



SHORTS

Dulwich Runners AC

Weekly Newsletter

September 11th 2019

www.dulwichrunners.org.uk

These are your SHORTS,
Please send your reports, running news & anecdotes to:

barry@bg1.co.uk or barry@1bg1.com

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 11	Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 17	Next Tuesday's session will be on the hill opposite Sydenham Hill station, College Rd. warm up 7.10pm, main session 7.30

In your SHORTS this week !

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

And much more !

Like us on Facebook @dulwichrunners

Connect with us:



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@athleticsweekley.com to go on the mailing list

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

A brief look ahead

Sep 22	SEAA road relays - Crystal Palace Park
Sep 28	England Masters Xc challenge - Bury St. Edmunds



LUCKY VEST September winner Yvette Dore



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

NEW RUNNERS ROTA

Many thanks to **James Burrows** 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

Eugene Cross	11/9
Yvette Dore	18/9
Sharon Erdman	25/9

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)

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.

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)

<https://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
Sep	22 SEAA road relays	Crystal Palace Park
	28 England Masters Inter-Area Xc Challenge	Bury St Edmunds
Oct	6 National 6/4 stage road relays	Sutton Park
	12 Surrey League cross country (men)	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 date tbc South of Thames 7.5 miles	Lloyd Park
2020		
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

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

2019 Club Championships

Here are the club championship races for 2019
Four long and five short with two dates to be confirmed.
To complete and qualify for the champs you must run at least 5 events, including at least one from each distance category.

16 Feb	Dulwich parkrun	short
10 March	Big Half	long
14 April	Thames Towpath 10M	long
28 April	London Marathon (or alt.)	long
10 June	Sri Chinmoy 5k	short
16 June	Eltham Park 5M	short
July 14	Sevenoaks Seven Mile	long
Aug 2	SOAR Mile	short
3 Nov	Regent's Park 10k	short

Ragnar Relay 21-22nd Sept.

Kirsty Saddler is participating in the Ragnar Relay 21-22nd Sept.

She needs two more people to complete a ten person team for the 180miles from Sittingbourne to Brighton

The event is quite unique and a lot of fun.

Only £50 entry per person.

For more info etc then please contact her ASAP:

kirsty.saddler@gmail.com

details:<https://run.ragnarrelay.com/lp/uk/relay/whitecliffs/>

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 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 8k 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

SEAA in Crystal Palace Park

Sunday 22nd September 2019

Are very short of volunteers.

As thanks, the club will receive a donation and all volunteers will be provided with lunch, travel expenses paid and free tea and coffee throughout the day.

If you can help, then sign up here:

<https://forms.gle/VRJ2RjMihL1z4KMS9>

Ella Jolliffe
SEAA Competition Ltd
020 8778 7167
ella.jolliffe@seaa.org.uk
www.seaa.org.uk

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



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

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4 Surrey League races
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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
or mcmann90@yahoo.co.uk
or ebepriill@yahoo.co.uk

Race Reports & Results

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

European Masters Championships near Venice

Sept 5-15

*Steve Smythe writes...*A good start by the Dulwich Runners. Controversially while the men have all their events in the main stadium at Jesolo, the women's events (other than 800m) are far away and held with a very quiet atmosphere compared to the bustle of Jesolo. Caorle is around 20 miles away and requires a relatively long and expensive bus journey to get there so there were very little supporters. Eraklea is around 10km away. The weather has varied from mid 30s to cool torrential rain, which caused events to be cancelled.

1500m: Eraklea, September 7

Clare began with a very comfortable 1500m win. She followed Spain's Esther Perdosa Carrete, who was second to her in her three gold medal runs in the world indoors in Poland, before stretching out in last 500 metres to win by 12 seconds. W55: 1500: 1 Clare Elms 5:03.71

Not too long after Ros Tabor was making her debut in the W70s. She was up against Penny Forse, who ran in the 1976 Olympics and has a PB (4:09) almost 90 seconds quicker than her and Danish Ingerlise Villum, who has won numerous titles in the younger age groups.

