



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

In your SHORTS this week !

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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:



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 afterwards in the cafe and feel free to bring some cakes. - Please volunteer if you are unable to run it.

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.

We are planning to be outside so please bring picnic blanket. We have access to the bar upstairs and will use that space if it rains. Feel free to bake a cake for the event.

Kindly ensure you have paid up. - Looking forward to seeing you all. - Michelle

Anniversary Photo Boards

I will be at the Club House on Wednesday evening sticking classic Dulwich Runners photos to a couple of foam boards for the anniversary event. Please feel free to bring any of your prints to add on Wednesday. I will also have an Instax share printer with ability to print a limited number of mobile phone prints on the night.

Jonathan Whittaker

Urgent appeal: we need more volunteers for all jobs at this Saturday's Dulwich parkrun!

And we are looking for those finishing in 20 mins or less to help with barcode scanning. If you're not running it as part of our anniversary celebration and have time to volunteer please let dulwich@parkrun.com know. Thank you

Club Runs & Training Sessions

Wednesday Evening Club Runs

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

around 5M - If you're new at the club, we will place you with others at your preferred pace and distance.

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

NOTE: £1 club run fee for members and guests which is to be paid upon arrival when you register.

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

Tuesday Evening Speed Training

For the month of September starting next Tuesday 7th there will be no more 7pm track/speed sessions at Dulwich College as it is getting too dark.

There will be still be the 6pm session with Anna Thomas and Tom Poynton.

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

In addition there will also be hill sessions on the hill going up through the woods opposite Sydenham Hill station, College Rd, (aka 'Hell Hill') starting at 7pm with Katie Styles and Andrea Pickup (two groups). No charge for these.

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**

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

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 Sedgemoor Road to start session at 10.15 - Coffee after at Cafe

Contact Eleanor Simmons: eleanorsimmons@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



Surrey League

We compete in the Surrey League and this is the club's main priority. There are 4 fixtures during the season starting on 16 Oct. Details of these, venues etc can be found in Shorts and on the website. Details on arrangements start times, location etc. will be posted nearer the time. Information on Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if possible. While the dates are set, we are waiting for venues to be confirmed. Our men currently compete in Division 2, but with good turnouts and performances from our strongest runners, we have a chance to return to Division 1.

Distance

The men's Surrey League races are around 8km, while the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, ranging from around 8km in the autumn to 12km and over for the men later in the season.

Scoring

In the Surrey League, its first 5 women for the club and first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible. Cross country races are not elite and 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

For the men's Surrey League, all those 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

In addition to the Surrey League there are a number of other cross country races, most of which take place on Saturdays. For those who are keen, it is possible to find a race on most Saturdays during the season. Races include the county champs (including Masters), London Champs, 2 South of Thames races, South of England and National champs. There are also a number of other races for Masters. See the fixture list in Shorts and on the website.

Which races to go for

There are cross country races on many Saturdays 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 championships (see below for further details). In addition runners are encouraged to compete in the Surrey and Kent county and masters champs.

This season the English National Championships will be held at the iconic venue of Parliament Hill Fields, with the South of England championships expected to be held at Beckenham Place Park. 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 those interested in participating to put their names forward in advance of the deadline given, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

You can often get away with road or trail shoes in early season races, but as the ground becomes heavier from late autumn onwards, cross country spikes or fell shoes become necessary. You will need to make sure that you buy cross country spikes, as opposed to track spikes. Spikes come in different lengths ranging from 6mm to 15mm and can be screwed in. As the ground becomes heavier longer spikes will be needed, particularly on heavy course such as Parliament Hill and Lloyd Park in the winter months. Fell shoes are studded and have more grip than trail shoes. They are suitable for most ground conditions apart from ice. Cross country shoes can be bought at a number of retail outlets including Run & Become (Victoria), Intersport (Herne Hill), Runners Need and Sweatshop (various locations) or Wiggle online. Most offer a 10% discount to those with club or EA membership.

Ken Croke championships

The Ken Croke cross country champs will include 4 Surrey League races, and 4 other races: either the London champs Parliament Hill 20 Nov., South of Thames 5M Morden Park 21 Nov. (TBC), South of Thames 7M Beckenham Place Park 18 Dec., Lloyd parkrun 5 Feb. England National Champs Parliament Hill 5 March. To qualify you will need to complete 5 events, including 3 Surrey League races.

