

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
September 8th 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 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

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## 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)

## Dulwich Runners AC Birthday Celebration

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

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

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

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

# Club Runs & Training Sessions

## Wednesday Evening Club Runs

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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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, the first 5 women for the club and the 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 championships will include the 4 Surrey League races, and the following 4 other races: the South of Thames races on 27 Nov. at Morden Park and 18 Dec. at Beckenham Place Park, Lloyd parkrun on 5 Feb. and the England National Champs on 6 March at Parliament Hill. 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 (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](mailto: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](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)

## 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](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](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.

## Paddock Wood Half Marathon

Sunday 5th September 2021

The Paddock Wood Half Marathon has been running 30 plus years, and is renowned in the SE England as one of the best and fastest half marathon courses around. This has always been held a month out from the London Marathon and is targeted by some of the best runners in the South East Of England. Like last years London marathon, this was rolled over to this year due to Covid.

On a sunny, warm morning 20 Dulwich Runners headed to Paddock Wood as part of the club champs, either as

Ed Chuck. After suffering from cramping issues at he Big Half, two weeks previously, Ed was hoping to run a sub 70 minutes here. With Ed there is a fine margin with it being to warm or to cold for him to run at his best. Today wouldn't be Ed;s day, as like a lot of other runners, suffered in the last few miles from the heat and had cramping issues again. He still had a cracking run to finish 13th overall in 1:10:27 Third in was Tom South, who was aiming for a sub 73 mintue run after a few days of suffering with a bad cough. Using Andy Bond as a target, we managed to control the pace well for the 10 months, and while feeling he was dropping pace in the last few miles, held his pace well, to overtake Andy with 3 miles to go. Tom finished 20th overall (4th in the MV 40-49 age group) in 1:12:48 PB Not far behind was Andy Bond, who yet again had a brilliant run, 9 days after winning the last Friday Of The Month 5km in Hyde Park. Like Ed, Andy suffered with a bit in the heat fading slightly in the last 5km, and finished 24th overall (4th MV 40-49) in 1:13:15.



part of their marathon training and as a target race, two weeks after the Big Half. It would be a tough day out on the course, with the recapture being 17 degrees at the start of the race, and reaching 20 degrees by the end of the race First in for the club was Jack Ramm, who has been training for a sub 2:30 marathon. Jack had a great run here, and well on target to reach his marathon target. He sliced over two minutes off his PB set in 2020 to finish 7th overall in 1:09:17 - PB

Next in and a new member to the moustache club, was

Next in and making his second appearance since joining the club was Joe Hallsworth. He made his first club appearance at the Big Half and had an even better, well placed run to nock 6 minutes off his Big Half time which was his previous PB. Joe finished 40th overall in 1:16:19 - PB Following Joe in, was Tim Bowen who is returning to fitness after a summer spent relaxing back in Ireland. Tim still had a good run here to finish 47th overall in 1:17:23 Another new member came in next, and who has been training hard was Rob Emes, who, according to Power of 10 last ran here in 2009. Over the summer he has set a track



and road 5km PBS and was targeting a sub 80 minute here. With the heat, he just missed out, but still set a massive PB. Rob finished in 69th place in 1:20:03 - PB. 8th person in for the club was Kev Chadwick Again, Kev has had some good races this summer on the road and the track, and even made his parkrun with a buggy debut the day before. Kevin had a strong run here as well, and on course to run his second sub 3 marathon this autumn, to finish just outside his Pb. Kev placed 91st overall in 1:21:37 9th in and setting a 20 second PB was Tom Shakhi. Tom was another runner who felt the effects of the heat in the last few KM, but held it well together to finish in 93rd place in 1:22:10 -PB

In close order to Tom, was Martin Belzunce, who has been putting some decent training in as he returns to his early 2020 fitness. Martin had a well controlled run to finish in 99th place in 1:23:07

11th person in for the club was another new club member Joe Wood, who was using Paddock Wood as his target half marathon, after using the Big Half as a marathon paced training effort. Unfortunately for Joe, with the weather not being kind (being too warm), Joe struggled over the last few miles like many other runners. Though not as fast as he was at the Big Half, he was still well inside his previous PB which he set at Brighton last year. Joe placed 116th overall in 1:25:03

Following in, was Dulwich Runners first woman and joint womans captain Kay Sheedy. Though not quite as fast as her PB run at Greenwich, Kay had a strong run until the warm weather caught up with her in the last few miles, she was remarkably consistent in her times with only 37 seconds separating her two times, which is very impressive for two half marathons two weeks apart. She finished 7th overwall womn in 1:26:36M

