, combined with a fierce running ethic. (Both of which you have avoided like the plague, Ed.)

However, whenever, I'm having a bad week, a long lost memory floats back into my head, when I actually *overtook* Ebe/ Brains in the Paddock Wood half one year, and he muttered, truly shocked, "Oh shit, it's you" as if he had fallen to a place so lowly and degraded that life was no longer worth living. At that moment his genial mask slipped and I could see the palpable shock and utter disgust on his face. I will treasure that snap shot for many years to come. In my mental running archive, on a rainy October day, I often find myself replaying that particular mental reel in slow motion, with the sound turned up. And I wonder, am I the only one? Surely

This week wasn't so good. Let's be honest. I'm not just going to give you the highlight spool. This is real-deal. You know, as soon as I had put my head on the block, with my sub 20 goal, that I was going to abjectly fail. But fellow runners, perhaps we like the stories of gallant failure more than the effortless sprints of the Ramm-Chuck-Elm-Bonds of this world? I hope so, as that will be a key narrative thread in my 10000 page searing running autobiography (which probably inspired *Karl Ove Knausgaard*). I had a late night on Friday, so my park run was a bit shambolic.

However, follow your bliss and doors will open. As I was on the start line, a running friend in need of a second hip operation approached. Perfect, I could run slowly, and appear altruistic

at the same time. I duly waited with him every time his hip played up, feigning concern. Time? 30.25 (no splits available). Afterwards, drinking coffee, I chatted to a man who thanked me for my column. He told me he used to run with Dulwich Runners once open a time I asked him his name. Johnny English. Yes, he was a bit sheepish, and I hope he doesn't mind me using his name for some cheap humour in an otherwise highbrow piece.

But I know I'm going to drop some of you like Tony Tuohy kicking on a 400 metres, when I get into how entangled electrons can improve your running. So Johnny, forgive me, I need to give something to the reading masses to keep them on board.

He then went on say he was otherwise known as the brother of “Una English” who was an international runner with a PB of 15.19 at 5km. I said I know her, she always wave to me. JE replied, “she waves to anyone who is a runner – I don’t think she has any idea who you are.” Suitably chastened, I felt even more limited when I looked up her palmares. <https://worldathletics.org/athletes/ireland/una-english-14283204>

So when JE told me had run 21.13 and was hoping to go under 21, I wasn’t that impressed. After all, he has serious genetic material at this disposal AND a top flight sibling to train him. All things considered, I thought Johnny English wasn’t running that fast at all and that I shouldn’t feel too bad about my 30.25. I think he’s actually pretty dam lazy. Still, it did remind me that there is some serious competition out there and I can’t get too complacent.

I decided it was time to get serious so I joined Mike Mann’s Tuesday morning speed group. I needed inspiration. I’m not going to join the gym or get a peloton bike. But I am going to subscribe to super novae that is Mike Mann! He is Mann of the year...

Photo of Mike Mann-Odysseus



distance between herself and the four bearded men in group (Bob Bell, Odysseus, Graham, and myself). She appeared traumatised throughout the session.

So, what is my point this week. Where am I taking you on this long meandering run? Entanglements. Dulwich runners entangles us all. There is a weird phenomenon, a sixth sense we have, about what other people in the club are doing, how they are running, if they are injured, and so on? Is there such a thing a club telepathy? Does it get stronger around major events such as the marathon. Is this just superstition?

I have a hunch, unproven, that it’s a real thing. Quantam physicists know that 2 electrons can get entangled and 1 can influence the outcome of whether the other is positive or negative – even though we can’t understand how this is the case. https://en.wikipedia.org/wiki/Quantum_entanglement

Is it just me, or does Mike remind you of a hero from antiquity? I think of him as Odysseus: warrior, poet, lover, scoundrel. I’m sure he’s frolicked with goddesses, drunk some fine ambrosia, and taken on a hundred men singlehandedly in battle. All in a days work for Mike. I’m sure he gets the 363 down from Ithaca to help us all train.

Wherever he runs, I just follow, knowing that I am safe in the hands of a leader of men and women, a just and ethical sage (the sirens have all signed NDAs). I noted he was wearing a Steve Wehrled t-shirt as he trained us. I thought of another club legend Steve W. I have fond memories of his Sunday marathon training runs where he would make sure to stash away some lovely snacks and sandwiches for in a bush at mile 10. How sweet is that?

Here is a picture of said JE.



