

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
September 29th 2021  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

## These are your SHORTS

Please send your reports, running news etc to:  
[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

### DEADLINE for submissions etc 17:30 TUESDAY

Wednesday runs from the clubhouse. - £1 fee per run  
Changing rooms, showers & bar all open.  
Paces and distances to suit all abilities

Tuesday speed work at Crystal Palace Track  
- suitable for all abilities

## In your SHORTS this week !

- 1 General notices
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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

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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](mailto:barry@bg1.co.uk)

## Social dates for your diaries.

**Wednesday 17th November** - pizzas and medals.

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

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

# Club Runs & Training Sessions

## Wednesday Evening Club Runs

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

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

**NOTE: £1 club run fee for members and guests each time you run**

Contactless payments only

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

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

## Tuesday Evening Speed Training

From 5 October, Tuesday training will switch to Crystal Palace track.

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

If you have not previously done so you must register with Crystal Palace Arena using the form on our website <https://www.dulwichrunners.org.uk/tuesday>

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

## Tuesday Morning Speed Training

With evening speed sessions at Dulwich College ended and switching to Crystal Palace track, morning sessions will start at Dulwich Park from 5 October for anyone available.

Meet by cricket nets at 11.00. Sessions will use either the grass and or the parkrun circuit - followed by coffee. - Further details Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Thursday Morning Hill Training

Ssessions at 11.00am for anyone available - for all standards and abilities - Alternate each week between Brockwell Park and Crystal Palace Park, including short hills and longer efforts on the grass - followed by coffee. - Further details Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Sunday Morning Runs

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

For later starts 9 to 10am, a longer run from the Dulwich area (10 miles+) around 8-9 min. mile  
Contact Tom Poynton [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com)

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

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



### **Surrey League**

We compete in the Surrey League and this is the club's main priority. 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](mailto:dulwichladiescaptain@gmail.com)

[thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

[chuckedward@googlemail.com](mailto: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](mailto:thomas_south@hotmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
Ola Balme, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto: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 (ladies)	Wimbledon Common
	14	Surrey League 2 (men)	Denbies Vineyard
	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
	15	Surrey League 3 (men)	Richmond Park
	15	Surrey League 3 (ladies)	Mitcham Common
	29	SEAA South of England Champs	<b>Beckenham Place Park tbc</b>
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

First cross country race is at Morden Park. A masters event so over 40's only and eligibility for Surrey is by residence or birth. If unsure of your eligibility contact your captains or myself. Distance is around 6km for women and M60s+ and 9km for M40/50s.

The club pays the cost of all Xc entries so make sure you're available before signing up

Entries closing shortly so if you havent already then let me know by 30 Sep if you d like to run. **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 [ebeprill@yahoo.co.uk](mailto:ebeprill@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](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](http://www.hernehillsportsmassage.co.uk)

# Race Reports & Results

Want your race results and reports in SHORTS ? please email them to [barry@1bg1.com](mailto: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.

## Hackney Half Marathon

26th September

"You deserve a rest," shouted a figure dressed as the Devil, holding out a pitchfork and a glass of iced wine. No, this wasn't a running hallucination before collapsing on a warm September morning, but the kind of lively crowd participation you get while running the Hackney Half. The race made its overdue return in September, after last year's cancellation and then delay from May.



The spectators are one of the positives of this lively community event, which takes in the cool spots of East London, including Hackney Downs, Hackney Town Hall, the historic Broadway Market, London Fields, Victoria Park Village, and Hackney Wick.

All this to booming drums and Jamaican beats, with loud music from reggae and steel bands, contributing to a festival atmosphere rather than a pure racing event. In fact, it is a festival, the half marathon forming part of the Hackney Moves weekend taking over Hackney Marshes with food and drink stalls as well as sports and fitness activities for kids and grownups.

Several Dulwich Runners took part again this year. I made my way to the start line with wifey Emma Benyon along with Jenny Bomers in her first outing on this course. We also bumped into Lee Thompson and Martin Mohamad somewhat hotter and sweatier on the finish line later.

Although we didn't see him, Ryan Duncanson was the

fastest of the Dulwich bunch (that we know of), putting in a PB time of 01:27:38. Running a consistently fast pace that barely dipped throughout put Ryan in 297th place among 12,436 race finishers.

In another standout performance, Emma managed to smash her previous PB by 11 minutes, running on the same course two years ago, this time finishing 20th in her age group and 150th woman of 4,745 in the race.