Villum started fast and Ros and Forse took a while to catch her but Ros waited until the last lap and kicked away to win by three seconds.

W70: 1500: 1 Ros Tabor 6:14.29

4km Cross-Country, Caorle, September 8

Both Clare and Ros ran in the W55 plus women's race on a very twisty and uneven course which was at least reasonably flat apart from one small up and down on each of the 2km laps. Unfortunately there was a downpour at the start and thunderstorms in the air.

The major attention was on Rosa Mota, the world and Olympic marathon champion (and two-time Great North Run winner), who started fast and went on to win the W60 gold.

Clare followed Mota and her major W55 rivals for half a lap but began to push on but still in full control and she won by 24 seconds from Austrian Sabine Hofer.

With strong team-mates, Clare also won a team gold as Britain won from Italy

W55: 4kmXC: 1 Clare Elms 14:33 (& team gold)

Ros was not wearing the right shoes to mount a serious challenge and Forse, who was third in the 1500m, won by 49 seconds. She had finished seventh in the 1980 World cross-country.

Ros won silver by five seconds and picked up another silver medal in the team.

2nd Ros Tabor 18:29

Andy ran in the M65 race and had a good battle with fellow Brit Rob Sargent.

29 Andy Murray 20:10

400m heats, Jesolo, September 8

Wayne, competing in swirling winds, was not at his sharpest but focusing more on the later 800m, he ran 55.38, when needing a 52 something to make the final.

Ht 3: 5th Wayne Lashley

10,000m, Eraklea, September 9

Clare made it four golds in three days with an easy win at 10,000m in very hot conditions. She followed the Austrian Hofer to past 6km, feeling it was uncomfortably slow (94-96 second laps) , but then latched on to the W50 winner at around 88 second laps before easing back again in the last mile and and by the finish she won gold by 40 seconds.

1 Clare Elms 39:19.51

400m final, Caorle, September 9

Ros - the only one in the GB team to attempt the cross-country 400m double, and not at her sharpest, was a long way from her sub-80 off the form of last year but still took the silver medal but some way down on Italian Michelle Peroni, who ran 79.18. so at halfway in the meeting the Dulwich medal count stands as five gold and three silver.

2 Ros Tabor 84.01

South London Harriers Club Champs/Open 1500m & 5000m Coulsdon

Wednesday 4th September

At the tail-end of the track season a similar band of Dulwich Runners to last year's group turned out again for this excellent little low-key meeting at Track Coulsdon, Woodcote High School, just a one-mile stroll from my gaff. Conditions weren't quite as kind this year; a pleasant enough evening but a strong cross-wind made its presence felt through much of the racing.

1500m race 1

Gary gamely lined up with all the youngsters (and a handful of adults) for his third 1500m of the season; his speed is considerably up on last year but his strong effort fell just a couple of seconds short of his season's best.

14 Gary Budinger 6:10.50

1500m race 2

Wayne was looking for a final workout race before the Euro Masters Champs in Venice and his sole 1500m of the season was a workman-like effort in a similar time to last year - at least it was once he'd sprinted to the start on the far side of the track once somebody pointed out to him where he was supposed to be with just seconds to spare...

My own aim was to improve a season's best of 4:36.6, itself my best for three years, but going through 800m in 2:26 proved a tad ambitious and a lack of any last lap kick saw me miss the target by 0.8 of a second. So, ultimately disappointing but I'd have bitten your hand off for this time just a few weeks ago, five seconds quicker than last year's season's best in this same fixture.