Contacts

Further information contact your captains at:

dulwichladiescaptain@gmail.com

thomas_south@hotmail.com

chuckedward@googlemail.com

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

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	9	Surrey Masters Champs	Morden Park
	16	Surrey League 1 (men)	Epsom Downs
	16	Surrey League 1 (ladies)	Richmond Park
	23	SEAA Relays	Wormwood Scrubs
	23	tbc Surrey Masters Champs	Richmond Park
	30	BMAF Relays	Long Eaton
Nov	13	Surrey League 2 (men)	Denbies Vineyard (tbc)
	13	Surrey League 2 (ladies)	Wimbledon Common
	20	SEAA London Champs	Parliament Hill Fields
	21	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
	13	Surrey League 3 (men)	Richmond Park
	13	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
Mar	6	ECCA National Champs	London

Surrey Masters Cross Country, 9 October

The first race of this season's cross country season takes place at Morden Park on 9 October. It's masters event so only those over 40 can compete and eligibility for Surrey is by residence or birth. If you're unsure whether you're eligible, contact your captains or myself. Distance is around 6km for women and M60s+ and 8km for M40/50s.

To be entered contact your captains. Entries not yet open but deadline likely to be late September. As with all cross country events, the club pays the cost of entries, so please be sure that you are available before signing up. **Mike Mann**

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 - NEW DATE Wednesday 15th 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/1FAIpQLScCgn134zu1ggEW8JRd32jD1iHS_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.

Kew Gardens 10k for England Masters (v40)

I qualified for the England Masters event via the Chichester 10k in 2020 (when I was still a Cambridge Harrier), and the representative event was originally due to be the Bristol 10k in May 2020. Unfortunately, after a series of minor injuries I knew I was not in PB shape, but thought I could run around 33.20-33.40, with Plan B being sub-34.

The hardest part of the day was probably going to be getting the 5 of us including my wife and 3 sons (7,4 and 2) up and out of the door to get to Kew by 7 for an 8.20am start, and that went well and was not as stressful as I thought.

Kew was not yet open to the public at that time, and it was easy enough to follow the runners/spectators to the start area where I had to sign on at the England Masters tent and collect my back 'v40' number. The Masters athletes were in a friendly mood with lots of photos being taken as people appreciated there might not be that many opportunities to wear an England vest. At around 8 we were running worryingly low on snacks for the boys already and debating if Hula Hoops were acceptable for a 2 year old at 8am on a Saturday.



We were encouraged to line up in our age categories and I chatted to a few other v40s, one had just won the National 1500 in 4.04 and was still expecting to run around 32 with a calf tear, at that point I waived the age category win! They had brought out

some big hitters for the start – Steph Davis fresh from the Tokyo Olympics for a quick motivational speak and to start

the race and Dave Bedford was there too.

The race started at 8.20am which even with 3 small children is a little too early for my liking.

Straight from the gun/ Steph Davis shouting 'Go'. 3 of the faster guys went straight to the front and we didn't see much of them again until the finish. The first mile was around 5.19 pace so bang on my target pace, but that was to be the quickest mile. Not long after this we settled into a group of 7 and ran together most of the way. The conditions were very good in terms of wind/temperature, the course had a few sharp turns so probably not as quick as Battersea Park or similar. We went past the 5k marker in just over 17 minutes, and it was more about the race now than a time, although I wasn't feeling particularly strong or confident for a negative split at that point.



Around the 5-mile mark, two of the group started to make a gap, and it was only in the last 800m or so that I nearly caught one of them, in the end I finished 6th overall/second in the v40 age category/first ginger. Whilst I was slightly disappointed in the time of 33.51, it was a great experience to qualify and run in the England vest, a fitting end to stop/start season (other than a possible late run at a half decent Parkrun time/Telford 10k in December) to a close. I am now starting a course of shockwave therapy on a problematic/painful ankle, linked to my 'Haglund's deformity' (sounds worse than it is)/Achilles' tendinopathy.

If you are still reading this. Thanks...
www.buyedanewvest.co.uk – help us, help Ed!
Splits – 5.19/5.31/5.29/5.28/5.26
Onwards and upwards - **Andy Inglis**

Second Sunday of the Month 5 Miles

12 September

After a gap of a couple of years, I gave this event another go. It is a trail race on Wimbledon Common organised by TH&H, and is our club champs 5 mile trail race. The 2 lap course starts on the grass outside the clubhouse and continues along Beverley Brook before going into a lengthy climb along a narrow stony path through the golf course

known as the Toast Rack.

