



# SHORTS

Dulwich Runners AC

Weekly Newsletter

September 18th 2019

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

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

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

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 18 **Club Night**, Edward Alleyn Club  
83-85 Burbage Road. London, SE24 9HD  
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 25 **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
- 9 parkrun times
- 10 Club kit, Social events etc
- 12 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@athleticsweekly.com](mailto:steve.smythe@athleticsweekly.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
Sep 28	Lloyd parkrun (cross country champs race)



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



## NEW RUNNERS ROTA

Many thanks to **Eugene Cross** 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

**Yvette Dore**  
Sharon Erdman

**18/9**  
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
	28 Lloyd parkrun (cross country champs race)	Lloyd Park
Oct	6 National 6/4 stage road relays	Sutton Park
	12 Surrey League cross country (men)	Effingham Common, Guildford
	12 Surrey League cross country - 6k 11am (women)	Reigate Priory Park
	19 Surrey Masters cross country champs	Morden Park
	26 BMAF XC Relays	Long Eaton
Nov	3 Regents Park 10k (short) entry details below	Regents Park, London
	9 Surrey League cross country (men)	Wimbledon
	9 Surrey League cross country - 6k 1pm (women)	Mitcham Common
	16 London Xc Champs	Parliament Hill
	16 British & Irish Masters cross country,	Southport
	23 South of Thames 5 miles	Morden Park
	30 Kent Masters cross country champs	Dartford
Dec	21 South of Thames 7.5 miles 2pm	Lloyd Park
<b>2020</b>		
Jan	4 County cross country champs	Denbies Vineyard, Kent
	11 Surrey League cross country (men)	Beckenham
	11 Surrey League cross country - 8k 11am (women)	Wimbledon Common
	25 South of England cross country champs	t.b.c
Feb	8 Surrey League cross country (men)	Lloyd Park
	8 Surrey League cross country - 8k 1pm (women)	Richmond Park
	22 England cross country champs,	Nottingham
Mar	21 England area 12 and 6 stage relays	t.b.c
Apr	4 National 12 and 6 stage relays	Sutton Park

Entries for this years last club champs race now open:

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

If you require information about any races in Shorts, how to enter etc then contact your respective captains:

Men road: [ebepri11@yahoo.co.uk](mailto:ebepri11@yahoo.co.uk) - Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) - Ladies: [dulwichladiescaptain@gmail.com](mailto: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

## 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](mailto:ella.jolliffe@seaa.org.uk) - [www.seaa.org.uk](http://www.seaa.org.uk)

## The Big Half Sunday 1 March 2020

This is one of our club champs races in 2020 and we still have 4 places at a discounted £10 each. If interested let me know [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk) deadline 30 September

## 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](mailto: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

## 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*



### 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

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

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

### Footwear

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

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

### Ken Crooke championships

2019/20 will include the following:

4 Surrey League races  
Lloyd parkrun, 28 Sep.  
London Champs, Parliament Hill, 16 Nov.  
South of Thames 5M, Morden Pk, 23 Nov.  
South of England champs, 25 Jan.  
To qualify you will need to include 5 events, including 3 of the 4 Surrey League races

For further information please contact your captains at:

[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)  
or [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)  
or [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)



# Race Reports & Results

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

## Chiltern Wonderland Ultra 50

I've been building up to this race for ages. It was my first 50, so wasn't sure how i would go or what to expect.

Start was fast; the leaders shot off at a hell of a pace and were soon out of sight along the Thames towpath. Looking at the pace on my Garmin felt a bit unreal as I was already going much quicker than I planned, but felt relaxed so went with it.

As the race progressed, so did the heat and my suffering. Felt OK up to Stonor Park at 34km but tackled some big climbs in full sunshine, which made me flake. My HR rose to >90% Max even though I was barely moving.

Halfway in I was questioning how I could continue without walking the rest of the race; I was cooked. Then another runner Guy Hudson passed me in great spirits.. he was absolutely flying. It jolted me out of my negative mood and I managed to get on a second wind. My pace picked up and I felt better after more fluids & couple of gels at the next feed station.