7 Wayne Lashley 4:27.16

12 Tony Tuohy 4:37.41

5000m race 2

The sub-17 pace in this race was no problem for Dan and Paul

up to about 3k (10:10) when the pace picked up. Paul started suffering a bit here but Dan followed easily and took himself off for another last lap turbo boost for an excellent 5k track debut that fell just short of his best road times. Paul hung in there and rallied at the death but couldn't quite get there for a time beginning with a one and a six... decent enough though and again not far short of this year's best road times. Ian's decent early season form had deserted him by the summer and he continues to struggle in recent races; this was no exception but it's hardly a complete disaster and a slow improvement could be coming.

1 Daniel Mann 16:44.53

5 Paul Devine 17:00.94

16 Ian Lilley 18:08.34

5000m race 3

The fast race saw Ed going after the 15:15 PB he set at this fixture last year; he gave it a good go and was perhaps scuppered by the difficult wind compared to the totally benign conditions back then. He missed out by just three seconds but it was a cracking run anyway including a titanic last lap battle where he just got caught for the race victory by Paul Prothero of SLH, reversing his close defeat to Ed at the Herne Hill 10000m less than two weeks before.

Andy, like Dan and Paul, kept to the theme of falling just short of this year's best road times (that wind again?) and had to be content with a solid-looking 16:10. So what was I doing lining up with this lot, I hear you ask? I signed up for the extra workout but my original allocation in race 2 was directly after the 1500m so I begged for some extra recovery time and got half an hour along with the prospect of a lonely time trial in race 3 - which is how it turned out.

I tagged on from the start to the tail-end runners but realised after just a lap or two at 16:40 pace that I'd blow myself up in no time so stepped off the gas and determined to run steadily to 3k and try and see if I could pick it up then. Passing 3k all alone in 10:20 (17:15 pace) I was pleasantly surprised as I felt quite good so pressed on to run the last 2k in 6:49 for a decent season's best. I wouldn't normally recommend running a flat out 1500/mile race half an hour before a distance race but seems to work for me...

2 Ed Chuck 15:18.36

8 Andy Bond 16:10.24

15 Tony Tuohy 17:09.21

UTMB

Friday 30th August 2019

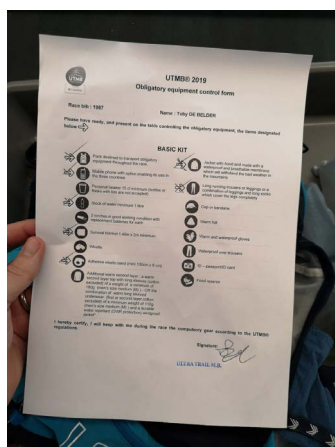
Wow, that was long! But I stayed awake, I climbed the peaks and circumnavigated Mont Blanc inside the cut-off.

This was the event I've been targeting for some time. The Ultra Trail du Mont Blanc. Someone has referred to it as the Super Bowl, the Champions League, the World Cup of ultra trail running. The winners of this race are the Eliud Kipchoge equivalents: Olmo (pictured), Jornet, D'Haene, Thevenard, and this year, Pau Cappel.



To enter the UTMB, you have to earn qualifying points by completing x3 challenging ultras in the previous 2 years. My qualifiers: the Alps' races CCC (101km) and La Traversee (65km) and last year's Cotswold Way 100 (miles), and once in the ballot there is no option of referral. (No sympathy/consideration for young families!!). And so thanks to my understanding wife for kicking me out of the door to train on Saturday evenings.

And so to Chamonix. The town is awash with trail runners and incredible family/local support. Kit check - water, survival blanket, first aid, jacket with hood and long running trousers selected - passed at registration. (I've known others to have panics by failing and having to make emergency purchases.) Anxiety building.



The event is hard: it's 171km, crosses 11 cols, over 10,000m of vertical ascent, and passes through 3 countries - France, Italy and Switzerland. And Poletti, the race organiser, always wants to make it harder. It starts at 6pm, which means everyone will run through the night. Oh yes, and the heavens opened as we crammed in behind the start. The inspirational UTMB music and guys on the loudspeakers geeing everyone up (not really necessary but adds to the frisson of the occasion).