This is followed by a long descent again on a stony path. It is a low key event with around 60 competitors and only £5 to enter, and I found it a good work out in preparation for the cross country season. The next 2 races, which can be used for the club champs, take place on 10 October and 14 November.

Those wishing to complete this event for this year's club champs are advised to go for the October race as the November one is the day after the second Surrey League cross country. Entries usually open a week in advance and there are currently no entries on the day.

Mike Mann 42:54

Woldingham Half Marathon

A first place for "Dulch Rurs"

Fred Bungay writes: Having planned to run the Woldingham Half Marathon in 2019 (purely because it was next door to where I was living) I missed the entry deadline, ran the Victoria Park Half, got over excited in the subsequent weeks training, tore my Achilles and never really ran/couldn't really run, until Jan 2021. Its been nice to have finished the summer with a clear goal of revisiting this race and completing some unfinished business.

After a season (my first) training for 5k races and slowly knocking off time, I was somewhat mentally and physically jaded by flat road-running. This was in part due to my repertoire for: relatively minimal, mainly firm, running shoes and a penchant for two speed sessions a week. Taking a break from this to close-off the season focusing on hill running and descending, off and on-road and at more 'economical' pacing was really favorable for me mentally. And physically.

I was fortunate enough to know the route and have run sections of it in the past. The course runs right along the North Downs for those familiar with North Downs Run, Vanguard Way Marathon et al. It begins and ends at Woldingham school, and involves 'straddling' the North Downs ridge by way of repeatedly ascending and descending the ridge at various points as if - Gangers Hill, Chalk-pit Lane (for the hill-climb cycling enthusiasts) and Titsey Hill.

A training run the week prior allowed me to 'stitch' together the whole route with a clear race-day strategy. Come race day I felt 'okay' as most runners hesitantly do. With not much competition, (most runners seeking to complete the 1600+ft of climbing rather than 'race') I set a good time of 01:28:24 to take the course record (*unofficial record*) by 6 minutes and beat the 2nd placed runner by 4 minutes (who would, on any other day, done enough to win)



A few hiccups along the way, quite literally, falling over once, running into a low-hanging branch and nearly wiping out one of the course marshals on mile 12 (who was still laying out course markers and not expecting my arrival) didn't hinder me putting in a good time. Support this time coming from mum and dad at the finish line (who live less than a mile away and had no excuse not to come) was welcome.

A thanks to all those who've provided support in the weeks leading up to the race. And a special thank-you to Jack Ramm (congratulations on his Paddock Wood PB) for showing genuine interest in my endeavors and the ongoing support.

Great North Run

Sunday 12th September 2021

The Great North Run is the worlds biggest half marathon and I've always had a cracking weekend on my pilgrimage up to Newcastle, enjoying the convivial Geordie welcome and marvelling at how so many people of all ages, shapes and sizes can wear so little on a night (or day) on the Toon! This was my 8th GNR and followed on from a surprising 3 minute PB of 1:21:57 at The Big Half a couple of weeks earlier.



However a few things were a bit different for this race. Many fellow DR's know that I run first and foremost to raise money and awareness for Cancer Research UK, who I have been campaigning and fundraising for over many years. Like Dulwich Runners, the Great North Run celebrates their 40th anniversary (well really 41st but they discounted the virtual last year), so I decided to do something different and run dressed as a scientist - to drive awareness for the lifesaving work Cancer Research UK undertake and help with my fundraising.



In addition, I foolishly decided to attempt to set a Guinness World Record for 'Fastest half marathon dressed as a scientist' - to create further interest and awareness. For anyone who has ever dealt with Guinness World Records, you will know it is not an easy process, with reams of evidence required, pages of rules and often arbitrary targets. On this occasion, I thought I was home and dry with the pre-approval of my costume: a full length, long sleeve, white cotton lab coat; lab gloves; safety goggles; mob cap. However two weeks before the event, I received a five page document with some extra hurdles: must carry a lab related accessory (cannot be attached or in pockets); cannot remove safety glasses, gloves etc; must wear long trousers. AND.....need a photograph every mile (or a video of the whole event or two witnesses running the entire event with me!!!) Other hoops included two independent witness statements, a statement from the race director..... blah blah. So having bought a rack of plastic test tubes, I diligently spent some time earlier in the week mixing my wife's collection of icing colouring with water to resemble CRUK colours, filling said test tubes and securing so they would not rattle along their 13 mile journey.