From Grims Ditch onwards from 66km, it developed into a 3-way race with Guy and another runner Dean Fry who was looking really strong. I had a minute or so on them and just emptied the tank for the last 15km. However My pace drifted a bit, and Dean caught me with 2km to go. I dug in to hold his pace, but then he pulled up with bad cramps so I pressed on & kept 6th place finish in 7:52. I'd was in pieces at the end of that effort, but truly amazed by the race and the beauty of the Chilterns.

The organisation by Centurion was top notch; well stocked feed stations managed by enthusiastic staff with all the right nutrition you need, comprehensive course marking, and a superb finish.



Going to put my battered feet up for a few days now!

6 Michael Williams 7h 52m

## Highgate Open

Weds 11th Sept

Three Dulwich runners made the trip to Hampstead Heath for this yearly late summer event - Ian Lilley (V45), Jack Ramm (SEN) and myself Paul Collyer (V50). Ian and I were entered in the 1500m while Jack was tackling the 5000m later in the evening.

I was in the first of the three 1500m races. This was only my second ever middle distance track race, with the first being a mile in June. Since that June evening a "summer diet" has been enjoyed and a few kgs added so I was a bit nervous. But I have kept up regular hill sprints and track sessions through the summer and this saw me through here. I knew a couple of the other runners from my local parkrun where we are quite well matched and so I thought I'd tuck in behind them for a couple of laps or so knowing they will be running low 80's per lap and then if I feel good then go for it. And that's how it panned out. Ian gave me timely encouragement with 800m to go and I pulled away from my friends in pursuit of the two runners at the front. Unfortunately the leader was too far ahead for me to catch and won by 4s but a 76s last lap saw me a comfortable second in 5'00.37. I tried so hard to break 5' as I approached the clock on the line but with a fair old headwind in the final straight I couldn't quite make it. Nevertheless this was a decent showing that wasn't too far off my June 5'17 mile standard and of course a PB by default. I can't wait for more races like this in 2020 as I have the bug for it now!

Ian was in heat two, and I know he's been frustrated with his track performance this summer but tonight he ran well and looks like he is returning to form. He looked comfortable throughout and ran strong to the end to finish 4th in 4'49.02 – a PB.

Jack had not run 5000m on the track before but was in the fastest and largest heat of 23 runners due to his excellent form over this distance on the road. Despite feeling less than 100% tapered after a club hill session the night before, he broke 16' for the first time – coming in 11th in 15'58.31 – a commendable and deserved result, and as well he decided to go after wavering at the last minute!

**Paul Collyer**



Paul Collyer - Ian Lilley - Jack Ramm

<https://www.thepowerof10.info/results/results.aspx?meetingid=287395>

# River Relay 2019

**Ange Norris writes...** Organised by Stragglers, this is a mini version of the Green Belt Relay. It begins at Boveney, close to Dorney Lake, home of the 2012 rowing events, and ends in Kingston. That's very close to a marathon in distance and is split into 5 stages ranging from 4.4 miles to 6.5 miles, and follows the Thames virtually the whole way. As all runners navigate themselves by map, (there are only a few marshals on road crossings) it is reassuring to have the Thames in sight.



Gideon - Midge - Ange - Teresa - Louisa

One purpose of the event is to raise money for charity. Each team nominates a charity so any of our winnings would go to Motor Neurone Disease Association. A podium place looked unlikely, especially as pre-event, I think the only person who was completely injury free was Midge. However, there is also an award of £50 for the team who finish nearest to their predicted

**Gideon adds...** At 7am the race car departed from Forest Hill with Teresa, Midge and me onboard, stopping to pick up Louisa at Battersea Bridge before driving to Dorney near Windsor where we soon met Ange our fifth team member and wonderful organizer. How special to be in the countryside on a bright morning, watching the cows graze. The maps we were provided for each leg were carefully prepared with notes by Stragglers, who organized the event – it was “Green Belt relay light”, with less to learn and the simplicity of running mostly along the Thames.