Having neglected to put in sufficient mileage in recent training, my pace began to dip as the course continued, but still managed to shave off a few minutes from my 2019 time. It hasn't escaped my notice that the wife is closing in rapidly, so I'd better get back to the track and on more Sunday long runs.

This year's Hackney Half was won by Jonathan Cornish of Wimbledon Harriers athletics club and Laura Kaye of Victoria Park Harriers and Tower Hamlets athletics club, with times of 1:06:36 and 1:19:12, respectively.

**Dave Benyon**



Dave Emma Jenny

297	Ryan Duncanson	01:27:38	PB
1592	David Benyon	01:39:17	
1714	Emma Kelly	01:39:55	PB
2937	Lee Thompson	01:46:11	
3390	Martin Mohamad	01:48:14	
7117	Jenny Bomers	02:02:58	

## Andover

302 Ran			
Pos	Gen		
1	1	Andrew Inglis	18:42

## Ashford

218 Ran			
Pos	Gen		
19	2	Kim Hainsworth	20:54

## Banstead Woods

159 Ran			
Pos	Gen		
13	13	Tony Tuohy	21:14

## Beckenham

242 Ran			
Pos	Gen		
116	21	Claire Steward	27:43

## Bideford

99 Ran			
Pos	Gen		
14	10	Colin Frith	24:10

## Brockwell , Herne Hill

240 Ran			
Pos	Gen		
7	6	Jonny Hough	19:15
15	14	Jamie Nicol	19:52
31	28	Mark Foster	20:44
37	33	Lee Wild	21:36
45	3	Ola Balme	21:56
97	24	Lucy Clapp	24:41
182	59	Lucy Pickering	29:24

## Bromley

443 Ran			
Pos	Gen		
181	139	Stephen Smythe	26:25

## Burgess

473 Ran			
Pos	Gen		
36	30	Charles Lound	20:01
171	128	Martin Belzunce	24:16
172	25	Shoko Okamura	24:16

## Clapham Common

508 Ran			
Pos	Gen		

291	178	Andy Murray	27:25
293	60	Ros Tabor	27:26

## Crystal Palace

225 Ran			
Pos	Gen		
6	6	Tom Shakhli	19:00
18	16	Justin Siderfin	20:39
84	67	Eugene Cross	25:19
208	127	Bob Bell	35:44

## Dulwich

441 Ran			
Pos	Gen		
26	24	Hugh Stobart	17:34
29	27	Rob Fawn	17:44
65	53	Rupert Winlaw	19:37
75	61	James Auger	20:06
90	73	Ebe Prill	20:44
91	9	Clare Norris	20:45
169	127	Hugh French	23:20
198	145	Miles Gawthorp	24:34
214	153	Sam Mattu	25:12
219	154	Michael Dodds	25:18

## Harrogate

447 Ran			
Pos	Gen		
136	16	Claire Barnard	24:51

## Medina I.O.W.

178 Ran			
Pos	Gen		
68	10	Clare Wyngard	29:07

## Peckham Rye

223 Ran			
Pos	Gen		
6	4	Alex Loftus	19:00
9	6	James Brown	19:40
15	11	James Burrows	20:17

## Poole

550 Ran			
Pos	Gen		
63	8	Michelle Lennon	20:12

## Preston Park

414 Ran			
Pos	Gen		
1	1	Thomas South	16:45

## Riddlesdown

147 Ran			
Pos	Gen		
3	3	Daniel Mann	19:29
52	44	James Wicks	27:08
71	17	Ange Norris	29:18

## Roundshaw Downs

154 Ran			
Pos	Gen		
40	38	Dave West	24:52

## South Norwood

151 Ran			
Pos	Gen		
2	1	Kay Sheedy	20:24
51	9	Carys Morgan	25:45
85	23	Hannah Harvest	29:33

## Storeys Field

233 Ran			
Pos	Gen		
2	2	Buzz Shephard	16:30

## Sutcliffe

240 Ran			
Pos	Gen		
2	2	Andy Bond	16:14
8	8	Kevin Chadwick	17:31
26	24	Michael Fullilove	20:02
39	37	Martin Kelsen	22:03
224	85	Denise Brady	40:43

## Tamar Trails

92 Ran			
Pos	Gen		
12	2	Yvette Dore	22:58
20	5	Emma Ibell	23:56

## Tooting Common

442 Ran			
Pos	Gen		
134	92	Ian Sesnan	24:09

## Weymouth

352 Ran			
Pos	Gen		
116	15	Lindsey Annable	25:49

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



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