When I am running a race with Dulwich Runners, or even training, I have a sense of who is behind me and front of me. Ok, you say, that is because I have eyesight and I can see them, or because I read the race results. I grant you this, but I think it is something more. Something invisible that pulls us together (gravitational pull) and repels us at the same time keeping us in some of sort of joint field. Some sort of running electricity, an unseen charge. Is it just me or do notice it?

On a similar note, Rupert Sheldrake has argued that living systems have interconnections that we can’t fully appreciate – akin to a form of telepathy. I think he’s talking about our club.

<https://www.scientificamerican.com/article/ruperts-resonance/>

On such matters I remain agnostic; but I find it a beautiful and appealing theory that explains the uncanny and anomalous nature of being in Dulwich Runners. Somehow, what is going on in the group shapes my running – in tangible and ineffable ways. This is a mysterious and profound personal experience which something I’m sure many Dulwich Runners can attest too. The force runs strong in our club. I’m simply going to give myself over to morphic resonance and greater DR entanglement. True, I was at the back of Mike’s group, trailing Andy Murray (you should have gone into Tennis Andy). Kay’s pink socks were like a star from a faraway galaxy. I don’t care so much for training plans, gels, Garmins (although maybe I’ll get some of those fast plimssoles)...but I do believe if I tune in the woo-hoo wave of DR frequency I can edge closer to my running destiny of sub 20.

Ajay Khandelwal

**To have your results here ...update your parkrun profile to show Dulwich Runners AC as your club.
If you are no longer a member please remove DR as your club.**

Ashford

253 Ran
Pos Gen
19 2 Kim Hainsworth 21:14

Beckenham Place

222 Ran
Pos Gen
150 100 Peter Jackson 29:34

Brockwell

289 Ran
Pos Gen
35 29 Mark Foster 20:42

Bromley

380 Ran
Pos Gen
5 3 Kevin Chadwick 18:30
107 89 Colin Frith 23:48

Burgess

506 Ran
Pos Gen
4 4 Martin Belzunce 17:07
27 21 Charles Lound 19:15
76 60 Hugh Balfour 21:14
268 166 Andy Murray 26:13
300 79 Shoko Okamura 27:00

Charlton

208 Ran
Pos Gen
199 69 Susan Vernon 40:44
206 118 Chris Vernon 48:41

Clapham Common

595 Ran
Pos Gen
10 8 Shane Donlon 18:18

Crystal Palace

267 Ran
Pos Gen
19 19 Sam Jenkins 20:12
37 2 Yvette Dore 21:56
134 25 Clare Wyngard 27:05
140 28 Belinda Cottrill 27:18

Dulwich

347 Ran
Pos Gen
3 3 Thomas South 16:30

9 9 Timothy Bowen 17:02
13 13 Adrian Russell 17:20
33 31 Edward Simmons 18:58
41 38 Rupert Winlaw 19:30
48 42 Matt Wood 19:51
51 45 James Auger 19:56
58 50 Lee Wild 20:20
60 4 Charlotte Sanderson 20:23
99 83 Giles Robertson 22:12
116 96 Graham Laylee 22:39
129 104 Miles Gawthorp 23:10
281 168 Ajay Khandelwal 30:25

East Brighton

45 Ran
Pos Gen
4 3 Alex Loftus 20:00

Foots Cray Meadows

42 Ran
Pos Gen
1 1 Clare Elms 21:06
5 3 Stephen Smythe 24:01

Gladstone

183 Ran
Pos Gen
10 2 Becca Schulleri 20:27
33 28 Stephen Williams 22:59

Haga

79 Ran
Pos Gen
34 30 Paul Collyer 24:51

Harcourt Hill

97 Ran
Pos Gen
22 2 Emma Ibell 22:15

Orpington

142 Ran
Pos Gen
40 3 Teresa Northey 24:42

Osterley

289 Ran
Pos Gen
73 59 Barrie John Nicholls 24:44
87 16 Lindsey Annable 25:31

Peckham Rye

206 Ran

Pos Gen
4 3 Eugene Cross 18:07
7 6 Joe Farrington-Douglas 18:20
12 11 Jamie Nicol 19:41
66 52 Gideon Franklin 24:11

Reigate Priory

288 Ran
Pos Gen
79 66 James Wicks 24:42

Riddlesdown

149 Ran
Pos Gen
2 2 Daniel Mann 19:28
42 3 Ange Norris 26:24

Sizewell

109 Ran
Pos Gen
37 5 Eleanor Simmons 26:08

Southwark

346 Ran
Pos Gen
138 22 Claire Steward 24:46

South Norwood

131 Ran
Pos Gen
59 11 Hannah Harvest 26:07

Sutcliffe

213 Ran
Pos Gen
188 78 Denise Brady 39:59

Tooting Common

457 Ran
Pos Gen
32 24 Justin Siderfin 20:09
150 112 Ian Sesnan 24:32

Wakefield Thornes

233 Ran
Pos Gen
60 7 Claire Barnard 25:18

Wyre Forest

164 Ran
Pos Gen
1 1 Andy Bond 17:55

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

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



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



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An ideal face covering!