After cheering off Louisa for the first leg we drove to the start of the next one with ample time to spare, following Ange's tips about parking. A photo shows the excitement of Louisa handing over the baton to Teresa. As we drove to the start of the third leg at Staines Bridge we could see Teresa running along the river to our left, while on the other side of the road there was a long procession of lorries tooting in protest at something.

From Teresa to Ange to Midge, who had plenty of time to get ready at the start of the fourth stage at a park in Shepperton. My run was the final stage along the river by Hampton Court and over the bridge at Kingston. I was pleased to overtake some fellow baton carriers and ran quite smoothly in this my first race since a calf injury which had kept me from running for several weeks.

Afterwards we were all reunited for a picnic together with the Riddlesdown

finish time. I set this by looking at everyone's recent races and applying a formula to convert times for each distance, added a bit of guess work and came up with a total finish time of 3:30:45. This award hasn't been announced yet as the results are still provisional.

Our team consisted of Louisa, Teresa, me, Midge and Gideon. First up was Louisa on a 5.6 mile stage from Dorney Lake to Ham. As a regular of the Green Belt Relay, she had no problems following the map and came in strongly to pass the baton to Teresa. Despite saying that my estimation of her time was 'ambitious', she ran with more speed than she expected and finished just 7 seconds over. Her stage was 4.4 miles from Ham to Staines where she passed the baton to me.

I've run this stage (6.5 miles) before so had no worries about the route. It follows the towpath and meadows all the way until the last half mile into Shepperton where I duly passed the baton to Midge.

She had a 4.9 mile stage to Hurst Park, a mile west of Hampton Court, crossing the Thames via Walton Bridge.

The 5th and final stage was run by Gideon, crossing the Thames at Hampton Court and Kingston, to finish at the Hawker Centre. Unfortunately, due to extreme traffic around Hampton Court, the rest of the team didn't arrive in time to cheer him in, but Gavin, my partner, was there.

Post run, we celebrated in the sunshine with a picnic with runners from Riddlesdown parkrun while the presentations were done. Alas, we didn't win, however our team were just 44 seconds up on predicted time, so we could be the closest. Fingers crossed.

Stage 1 - 5.6 miles – Louisa Pritchard	45:18
Stage 2 – 4.4 miles – Teresa Northey	38:07
Stage 3 – 6.5 miles – Ange Norris	45:32
Stage 4 – 4.9 miles – Midge Cameron	41:49
Stage 5 – 5.2 miles – Gideon Franklin	40:43



Louisa Pritchard - Teresa Northey

park run teams. This is a nicely organized event which I would recommend to anyone. There was the satisfaction that between us we had run the distance of a marathon and helped raise money for charity.

**Gideon Franklin**



## Copenhagen 1/2M

**B**ack at the beginning of the year I did a number of tempo sessions with Jonathan Tipper of Kent AC on Thursdays at the Regents Park track.

In the run up to the big half, Jonathan mentioned that if at all possible, I should try running the Copenhagen half, which he heartily recommended as a quick course. He said that if you achieved the qualifying time of 69:30 you got to run as an "elite runner" - by the vanity of small differences my interest was peaked.

I missed the qualifying time for this (69:30) at the Big Half, but encouraged that in different conditions (and not cramping) things might go better. I ran Paddock Wood a month later. This went about as perfectly as it could have done, and I ducked under the Copenhagen qualifying time in 69:24.

My application went off to the organisers that evening, and I started plotting preparations with the idea of going a bit faster and getting within range of the club record (which stands at an intimidating 67:55(!)). As detailed elsewhere, I found the months post marathon a struggle, but the SLH 5k a few weeks ago, along with some solid Sunday trial runs made me think that, even if I didn't go faster, I should be able to be in the same ballpark as Paddock Wood. In the week up to the race my right hip, which is often a bit dippy, was playing up. A few trots out during the week suggested that I'd be able to run on it, although it wouldn't feel great at the end. There were a few niggles

with picking up race numbers (volunteers didn't know where to pick up elite numbers, and this wasn't clearly explained in the race instructions), and road closures coupled with some sort of metro issue meant that pre-race I had to jog 4k to the start, but there's always going to be something not perfect.