The next difference was the course, which this year was

changed to an out and back loop because of Covid, avoiding the challenges with transporting kit bags to South Shields and 55,000 people travelling back. As I was about to find out, the new route was hillier and harder than the traditional point to point, something echoed by everyone I spoke to and mentioned by several elite runners too.

After enjoying the 5k and kid's races around the quayside on Friday and Saturday, I was set for the big one. Costume ready, photo shoots, TV and press interviews done - off I set. I decided to wear a thin top under the lab coat to prevent chaffing; even though the weather was cooler than the last week and the 09.45 start was relatively early, I was dripping by mile two. As usual, I went off too fast, mainly in an attempt to get a clear running line from the runners who had misunderstood that the faster pens were not intended for people who planned to finish in two hours. With a switch back just before the half way point, I enjoyed watching the elite leaders zipping back the other way - but by the time I reached the turn I was really flagging. Trying to take a few selfies to evidence my entire costume while running at pace, really took it out of me, breaking my stride and breathing. This was somewhat alleviated by the incredible support and the buzz coming back over Tyne Bridge with the Red Arrows flying directly overhead twice.

At this point with two miles left, I thought the required time of under 1:30:00 was achievable with just over 15 minutes to do it. However, little did I know the last two miles were uphill. As I passed the 800m sign, I knew it would take an interval paced run to make it, but I had nothing left and missed the record by a tantalising 37 seconds. Distraught and more exhausted than I've felt in ages, I staggered back to the CRUK marquee to catch up with the team and friends

and assess my race. After some water, tea and beer (in that order), I reflected the following:

Research is a bit like running: sometimes you get a breakthrough, and very often you don't. But you carry on trying until you do.



I'll be back next year to take care of some unfinished business. My research told me I should have put sports drink in the test tubes and drunk it. Heartfelt thanks to everyone who has encouraged and so generously sponsored me. Now onwards to the big one: the Sahara awaits.

860 Gower Tan 1:30:37 39 VM50 1 scientist
49625 finishers

Dorney Lake Marathon prep 16/20/24 miles

12th September 2021

With the race calendar light on the usual pre-marathon longer races, The Race Organiser had managed to secure Dorney Lake for their traditional pre-London event. In fact the venue was closed to the public so there was very officious security at the gates checking we were all doing the event. Not quite sure how many people would have been attempting to enter it at 7.45a.m. on a Sunday but then it was meant to be Covid secure!

As this was the last hurrah for a long run before London, Barrie decided to switch to the 24 mile event from the 20 mile he had originally entered. That meant 6 laps of the now familiar course. Brave! I had entered the 16 mile thinking it was better than waiting on the sidelines for Barrie to finish. That was a mere 4 laps of 4 miles. I thought I'd just jog it and enjoy it, helping any other runners along the way if they wanted pacing.

The event did offer pacers although it didn't appear that all promised categories were covered. That said, it was hard to tell. The pacers lined up with their pacing sticks at the start but threw them to the ground as they crossed the start line apart from one. If you weren't directly behind them, it was therefore hard to see at the crowded start who were the pacers.

As Barrie had a considerably longer run than me he set off at a slower pace. I had estimated a finish time of around 2:45 but decided to not stress about the time! After about half a lap I ended up running with a lady who was doing the 20 mile option and decided to help her with her run. As we were running at around 10:20 per mile for the first lap we were marooned between



Erddig parkrun

The Hon President writes: Last week we struggled to find many parkruns open in Wales, a month after those in England had resumed, so we had to go to the delightfully named Nant Y Pandy once again.

On Saturday, however, there were more open so I was able to grab another venue on my tourist trail (No 84) by visiting ERDDIG (pronounced Erthig) a beautiful NT house and estate. Described by the RD as a trail run so they helpfully provided a VI guide for Sue, as there were many trip hazards on this challenging course.

After the usual formalities, we set off under a cloudy sky from the front of the grand but decaying country house, for a

two pacing groups.

The course takes in the length of the lake, a dogleg back down half of it and then follows a verdant and flower-lined lane in a protected conversation area back to the head of the lake. The dogleg is always mentally tough but did allow me to encourage Barrie for the first couple of laps as we passed on different sides.

For once Dorney was blessed with calm weather. The exposed nature of the course usually means facing strong headwinds at some point multiplied by however many laps you are running. Run day was totally still and the sun put in a rare appearance too which made conditions pleasant although too hot for some.

