

SHORTS



Dulwich Runners AC
Weekly Newsletter
September 1st 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 Dulwich College, track and grass
£2 per session - suitable for all abilities

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

In your SHORTS this week !

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

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

Like us on Facebook @dulwichrunners

Connect with us:



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 would like to join or require further details about the club please contact me.
barry@bg1.co.uk

Dulwich Runners AC Birthday Celebration

Please join us in September 2021 for a celebration of the Birthday of our wonderful running club after 41 years.

Saturday September 18th - 9am Park Run in Dulwich Park Coffee & Cake afterwards. - Please wear your club vest.

Sunday September 19th - Birthday Party 2pm-6pm at the club house. - Tickets £20 will include food and 1 drink email dulwichrunnerssocialsec@gmail.com to confirm a ticket/veg or meat options.

Please reach out and invite any previous club members who would like to join us over the weekend.
Regards - Michelle

Club Runs & Training Sessions

Wednesday Evening Club Runs

NOTE: £1 club run fee for members and guests which was waived during lockdown whilst clubhouse facilities were unavailable has been reintroduced as the clubhouse changing rooms, showers, toilets and bar are now all open for us to use.

Groups with a leader, catering for different paces leaving the clubhouse carpark at 7pm...

Arrive by 6:50pm to register and organise which group you'll run with....

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.

Tuesday Evening Speed Training

At Dulwich College track and fields on College Rd. - Two groups, one start at 6 pm and one at 7pm. Grass & track, suitable for all abilities, efforts at 5-10km pace plus some shorter faster ones.

COST IS £2 PER SESSION PAYABLE WHEN YOU ARRIVE - CARD/DEVICE PAYMENTS ONLY, NO CASH

Any queries, contact Mike Mann mcmann90@yahoo.co.uk

Dulwich College have installed a security gate for the entrance to the track and fields. To gain entry the code is **C1478X**

The 6pm and 7pm Tuesday sessions at Dulwich College fields and track will continue until 31 August. For the month of September there will be a 6pm session only at Dulwich College but we are also offering a 7pm hill session, free of charge, starting at the foot of the hill adjacent to Sydenham Hill station on College Road.

Hill sessions suitable in particular for those planning to compete in the forthcoming cross country season, but newer less experienced runners may wish to choose the 6pm track/grass session though are welcome to give the hills a try. Details of track training sessions at Crystal Palace track from the start of October will follow in due course.

Sunday Runs

There are runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Around 10km, but can be longer, pace around 9 mins per mile.

Contact Ola olabalme1@gmail.com

Or if you prefer a later start between 9 and 10am, a longer run from the Dulwich area (10 miles+) pace around 8-9 min. mile - Contact Tom Poynton tpoynton@hotmail.com (suspended until August 29th)

Longer and faster at 9am - likely to be 8am from July for marathon training. Around 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park but check in advance.

Contact Tom South thomas_south@hotmail.com

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

Saturday Morning Hills

Led and structured hill sessions on Saturday mornings - Suitable for all abilities.

Meet at Mansion House, Beckenham Park 10am - Jog to Sedgehill Road to start session at 10.15 - Coffee after at Cafe

Contact Eleanor Simmons: leanorksimmmons@yahoo.co.uk

Thursday Training Sessions

Those of you available are welcome to attend Thursday morning sessions at 11.00am

Alternate each week between Brockwell Park and Crystal Palace Park, including short hills and longer efforts on the grass - followed by coffee. If interested contact Mike Mann mcmann90@yahoo.co.uk

DULWICH RUNNERS 2021 FIXTURES

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

Thames River Relay

Sunday 5th September

A 5 person relay along the Thames towpath (mainly) from Dorney Lake to Kingston, approx 26.5 miles.

Teams consist of at least one female and no more than 3 senior males. Cost is £10 each and all proceeds (minus expenses) go to charity.
For full course details how it works etc, see the website: http://www.stragglers.org/river_relay
If interested or want any more details, email Ange: angenorris@googlemail.com

NB This clashes with the Paddock Wood Half Marathon which many members have entered as a club champs race.

Cross Country Fixtures

Hopefully a full cross country season to look forward to this autumn/winter, here is some information on fixtures.
Men and women Surrey League fixtures to be held on the same dates, but all venues provisional tbc. It was not possible to push back the date of the October fixture to accommodate early October marathons such as London, owing to fixture congestion.

2021			
Oct	16	Surrey League 1	Epsom Downs (tbc)
	9	Surrey Masters Champs	Morden Park
	23	SEAA Relays	Wormwood Scrubs
	23	tbc Surrey Masters Champs	Richmond Park
	30	BMAF Relays	Long Eaton
Nov	13	Surrey League 2	Denbies Vineyard (tbc)
	20	SEAA London Champs	Parliament Hill Fields
	27 tbc	South of Thames 5m	Morden Park
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	Richmond Park (tbc)
	29	SEAA South of England Champs	Beckenham Place Park tbc
Feb	19	Surrey League 4	Lloyd Park (tbc)
Mar	6	ECCA National Champs	London

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/>

10km - 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

Adidas Shoe trial - Wednesday 8th September

Try out some of the latest Adidas shoes with no obligation to buy.