What was not ideal were the 25km/h winds gusting up to 65km/h which were going to effect the first half of the race. In the "Mens sub-elite B" tent (white plastic tarp, unmistakable smell of boys' locker room), I chatted with Ollie Garrod of SLH and a few other Brits about target times etc. Everyone seemed to be aiming for a bit quicker than I was planning, but I figured that if I could get involved with a group to battle the wind, then having come this far, what was the point of sitting back?

Thus the race started. I tried to stay in close contact with James Turner who I ran with at Paddock Wood, who has had a good summer (31.15 10k at Highgate). The first mile was a little fast (5.15 against 5.20 target), but things then settled down. It was windy. In the prevailing wind little groups would form, but as soon as the gusts came up these would scatter, and running would be single file. After about 4 miles James moved ahead and I decided to hold station. Another Brit (Grant Johnson) moved alongside and slightly ahead, and I followed him for the next 5 miles.

On a few occasions I tried to get a little bunch of runners going, to try to work against the wind. This didn't work, and instead just led to me leading a train of chaps in single file

behind me. While annoyed, I wasn't too discouraged by this, and was on course for a 70 mins something time, which given everything I was going to be content with.

At about 9 miles in however I started feeling a little bit puffed. A group of Danish runners went by me and I tried to slot in but fell out the back. I started calculating what pace I could drop down to and finish inside 71 something. In the middle of these calculations the too-familiar feeling of both my calves suddenly constricting gave me a jolt, as I still had 3 miles left.

This is now the 7th time in big runs where this has happened. Answers on a postcard how to fix it. I entered recovery mode (which I now feel I've got a pretty good handle on) and the focus was just on getting back home. I ran the same final 4k past my hotel back to the start/finish just hoping not to tear anything and to get back in one piece. Back in the tent the general consensus was that it was a bit tough out there, and no one had any idea how Kamworor did what he did - mind boggling stuff.

It is always disappointing to balls-up a target race, but ultimately I'm not too dispirited. While cramping 10 miles into a half is a new one, it does at least suggest that I was trying to work to the limit of what was possible, rather than going for something safe, so that's something. Next big target is San Sebastian marathon in a few months. I've read that vinegar apparently helps cramping, so I'll pack some Sarsons before I go...

Edward Chuck 74:52

## Crystal Palace Canter

10th September 2019

Fourteen runners attended this lunchtime run, half of which were Dulwich Runners and that wasn't including Jo who is second claim.

With, at least, four evenly matched runners it was going to be interesting and sure enough the first lap saw them all together. Neville ended up 7 secs in front of Mike, who now holds the 70 record to go with his 60 and 65 records, who just held off Bob. Graham was just behind and Jo had her best run for three

years and won on age grading. Claire ensured a 1,2,3 on the Age Graded podium

**Bob Bell**

1 Neville Webb	22:54	(6 age gr.)
2 Mike Mann	23:01	(2 age gr.)
3 Bob Bell	23:03	(5 age gr.)
4 Graham Laylee	23:38	(7 age gr.)
5 Jo Quantrill (2Cl.)	23:52	(1 age gr.)
6 Mike Dodds	25:22	(10 age gr.)
11 Paul Keating	26:56	(13 age gr.)
12 Claire Steward	27:24	(3 age gr.)

Next race 1st October 2019 at 12.30

# European Masters Championships, Venice

September 5-15

## Part 2 800m heats, Jesolo, Sept 11 W55

Clare was a bit sore after her 10000m and started slowly but finished well to be overall fastest and get her first run in on the main track.

Clare's heats saw 13 runners going for 12 places and she was relieved it went ahead after warming up as a few races got cancelled close to the starting time when there was less than 12.