The first evening/night, I climbed Le Delevret, descended into St Gervais, where there was a huge crowd of cheering supporters around 8:30pm, over to Les Contamines, climbed Col de la Bonhomme, descended to Les Chapieux, got pulled by a race organiser for a mandatory kit check, and climbed the cols de la Seine and boulder-filled des Pyramides Calcaires. During the night the batteries in my head-torch died; I had spares in my kit bag but was stressed I wouldn't have enough back-up for the rest of the night, let alone the second night. 12 hours and 65km in and dawn. We are lucky to experience one of the most dramatic, evocative pictures along Lac Combal in the morning mist.

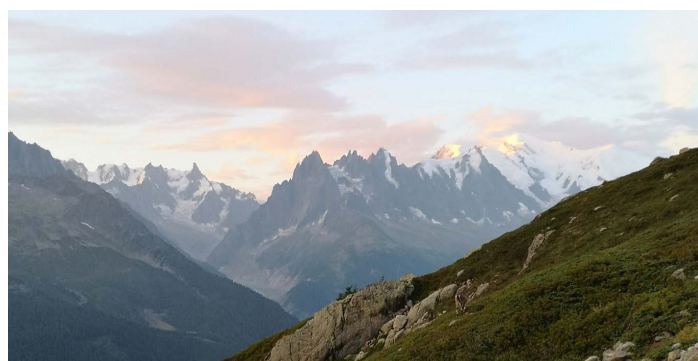


I was generally holding my own on the climbs but was really struggling on the descents, where everyone seemed to fly past. I felt (and surely looked) pathetic. I reached Courmayeur by 9am, 4hrs inside cut off, and time for a rest, change of clothes - how nice are clean socks! - and some hot food. Donned the sunglasses and set off up the steep ascent to the Refugios Bertone and Bonatti. The views here are breath-taking (were I to have any breath). The long afternoon climb up to Grand Col Ferret (2528m) is tough. I was pleased not to stop, pause, look up. And was rewarded with one of my better climbs as the trail went from Italy into Switzerland. The mega long - 14km - descent to La Fouly, not so good. Just keep moving and just keep eating at the aid stations. I needed plenty of calories for this one.

And so, on to a second night. The final 3 climbs - Bovine, Les Tseppes, Tetes aux Vents - were all tackled through the night. And they all have their challenges: the boulders and streams of Bovine, the steepness of Les Tseppes and the steep boulders of the kicker! It was going up Les Tseppes where exhaustion was most overwhelming. I knew I was veering; my eyes were so heavy and I was hallucinating. I stuffed 3 caffeine gel shots into my mouth to stay alert and push on.



Very grateful for a French Canadian lending me his spare torch at 4am on Sunday, as my batteries died, again. And very grateful



for my brother who took a 2hr bus trip, each way, to see me at Champex-Lac, and then get up at dawn to keep me moving down from Flegere and ensure 40hrs would be broken.

Seeing my wife and little boy on the run in had us all choked. I think the photographers at the end were more focused on Thomas than me; I was fine with that.



This could be my Shorts finale; I have concluded my A-Z marathons with an epic. The epic.

39:26:47

623rd/2,543 starters (1,556 finishers)

Footnote, A-Z:

Amsterdam, Big Sur, CCC, Dublin, Eiger, Florence, Geneva, Houston, Istanbul, Jersey, Kingston, London, Memphis, New York, Oslo, Paris, Quebec, Rome, South Downs, TDS, UTMB, Venice, Windermere, X-Alpine, Yorkshire, Zermatt.

Toby de Belder

Eridge Park 10 Trail Challenge

1 September

Claire Steward writes: This was my ninth time at this race which I first did way back in 2003. In 2006 it was a Club championship race with 31 DRs taking part and I finished 8th woman in a fairly respectable 1:28:13. In 2011 it was once again a Club Champs event but only 23 DRs completed the course. Steve Smythe reported at the time, 'a few years ago there were three bad injuries which set runners back many months. This time, there were many falls and turned ankles (one member falling 6 times!) and three people did the sensible thing and pulled out'. Needless to say, that was the end of Eridge as a major club race but a few of us love it and have intermittently returned to trot around the challenging off-road hills and mud on the Marquis of Abergavenny's Eridge Park estate near Tunbridge Wells.