The lady I was running with told me to go on after lap 2 so I pushed on anxious to make sure I'd get round the 16 miles. I didn't look at my watch though and ran to feel. I was amazed to come in at just short of my predicted 2:45 and indeed my last lap was my fastest.

Barrie had company up to 20 miles but cut a solitary figure on the final lap as numbers really dwindled. That must have taken some resolve to keep going and he only lost half a minute on his penultimate lap. I jogged back up the course for around half a mile to help him on the final stretch.

There were a couple of fancy dress runners on the course - one man running dressed as a submarine and one as a planet! The latter definitely looked the better choice, appearing to be very light and shielding the runner from the sun! Well I suppose they have to get in practise runs somewhere.

We had taken some lunch with us and ate it looking out over the rowing lake before taking a circuitous but attractive route home through Eton, trying to avoid the M4 closure. Job well done for Barrie with his final long run.

As it happens Barrie's 200th parkrun coincides with the Dulwich parkrun this weekend. Please do come and join Barrie on his milestone run.

Lindsey Annable 16 miles 2:44:33
Barrie John Nicholls 24 miles 4:47:00

one lap course around the grounds of the estate. Underfoot was a mixture of gravel, off-road, through the woods, over open fields, stone bridges and passing farmhouses, all of which led me to a slow lap due to all the photo opportunities. There was a cruel finish up a very steep hill (Vomit Hill in local parlance!). This led to a level 200m back to the house. I was lucky to spot a red squirrel crossing my path as had happened the previous week.

Coffee from the NT restaurant was taken in the farmyard in sunshine.

Surprisingly we were the first DRs to visit this venue so do give it a try if you are visiting North East Wales.
Susan Vernon 192nd first FV75 47.40
Chris Vernon 198th first MV75 55.59
202 ran

**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

229 ran
Pos Gen
12 1 Kim Hainsworth 21:01

Banstead Woods

194 ran
Pos Gen
17 16 Tony Tuohy 21:07

Beckenham Place

239 ran
Pos Gen
33 29 Hugh Balfour 23:28
53 4 Eleanor Simmons 24:48

Brockwell , Herne Hill

230 ran
Pos Gen
15 14 Jonny Hough 19:44
46 40 Martin Kelsen 22:26
73 56 Graham Laylee 24:07
86 14 Lucy Clapp 24:40

Bromley

517 ran
Pos Gen
230 39 Claire Steward 26:50
327 75 Clare Osborne 29:31

Brooklands

210 ran
Pos Gen
58 45 Gary Budinger 26:09

Burgess

382 ran
Pos Gen
44 2 Michelle Lennon 21:02

Conwy

316 ran
Pos Gen
114 91 Michael Dodds 26:01
143 28 Clare Wyngard 28:02

Cosmeston Lakes

152 ran
Pos Gen
20 3 Laura Vincent 22:12

Dulwich

408 ran
Pos Gen
4 3 Adrian Russell 17:24
38 33 Rupert Winlaw 19:46
43 37 James Auger 20:02
56 45 Hugh French 20:30
67 55 Lee Wild 20:46
76 63 Justin Siderfin 21:09
77 7 Clare Norris 21:14
105 11 Christiana Campbell 21:46
238 161 Edward Simmons 26:35
267 69 Belinda Cottrill 27:29
405 211 Bob Bell 41:29