1st Clare Elms 2:43.28

## M35

Wayne had a much tougher proposition in making the M35 final. He looked good at 400m and was still in with a chance of making the fastest 12 when he got to 600m though he slightly faded in the last 100m and missed out on qualifying as he was the overall 16th fastest.

He was just over a second outside his PB and he has only gone quicker once in the last four years (Herne Hill Open last month)

## W55 5000 final, Eraclea, Sept 13

Clare was hopeful on a hot sunny day with the 800m in the afternoon that no one would run too fast though Swede Karin Schon, who was second to Clare in the 10000, set a 93 second lap pace throughout which while unlikely to drop Clare was fast enough to tire her. Clare picked up on the penultimate lap and won by 17 seconds and did a late kick when she saw she could break 19 but she just missed out.

1st Clare Elms 19:00.30

## 800m finals, Sept 13 W65

Ros has a straight final and had three

main rivals - cross country champion and Olympian Penny Forse, previous multi champion Ingerlise Villunm of Denmark, who had been second to Rios at 1500m and world record-holder Angela Copson who Ros has occasionally beaten but has generally dominated the age groups over the last decade.

The Dane set off in front but not flat out and Ros sat in second and Copson third. Ros made her move 100m out and pulled up to the Dane but Copson accelerated on the outside and won comfortably and Ros was not able to get past the Dane who rallied and was pleased to beat Ros for the first time in a decade.

3rd Ros Tabor 3:06.11

## W55

After the prizegiving and a bus journey, Clare warmed up for the 800m.

Feeling stiff and tired was not the ideal preparation as she was up against the formidable Virginia Mitchell who had just beaten her in a world record run in the world indoors where a not healthy Clare also made a tactical error. Mitchell was the reigning World and European 400m and 800m champion and everyone suggested that Clare needed to try and break Mitchell before the last 100m.

However everyone was surprised when Mitchell shot off at the start and hit the front. Clare followed. Mitchell then slowed a bit but every time Clare tried to overtake she sped up and run wide forcing Clare wider. Had Clare been fresher she may have been able to sustain a longer burst but the 5000m meant she couldn't and in the last 100m Mitchell pulled clear and Clare eased back. With Clare's friend Christine third, Britain got their only clean sweep of the whole Championships.

2nd Clare Elms 2:28.10

## M65 5000, Eraclea, Sept 13

Andy did not feel good in the heat and felt he was not running well so dropped out.

## M55 10km, Jesolo, Sept 15

After a few days rest, Clare had one more chance of being the most successful athlete of the whole Championships over any age group and this time she did not have to worry about saving energy. The course was flat with long straight stretches though it was hot and sunny and getting warmer all the time. She was soon well clear in her age group and indeed beating all the W45s too and she nursed a struggling British W40 along to a medal too in the second half. Very comfortable to 8km she found the last stretch slightly harder but found a late kick to get inside 38 and she won by three minutes with the fastest time in her age group in the world this year.

1st Clare Elms 37:56

## M65 Half Marathon, Jesolo, Sept 15

Andy was back in action in the half marathon over a two lap course using most of the 10km route and starting after the 10km and going further the heat was worse. He ran steadily

22nd Andy Murray 2:05:19

## W65 4x400, Caorle, Sept 15

Ros was the last member in action. There was no British W70 team so she ended up running in the W65s and felt a certain amount of pressure as she had been picked in preference to Copson and the other 3 had finished 1st, 2nd and 4th at 400m and the latter had won individual gold at the last Championships.

There was no pressure in terms of winning though as they won by two minutes but they were clock watching and Ros ran well and they set a European record.

1st 5:00.12

So the final Dulwich count was 13 medals - 7 for Clare - gold at 1500m, 5000m, 10,000m, XC, 10km, XC team and 800m silver and 6 for Ros made up of gold at 1500m and 4x400, silver at XC, 400m and XC team and 800m bronze.