Despite the race director exhorting us to tie our shoes tightly I saw one person fishing around in the mud for missing footwear in Cheeky's Bog and later heard that first-timer Laura had also been parted from one of her shoes then someone else had landed on it and pushed it further into the gloop before she could retrieve it. Joanne had tied hers on so tightly that she had to slacken her laces later in the race as her feet were going numb. I tied mine tight and then skirted as gingerly as possible through or around the worst bits.

I was hoping that I might be able to finish in under two hours but could see that slipping away in the final mile and then, having stayed upright whilst negotiating the steep bits, mud and tree roots, I managed to trip over a blade of grass in a field close to the finish. Hey-ho – just hurt pride and a grazed shoulder which I forget about once I had my free pint of beer in my hand.

It's a very well organised race with lots of marshals, especially at the dodgy corners, by the worst of the mud, and one warning us about a bees' nest (the unfortunate marshal had already been stung). There's a wearable tee-shirt in sizes for all participants, free beer and cakes at the finish, generous prizes and a raffle courtesy of Running Hub, and great camaraderie amongst the runners. I do hope I can persuade my dodgy old knees to get me round it at least one more time.

Winner 1:04:45

131	1:37:53	Laura Vincent
198	1:46:47	Joanne Shelton
220	1:49:48	Joe Brady
283	2:01:23	Claire Steward
351	3:17:51	Final finisher

Burgess parkrun

Chris Vernon writes: Very many thanks to the large contingent of Dulwich Runners and our lovely Burgess family for turning out for our triple celebration; our Golden Wedding anniversary, my 300th parkrun and Freddie's 50th parkrun, where he managed

TH&H 2nd Sunday Of Month 5M

8 September

The last time I competed in this race was several years ago when it formed part of our club champs. I decided to give a go in preparation for the forthcoming cross country season and it proved a decent workout. The 2 lap course consists of a long gradual climb followed by a steeper decent on stony paths. For those interested the races in the next 2 months are the same weekend as Surrey League cross country, so only suitable for those wishing to double up.

Mike Mann 41:53

Woodford Green Open Meeting

3 September

Congratulation to Ros on gaining the UK W70 mile record in rather breezy conditions. I decided to run the 3000m in my final track race of the season but my time was some way down on my previous effort in July.

- Mike Mann

Mile

Ros Tabor 6:48.50 (UK W70 record)

3000m

Mike Mann 13:09.04

Meeting Ojie Edoburun

At a reception I attended this week I had the surprise opportunity to meet Ojie Edoburun, who recently became the British 100m champion, winning the race was by a slim margin. How did he know he had won? "At first I did not think I had won, because all the camera crews were focussing on another runner". I asked him how he managed to get to the top.

"I learnt to deal with things when they were not going so well". He now looks forward to the world championships in Doha and hopefully the Tokyo Olympics. He is a charming person. I wish him well.

Gideon Franklin



a pb by 15 seconds.

We were also joined by many family members and friends: Austin, Florence, Elise, Jack, our nephew Mark, John from Watford and Jo Quantrill to name a few.

It was very emotional to cross the finish line for the 300th time wearing my club vest. Now I have ticked off the numbers, it is time to take the colours touring again.