13th person in for the club is recent new member Nick Fiducia. This was fine run by Nick as he has had an injury interrupted build up in his training for the Manchester Marathon, but looks in good shape to post a good marathon time. He set a new PB here in a time of 1:27:39 - PB

Next in was triathlete and a long term club member Justin Siderfin. He set his half marathon PB two weeks ago, but defiantly found the conditions lot tougher today due to the weather conditions finishing within two minutes of his PB, but is looking in a strong place for the up coming cross country season - 1:30:42

15th in for the club and new member was Chris Nunn. Chris has been putting some decent training since joining the club and is steadily improving across all distances. Like others, he raced the Big Half two weeks previously, where he set his Half Marathon Pb, and struggled with the heat today, but still put in a strong run, and with a cross country season under his belt will be running some faster times next year - 209m overall - 133.52

Next in, was a man who has been breaking PBS all year round, starting with a 5000m track debut, as he has been

able to put some really good training together, Hugh French. Hugh is living proof that consistent training makes you a better race. This was a massive PB for Hugh and well deserved - 249 overall - 1:36:03 PB

Second woman in for the club, was social secretary Michelle Lennon. After having a couple weeks much deserved holiday from her job with the NHS, Michelle put in her normal strong run, and when she is back into marathon training net year she will be even faster- 279 overall - 1:38:00

Not far behind, was the third Dulwich woman, Lucy Pickering. Like many other people she struggled with the warm weather, but finished just outside the medals in her age group. Lucy placed 304 overall in 1:39:15

Fourth female in for the club was Claire Norris. This is another member of the club who has been setting pbs all year long starting up from the 1500m, and now the half marathon. Claire, like Hugh, is another runner showing the benefit of regular taining can really improve you as a runner, smashing her previous PB at the Big Half. Though not quite as fast as at the Big Half due to the warm weather she still ran an impressive time. She finished 307th otherall. 1:40:24

Completing the list for Dulwich Runners, is the man who has been doing some crazy ultras this year, Andrea Ceccoloni. Though he has been doing longer miles with hills in training to do his ultras, Andrea had a decent run here. 375 overall - 1:43:44 - **Tom South**

Name	Time	Age Grade
Jack Ramm	1:09:17	86.10
Ed Chuck	1:10:27	84.65
Tom South	1:12:48	87.76
Andy Bond	1:13:15	87.88
Joe Hallsworth	1:16:19	78.06
Tim Bowen	1:17:23	77:37
Rob Emes	1:20:03	76.89
Kevin Chadwick	1:21:47	75.26
Tom Shakli	1:22:10	73:84
Martin Belzunce	1:23:07	72:49
Joe Wood	1:25:03	70:05
Kay Sheedy	1:26:25	76.21
Nick Fiducia	1:27:39	68:20
Justin Siderfin	1:30:42	71:36
Chris Nunn	1:33:25	68:47
Hugh French	1:36:03	65.78
Michelle Lennon	1:38:00	78:38
Lucy Pickering	1:39:15	78.95
Clare Norris	1:40:24	69.90
Andrea Ceccolini	1:43:44	64:87

## A Little (Hampton) parkrun for my 40th

**“It was my 40th birthday last Friday, and we had a long weekend of countryside staycation bliss with six couples, a pool, a tennis court and NO KIDS. Bliss.”**

On Saturday morning four of us managed to crawl out of bed for the local parkrun. Now, having never come close to winning a running race in my life, I'd done a bit of prior investigation / stalking of Littlehampton parkrun, and concluded, sadly, that although it wasn't quite at the typical standard of Dulwich, it was generally won in times way quicker than my PB (and definitely my current 5k form). I therefore concluded pacing two of my mates to a sub-20 PB was the way forward.

However, there were promising signs (literally) when we turned up - “Littlehampton 10k - Sunday 5th September - Beware Road Closures” - instantly I got a little excited inside thinking all the quick people would surely be doing that, and there was a chance of us being towards the front. After further committing to pacing my mates, the race started (after applause for all the volunteers of course) and after about 300meters it became apparent that we were (1) mixing it at the front, and (2) there wasn't the usual lone Jack Ramm'esq gazelle dashing off at the front - I turned to my two mates next to me, and like a true team player said, “I might have a chance of winning this, see you later, good luck”....and decided to track the front runners.