*Steve Smythe*

## Kent AC Club Champs 5000m

Thur 12th September

**Tony Tuohy writes...**As always, a guest spot at Kent AC's club championship night of 5000m races is highly sought after, and three Dulwich Runners snaffled their way in this year. There were five races due to Kent AC's sizeable membership, so grading was good making the races well contested.

The usual cool September evening invited fast times although the first three races had to contend with a stiff breeze before the air grew more still later on. My fastest 5000m of the year usually comes from this fixture so the invite is always appreciated, and Buzz and Tim were hopeful too for an end of season bonus.

I was first up, in race 3, and with a 17:09 the previous week straight after a 1500m race I was confident of a decent improvement to that. We even had a pacemaker leading us at 16:55 pace,

which I followed very comfortably for the best part of a mile. However, the Kent runner just in front of me found this pace too easy and decided to take it on and I made a huge tactical error by following him through at the increased speed as I still felt easy.

A lap later and I was cursing myself for such a stupid move; it wasn't easy any more but I stuck with it rather than cope with the back straight headwind on my own. Through 3k in 10:05 (16:48 pace) demonstrated the speed injection but that was my lot and after being dropped the pace plummeted as I painfully got round the last 2k in 6:58 with hardly any last lap lift even with a sub-17 still in sight. A season's best but a total cock-up - one of these days the penny will drop that I'm really not as good as I like to think I am...

### Race 3

3 Tony Tuohy 17:03.3 SB  
Buzz and Tim got themselves in the final, fastest race of the night and were mostly able to follow similar or faster runners. They both ran excellently paced

and focused races and as Buzz pulled away despite Tim being close to PB pace it was obvious that Andy Bond's M40 club record of 15:51 from last year was in danger. Buzz trained for and completed an Ironman Triathlon in recent months and with that stamina coupled to a few weeks focused running training, not to mention a decent period free of injuries, he was demonstrating hard-won strength and kept it up all the way to smash his PB and the club record.

Meanwhile the Dublin Dynamo, who at one point appeared to be well dropped, displayed typical grit with his own brand of strength; at 4k he was drifting outside 15:50 pace and was suffering heading for the bell 15 seconds behind Buzz but a big-kicking last lap in 67 seconds cut that deficit down to just 10 seconds and only a handful short of his own PB. Two really superb runs.

### Race 5

7 Buzz Shephard 15:35.6 PB M40 club record  
11 Tim Bowen 15:45.6

## Kent County Masters Track Champs, Erith Stadium

Sat 14th/Sun 15th September

### Saturday - 5000m

Two days after my debacle at Ladywell I had no pretensions of going sub-17 here; a solo time trial from the start led to an easy win on a hot and sunny afternoon with a stiff breeze that saw me steadily lapping in 82s to 10:20 at 3k before dipping a bit from there. I stirred myself to kick a 76 second

last lap to finish a not-too-bad 11 seconds slower than Thursday but in a much more comfortable fashion.

1 Tony Tuohy 17:14.49

### Sunday - 1500m

This was more like it - a competitive race with all age groups together from M35 up. I sat in for two laps before taking it on when feeling the pace start to drop as 800m passed in about 2:30, resulting in an even 75 seconds per lap until pushing a 73 for the last to hold off the pursuers, a good contest.

1 Tony Tuohy 4:39.66





September 14

## Ashton Court

461 Ran			
Pos	Gen		
28	26	Cameron Lund	21:04

## Bethlem Royal Hospital

105 Ran			
Pos	Gen		
55	18	Clare Osborne	29:25

## Beckenham Place

264 Ran			
Pos	Gen		
84	71	Joseph Brady	23:40
111	22	Charlotte Sanderson	24:44
178	119	Peter Jackson	29:05

## Bexley

426 Ran			
Pos	Gen		
13	13	Michael Fullilove	20:57

## Brockwell , Herne Hill

385 Ran			
Pos	Gen		
53	50	James Auger	21:14
71	5	Laura Vincent	22:08
104	89	Graham Laylee	23:11
147	24	Lucy Pickering	24:21
205	46	Sharon Erdman	26:28
275	199	Desmond Edwards	28:42