Emma, the Adidas representative, is coming again with some shoes for us to trial on our Wednesday evening run. It's a great opportunity to try out a completely different type of shoe for size and comfort.

Shoes available are detailed below. Choose which you'd like to try out for your run then use the link to order your size. She will bring them along on the Wednesday evening in named bags.

Adizero adios Pro 2:

LIGHT, FAST RUNNING SHOES MADE FOR EXPLOSIVE SPEED ON RACE DAY.

Run past your goals and never look back. Set new ones and chase them. The adizero adios pro 2 is here with evolved technologies that will help you take your run to the next level. Training run or 26.2, these adidas running shoes are designed for explosive speed that propels you toward the finish line. They're light and breathable with just the right combo of flex and support. Lightstrike cushioning fuels a snappy, energy-filled ride.

Adizero adios 6:

LIGHTWEIGHT RUNNING SHOES BUILT FOR SPEED.

Low stack height traditional racing flat. The intervals, tempo runs and chilly morning sessions paid off. You made it to the starting line. All that's left is to kick into gear and go the distance in these adidas running shoes. Their mesh upper is so lightweight you'll barely feel it on the course. Lightstrike cushioning gives a responsive and snappy ride.

SOLARGLIDE 4 SHOES:

NEUTRAL RUNNING SHOES FOR YOUR DAILY MILES.

An extra run squeezed in at lunch. An added mile to your daily loop. However you go about boosting mileage, these adidas shoes give you the comfort to keep up. They offer an energised ride thanks to a flexible outsole that works with the responsive feel of Boost. Plus, they strike the perfect balance of breathability and support to keep you going. An EVA Rail helps guide the foot, and a heel split reduces irritation at the Achilles.

https://docs.google.com/forms/d/e/1FAIpQLScCgnl34zu1ggEW8JRd32JD1iHS_sZuENJGYyb7fs3TJsoJAQ/viewform

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.

The Big Half

Two late results from last week

647 James Brown 1:26:36 (M40)

?? Ryan Duncanson 1:27:56 Strava, not in official results

Ashford

292 Ran
Pos Gen
80 10 Shoko Okamura 23:56

Banstead Woods

191 Ran
Pos Gen
16 15 Tony Tuohy 20:45

Beckenham Place

267 Ran
Pos Gen
177 118 Peter Jackson 30:51

Brockwell , Herne Hill

248 Ran
Pos Gen
1 1 Timothy Bowen 17:09
2 2 Hugh Stobart 17:21
55 5 Christiana Campbell 22:28
72 55 Hugh French 23:22
84 64 Graham Laylee 23:57
175 112 Andy Murray 28:29
176 51 Ros Tabor 28:34

Bromley

504 Ran
Pos Gen
249 38 Claire Steward 27:15
391 101 Clare Osborne 31:54

Burgess

395 Ran
Pos Gen
391 195 Chris Vernon 49:15
395 130 Susan Vernon 56:37

Catford

192 Ran
Pos Gen
2 2 Ross Rook 19:32

Crystal Palace

265 Ran
Pos Gen
39 3 Emma Kelly 22:25
115 97 Eugene Cross 25:57
118 99 Michael Dodds 26:03
132 20 Jenny Bomers 26:49
143 25 Clare Wyngard 27:33
146 26 Belinda Cottrill 27:43
230 140 Bob Bell 34:29

Lloyd , Croydon

204 Ran
Pos Gen
47 6 Eleanor Simmons 24:30

Medina I.O.W.

336 Ran
Pos Gen
58 5 Lucy Pickering 23:59

Dulwich

408 Ran
Pos Gen
31 27 Tom Shakhli 18:26
43 38 James Brown 19:03
51 44 Edward Simmons 19:23
66 59 Andrea Ceccolini 19:57
72 65 James Auger 20:17
81 72 Ebe Prill 20:36
83 4 Clare Norris 20:39
97 83 Lee Wild 21:12
105 10 Charlotte Sanderson 21:26
231 37 Rebecca Davis 25:45