Erddig

202 ran
Pos Gen
192 71 Susan Vernon 47:40
198 113 Chris Vernon 55:59

Gladstone

205 ran
Pos Gen
38 33 Stephen Williams 23:24

Haga

80 ran
Pos Gen
41 34 Paul Collyer 26:08

Hilly Fields

258 ran
Pos Gen
5 5 Alex Loftus 19:14

Melton Mowbray

137 ran
Pos Gen
83 13 Alison Peel 29:46

Orpington

167 ran

Pos Gen
40 35 Colin Frith 24:44

Osterley

257 ran
Pos Gen
66 52 Barrie John Nicholls 24:56
84 16 Lindsey Annable 25:44

Peckham Rye

241 ran
Pos Gen
1 1 Andy Bond 16:13
9 9 Martin Belzunce 18:31

Perth

241 ran
Pos Gen
1 1 Edward Chuck 15:38

Portrush

162 ran
Pos Gen
18 14 Edward Smyth 23:17

Riddlesdown

193 ran
Pos Gen
25 22 James Wicks 22:14
41 7 Ange Norris 23:26

Sheringham

194 ran
Pos Gen
94 71 Andy Murray 29:07
97 18 Ros Tabor 29:13

Sutcliffe

198 ran
Pos Gen
80 70 Stephen Smythe 26:17

Tooting Common

459 ran
Pos Gen
136 110 Ian Sesnan 24:20

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

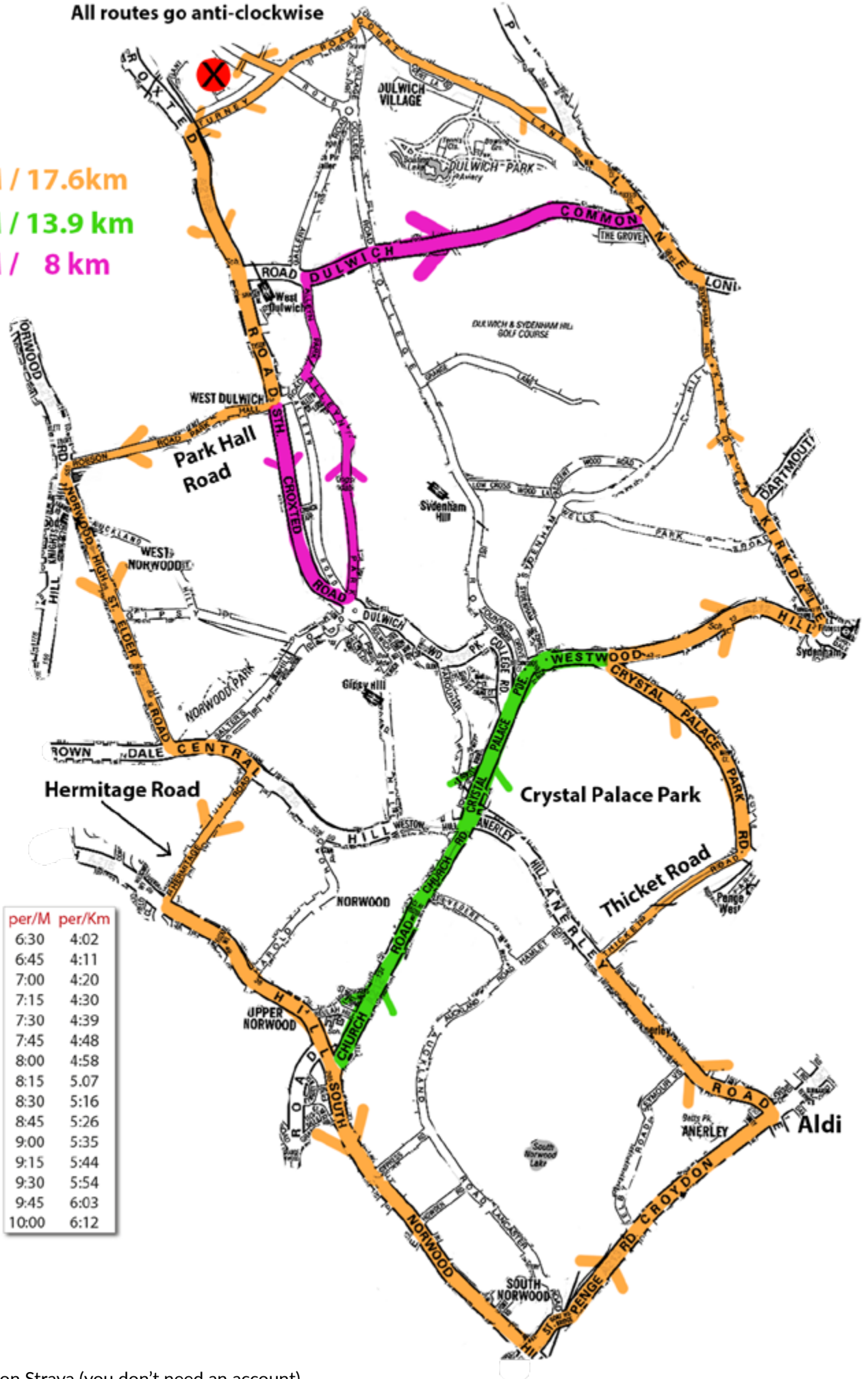
Dulwich Runners Winter Map 1

All routes go anti-clockwise

10.9 M / 17.6km

8.7 M / 13.9 km

5.0 M / 8 km



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