## Burgess

523 Ran			
Pos	Gen		
75	73	Hugh Balfour	21:11

## Catford

222 Ran			
Pos	Gen		
5	5	Ross Rook	19:19

## Colby

208 Ran			
Pos	Gen		
1	1	Tom Shakhli	18:49

## Crystal Palace

370 Ran			
Pos	Gen		
27	1	Belinda Cottrill	21:20
45	41	Paul Hodge	21:58
72	7	Helen Lister	22:52
131	115	Eugene Cross	24:39
135	18	Joanne Shelton Pereda	24:58
166	29	Claire Steward	25:55

## Dulwich

473 Ran			
Pos	Gen		
10	10	Timothy Bowen	17:15
15	15	Martin Belzunce	17:42
17	1	Katie Rowland	17:52
37	33	Alex Loftus	19:31
59	7	Sara Roloff	20:12
195	170	Michael Dodds	24:33
229	192	Camilo Martin Vargas	25:30
346	86	Clare Wyngard	28:51

## Eastbourne

350 Ran			
Pos	Gen		
3	3	Ian Lilley	18:21

## Fulham Palace

519 Ran			
Pos	Gen		
209	173	Barrie John Nicholls	25:20

## Gladstone

239 Ran			
Pos	Gen		
27	2	Becca Schulleri	21:40

## Guildford

533 Ran			
Pos	Gen		
27	27	Tom Wilson	20:44

## Highbury Fields

371 Ran			
Pos	Gen		
169	148	Paul Collyer	26:03

## Lullingstone

60 Ran			
Pos	Gen		
5	5	Ebe Prill	22:26

## Newbury

621 Ran			
Pos	Gen		
581	361	Matthew Ladds	40:11
582	221	Karina Burrowes	40:16

## Peckham Rye

321 Ran			
Pos	Gen		
2	2	Andy Bond	16:17
11	11	Joe Farrington-Douglas	19:17
18	18	Alex Bazin	19:52
73	65	Gideon Franklin	22:55
149	31	Lauren Gill	25:55
180	45	Michelle Key	27:06

## Richmond

493 Ran			
Pos	Gen		
48	48	Des Crinion	21:43

## Riddlesdown

227 Ran			
Pos	Gen		
24	2	Ange Norris	21:11

## Southwark

409 Ran			
Pos	Gen		
216	168	Paul Keating	26:26

## Tooting Common

675 Ran			
Pos	Gen		
204	178	Ian Sesnan	24:45

## Treviso

29 Ran			
Pos	Gen		
17	12	Andy Murray	28:10
18	6	Ros Tabor	28:10

For your results to appear here ...  
you need to update your parkrun profile to show you  
are a current member of DR AC.

# DULWICH RUNNERS CLUB KIT

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

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



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



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

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

## SOAR Running Vests

The fine people at Soar Running have recently launched a club edition of their lightweight race vest. Meaning we have an opportunity to avoid their garish tartan designs, benefit from a (small) discount, and pick up the marginal gains associated with a paper weight vest! And all in the red and blue of Dulwich!

Sounds too good to be true... Well... We need a minimum

order of 30 lots and each vest will be £56.

I know some of you have shown interest on Facebook but if you could drop me an email [smjoneill89@gmail.com](mailto:smjoneill89@gmail.com) with the number of vests you'd like and your size, then I'll reach out to Soar regarding next steps should we cross the magic 30.

More info on the vest: <https://www.soarrunning.com/product/elite-race-vest-30?colour=130>



## NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

You just click on the link to the Dulwich Runners shop and purchase directly.

<https://www.pbteamwear.co.uk/athletics-clubs/dulwich-runners.html>

any questions contact Ros at: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1/4 Zip Top

## SOCIAL SPOT

P  
O  
T

*Upcoming events.*

Watch this space !.....