September 7

Beckenham Place

298 Ran

Pos	Gen		
110	17	Claire Barnard	24:35
192	54	Clare Osborne	28:39

Bethlem Royal Hospital

122 Ran

Pos	Gen		
1	1	Andy Bond	16:35

Brockwell , Herne Hill

378 Ran

Pos	Gen		
45	44	Jonny Hough	20:23
52	2	Katie Styles	20:45
106	14	Lucy Clapp	22:47
274	201	Desmond Edwards	28:39

Burgess

502 Ran

Pos	Gen		
39	5	Kim Hainsworth	19:43
55	7	Yvette Dore	20:27
68	8	Emma Ibell	20:47
72	9	Michelle Lennon	21:00
88	77	Ebe Prill	21:26
104	91	Freddie Vernon	21:47
112	99	Graham Laylee	22:07
139	122	Bob Bell	22:47
186	154	Barrie John Nicholls	23:58
198	164	Michael Dodds	24:17
236	44	Claire Steward	25:07
242	46	Susan Cooper	25:13
268	57	Lindsey Annable	25:59
309	236	Paul Keating	27:11
371	267	Peter Jackson	28:58
427	136	Stephanie Burchill	31:55
469	160	Susan Vernon	37:48
488	317	Chris Vernon	48:50
499	323	John O'byrne	53:58

Catford

262 Ran

Pos	Gen		
6	6	Ross Rook	19:02
61	53	Edward Smyth	23:28

Dulwich

559 Ran

Pos	Gen		
14	14	Rob Hollands	18:01
28	26	Alex Loftus	19:20
44	3	Sara Roloff	20:09
58	55	James Auger	20:46
68	64	Matthew Ladds	21:01
87	6	Anna Thomas	21:37
161	141	Joseph Brady	23:54
198	28	Joanne Shelton Pereda	24:49
266	53	Colleen Williams	26:35
281	56	Karina Burrowes	26:59
319	68	Charlotte Sanderson	27:48
460	324	Mick Mead	32:04

Edinburgh

667 Ran

Pos	Gen		
413	312	Edward Simmons	28:32

Highbury Fields

357 Ran

Pos	Gen		
21	19	Paul Collyer	20:14

Hilly Fields

374 Ran

Pos	Gen		
10	10	Ian Lilley	19:44

Peckham Rye

354 Ran

Pos	Gen		
3	3	Charles Lound	18:50
79	10	Helena Flippance	22:38
87	75	Gideon Franklin	23:00
166	31	Lauren Gill	26:12

Market Rasen Racecourse

210 Ran

Pos	Gen		
27	23	Stephen Williams	21:53

Southend

412 Ran

Pos	Gen		
22	2	Tereza Francova	21:33

South Norwood

191 Ran

Pos	Gen		
111	34	Jenny Bomers	29:23

Swaffham

78 Ran

Pos	Gen		
29	8	Michelle Key	27:54

Tilgate

411 Ran

Pos	Gen		
64	57	Gary Budinger	24:51

Tooting Common

692 Ran

Pos	Gen		
10	10	Daniel Mann	18:07
217	185	Ian Sesnan	24:36

Wimbledon Common

647 Ran

Pos	Gen		
49	3	Belinda Cottrill	20:49

Wotton

119 Ran

Pos	Gen		
1	1	Tom Shakhli	19:27

DULWICH RUNNERS CLUB KIT

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

Most kit is usually available
Wednesdays at the club from Ros
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.



Bufs/snoods - only £6

Socks only £5



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



The Beast from the East !

It's on the way!.. be prepared...
get yourself a bobble hat £15

ros.tabor49@gmail.com





NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces and hoodies. 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



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 !.....

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.