Folkestone

323 Ran
Pos Gen
26 4 Kim Hainsworth 21:12

Greenwich

322 Ran
Pos Gen
17 17 Michael Fullilove 21:00

Henstridge Airfield

184 Ran
Pos Gen
3 3 Jonny Hough 20:38

Highbury Fields

310 Ran
Pos Gen
25 23 Paul Collyer 20:18

Hilly Fields

207 Ran
Pos Gen
48 4 Emma Ibell 23:14

Land's End

134 Ran
Pos Gen
27 5 Victoria Read 23:55

Melton Mowbray

141 Ran
Pos Gen
16 1 Alison Peel 22:44

Melksham

173 Ran
Pos Gen

41 32 Barrie John Nicholls 24:23
55 8 Lindsey Annable 25:46

Orpington

169 Ran
Pos Gen
66 57 Colin Frith 24:40

Peckham Rye

189 Ran
Pos Gen
6 6 Joe Farrington-Douglas 18:36
13 13 Justin Siderfin 19:27
15 15 Kevin Chadwick 19:31

Squerryes Winery

97 Ran
Pos Gen
22 17 Dave West 25:06
32 24 Stephen Smythe 26:31

Somerdale Pavilion

147 Ran
Pos Gen
6 6 Jamie Nicol 19:39

Southwark

319 Ran
Pos Gen
1 1 Andy Bond 16:35

Tamar Lakes

185 Ran
Pos Gen
4 4 Andrew Inglis 18:49

Tooting Common

453 Ran
Pos Gen
144 114 Ian Sesnan 24:25

Trelissick

274 Ran
Pos Gen
58 4 Ange Norris 24:39

Uckfield

113 Ran
Pos Gen
7 6 Lloyd Collier 20:00

DULWICH RUNNERS KIT

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



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



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



Bufs-snoods - only £6
An ideal face covering !

Socks only £5



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



The Beast from the East !
It's always on the way!.. be prepared..
get yourself a bobble hat £15

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

For all club kit enquiries: ros.tabor49@gmail.com



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer Map 6

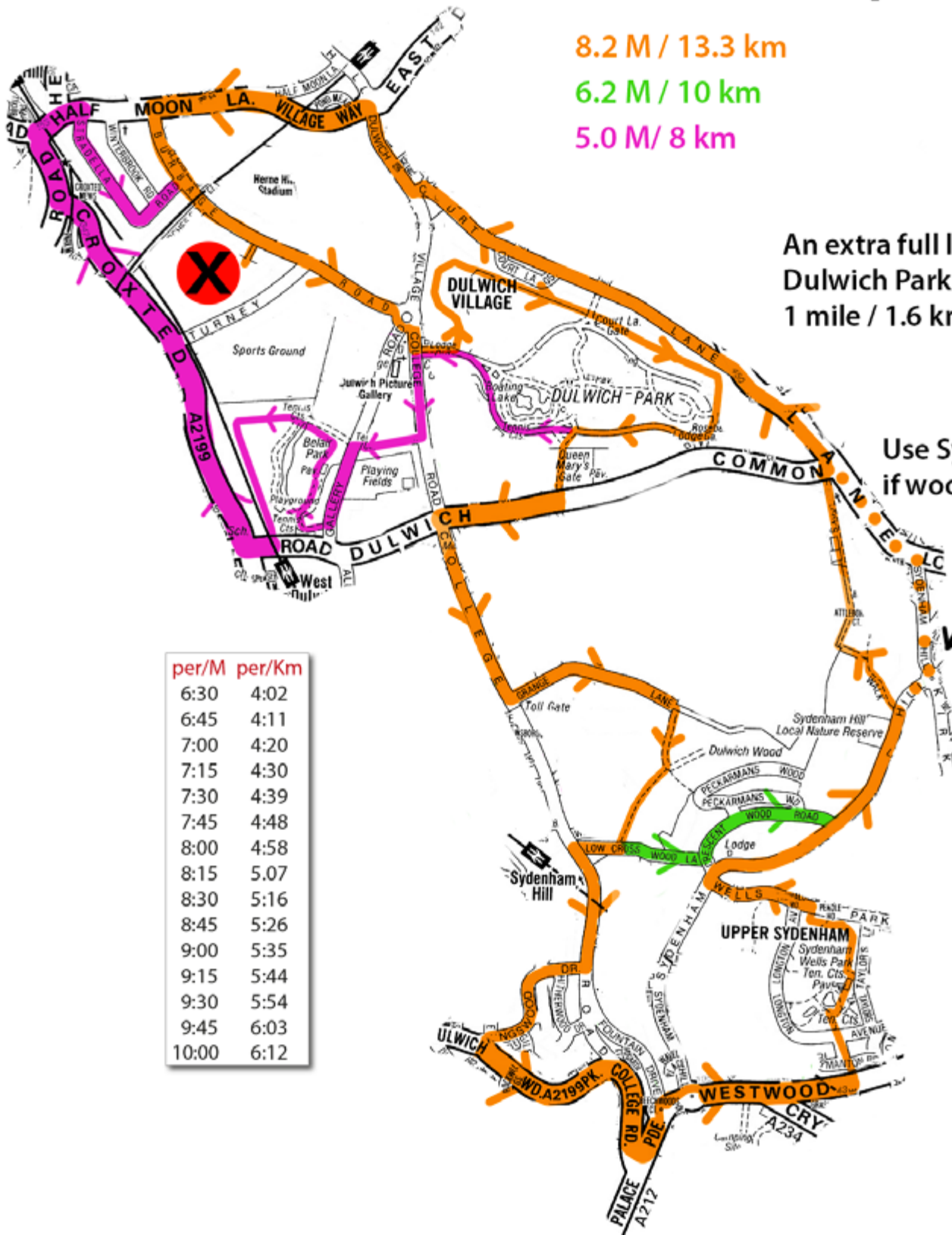
8.2 M / 13.3 km

6.2 M / 10 km

5.0 M / 8 km

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

Use Sydenham Hill
if woods too dark



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>