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

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

## Rehydration !

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

## 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

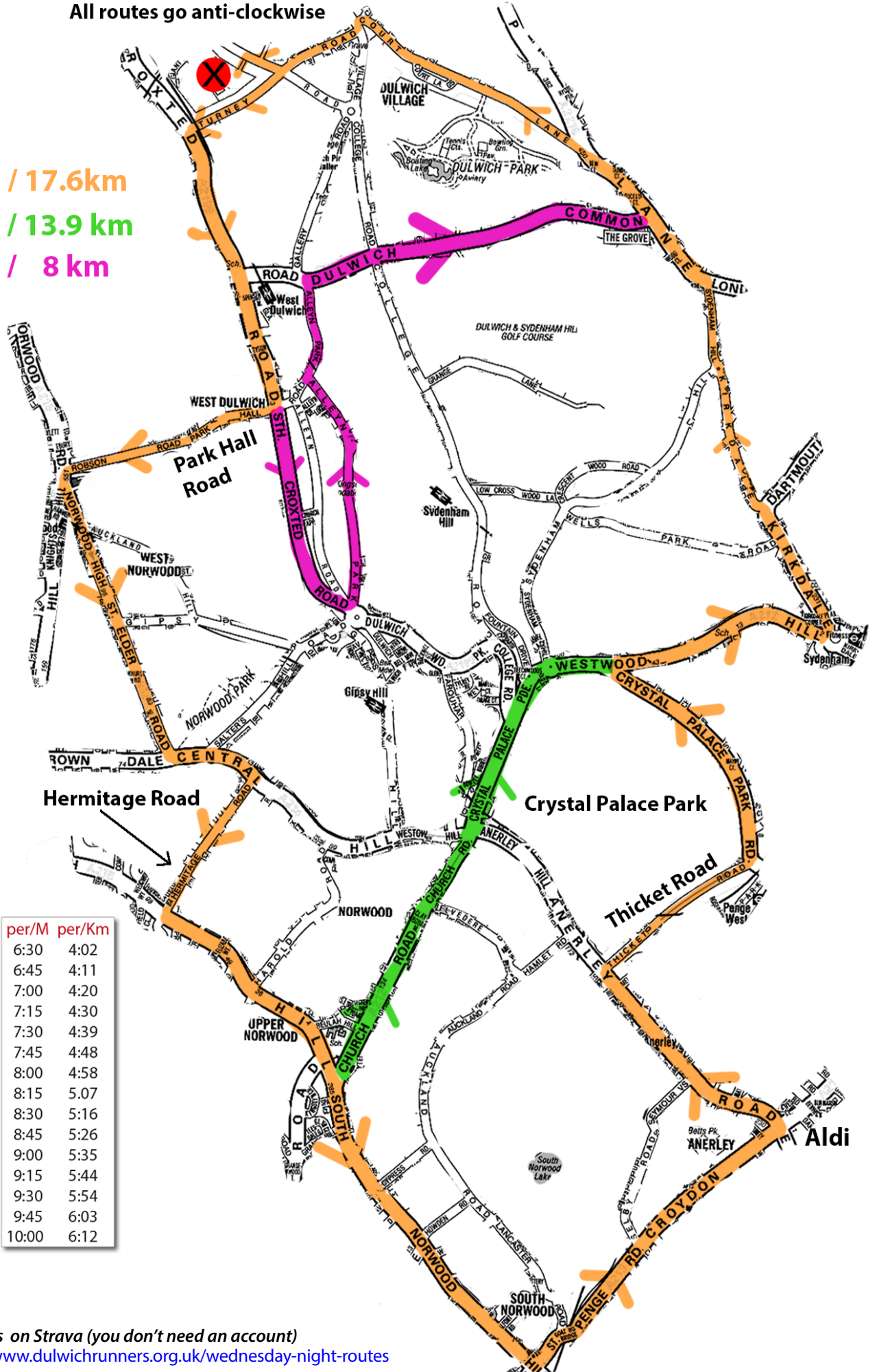
<https://you.38degrees.org.uk/petitions/save-the-cox-s-walk-footbridge-oak-trees>



# Dulwich Runners 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>