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

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)

Cox's Walk Oak Trees

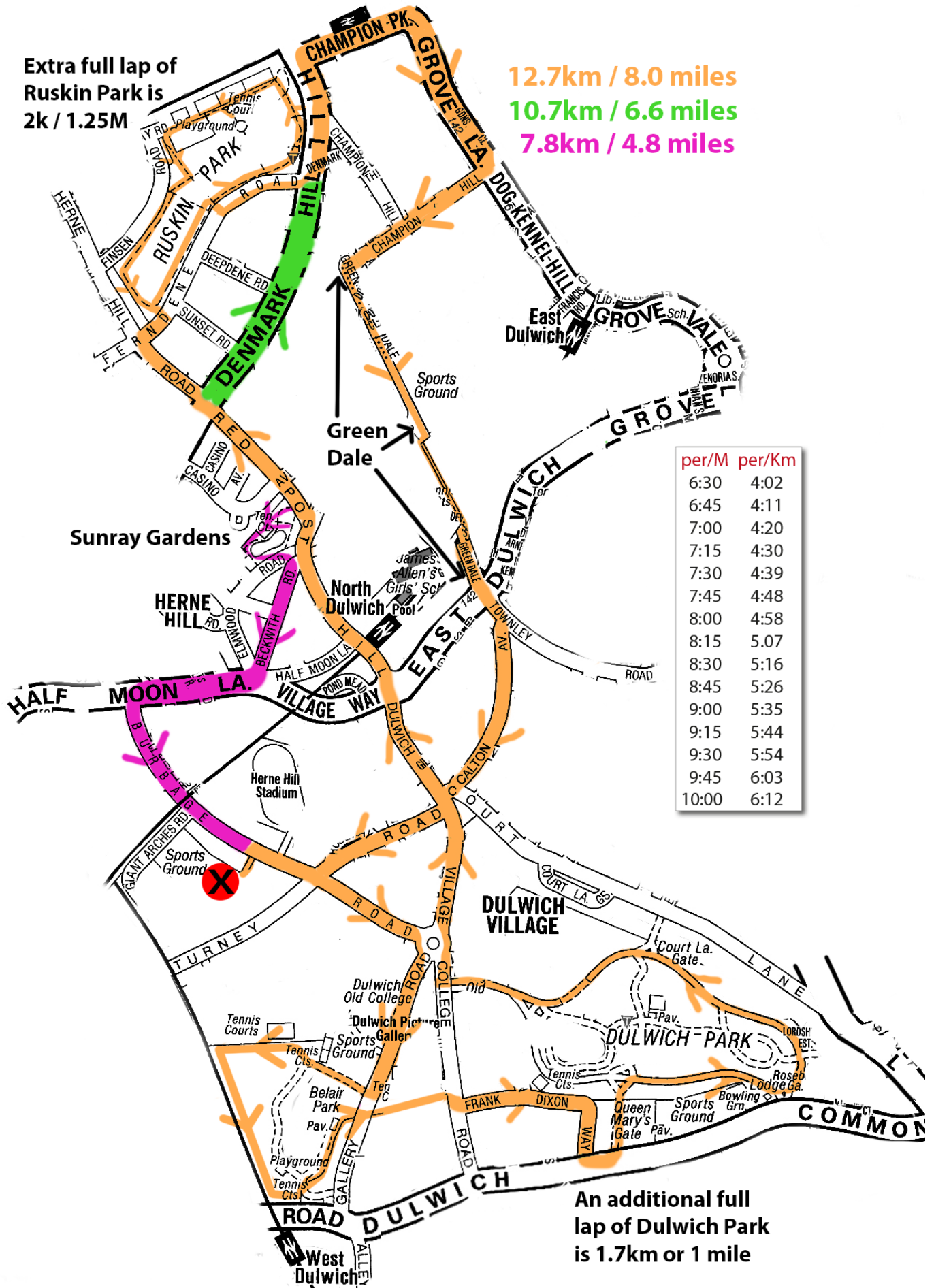
We often run through Sydenham woods. There are plans to cut down two 200 year old oak trees in Cox's walk. If you would like to find out more, and sign a petition to try and prevent the felling, click on the link below. - Ros

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

Dulwich Runners Summer Map D

Extra full lap of Ruskin Park is 2k / 1.25M

12.7km / 8.0 miles
 10.7km / 6.6 miles
 7.8km / 4.8 miles



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

An additional full lap of Dulwich Park is 1.7km or 1 mile