Socks only £5



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It's always on the way!.. be prepared..
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! 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



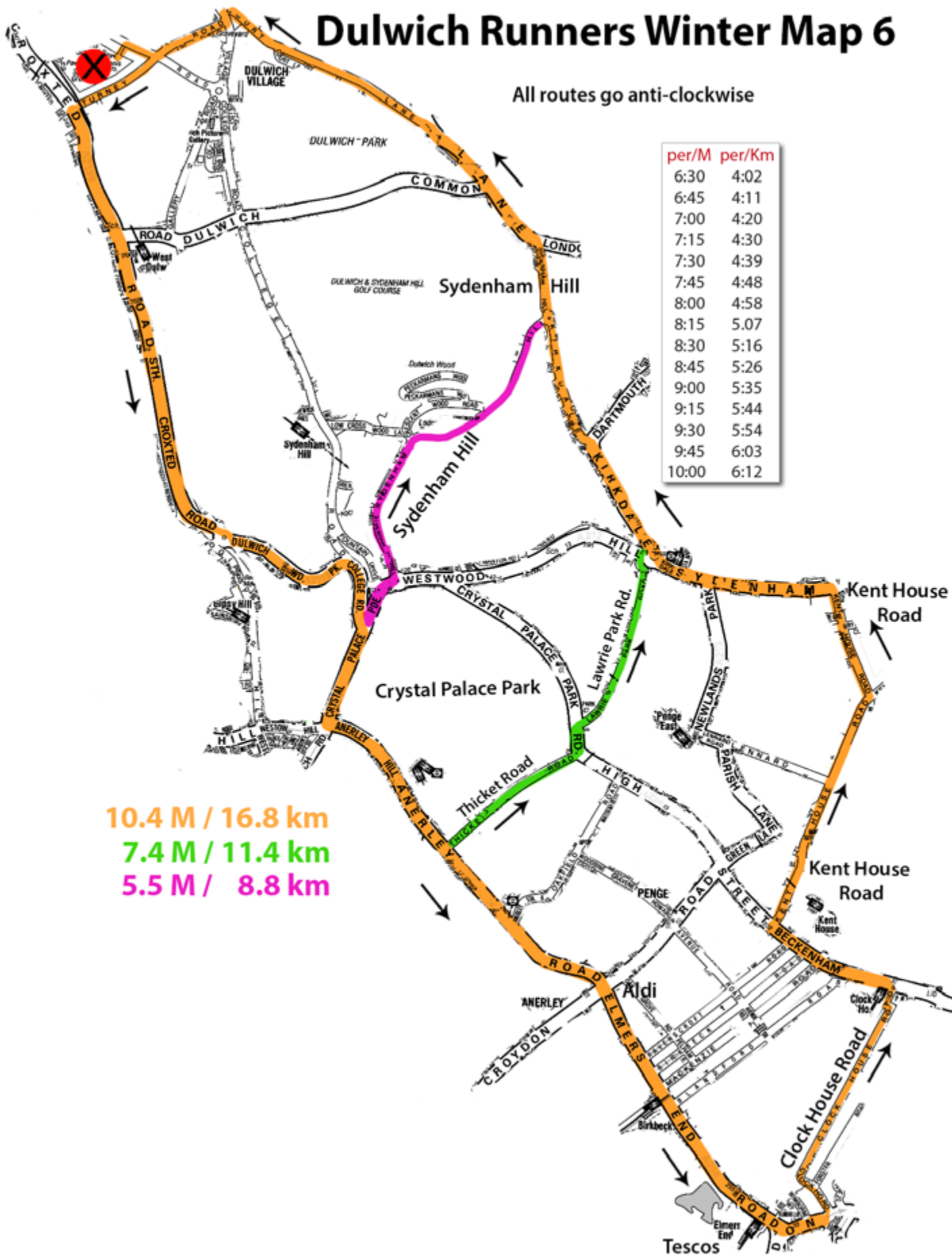
Pro Mid Layer
1-4 Zip Top

Dulwich Runners Winter Map 6

All routes go anti-clockwise

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

10.4 M / 16.8 km
 7.4 M / 11.4 km
 5.5 M / 8.8 km



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