I was instantly covered by a quick looking chap, who ran right next to me as we dashed a few places clear of everyone else. This was particularly handy, as I had no idea where I was going, so I casually asked him “where do we turn around?” - classic intimidation tactics (I think), to which he politely said “just up there, it's a 1.25km straight course there and back twice” even more casually - it hadn't worked - I was quaking in my boots. He then absolutely rinsed me on the way back to the half way point with a “I'll run in front for a bit and pace you” - I was resigned myself to a sorry defeat at this point. But then at the half way turn I decided to put in a little burst past him and see if it disheartened him....and it worked - by the 3rd turn at 3.75km he was way back and I was about 50m clear - down the whole home-straight I constantly looked back as I pushed for home (like a 90kg

/ much slower Jake Smith) - and no one sprinted past me. Spectators and people going the other way were even clapping / cheering me - honestly, I loved it.

I crossed the line as the ‘first finisher’ in 18:38, well off my PB (17:30) and seasons best (18:10), but with 3 dead turns, and a 40th birthday the day before, I'll take it. Also, even though my time wasn't anything super special, I have ticked the box of having won (sorry, “first finished”) a running race (sorry, “community event”), something I may never achieve again, and a nice little present from the running gods for my 40th birthday. FYI - my mates both missed sub-20 by a few seconds and gave me stick / blamed me for the rest of the weekend - can't win 'em all!



### Abingdon

316 Ran			
Pos	Gen		
89	73	Gideon Franklin	23:55

### Banstead Woods

208 Ran			
Pos	Gen		
18	16	Tony Tuohy	20:43

### Beckenham Place

267 Ran			
Pos	Gen		
1	1	Andy Bond	18:38
105	14	Claire Barnard	26:21

### Bolberry Down

103 Ran			
Pos	Gen		
38	29	Michael Dodds	26:19
50	13	Clare Wyngard	28:44

### Bromley

540 Ran			
Pos	Gen		
285	52	Claire Steward	28:09

### Burgess

397 Ran			
Pos	Gen		
103	79	Graham Laylee	22:41
244	147	Andy Murray	27:55
248	68	Ros Tabor	27:58

### Catford

187 Ran			
Pos	Gen		
54	45	Stephen Smythe	24:08

### Clapham Common

525 Ran			
Pos	Gen		
127	104	Cameron Timmis	22:30
213	151	Michael Mann	24:37
475	246	Jamie Nicol	34:12

### Crystal Palace

257 Ran			
Pos	Gen		
34	27	Hugh Balfour	22:32
40	33	Sam Jenkins	23:10
244	125	Bob Bell	39:19

### Dulwich

472 Ran			
Pos	Gen		
1	1	Andrew Inglis	16:09
16	16	Timothy Bowen	17:32
41	38	Edward Simmons	19:10
44	39	Stephen Davies	19:15
77	67	James Auger	20:27
88	7	Yvette Dore	20:44
93	79	Lee Wild	21:04
98	83	Mark Foster	21:17
125	101	Kevin Chadwick	22:00
155	125	Hugh French	22:50
172	25	Victoria Read	23:23
347	90	Charlotte Sanderson	29:21

### Highbury Fields

276 Ran			
Pos	Gen		
16	15	Paul Collyer	20:26

### Hoblingwell

110 Ran			
Pos	Gen		
21	20	Colin Frith	24:47

### Littlehampton Prom

170 Ran			
Pos	Gen		
1	1	Rob Fawn	18:38

### Lloyd , Croydon

213 Ran			
Pos	Gen		
40	1	Eleanor Simmons	24:33
96	77	James Wicks	28:33

### Melton Mowbray

162 Ran			
Pos	Gen		
18	3	Alison Peel	22:37

### Nant Y Pandy

95 Ran			
Pos	Gen		
91	33	Susan Vernon	48:26
94	57	Chris Vernon	52:21

### Old Deer Park

151 Ran			
Pos	Gen		
49	39	Barrie John Nicholls	24:48
68	11	Lindsey Annable	25:59

### Peckham Rye

222 Ran			
Pos	Gen		
15	14	Alex Bazin	20:07
22	20	Tom Shakhli	20:54
49	4	Emma Ibell	22:58

### Reigate Priory

351 Ran			
Pos	Gen		
6	6	Joe Farrington-Douglas	19:10

### Storeys Field

325 Ran			
Pos	Gen		
4	3	Buzz Shephard	16:54

### Tooting Common

448 Ran			
Pos	Gen		
121	87	Ian Sesnan	23:51

### Whitstable

318 Ran			
Pos	Gen		
20	1	Kim Hainsworth	21:55
22	2	Michelle Lennon	22:02
132	21	Belinda Cottrill	28:09

### Worcester Pitchcroft

230 Ran			
Pos	Gen		
37	3	Rhian Stansfield	22:41



# 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

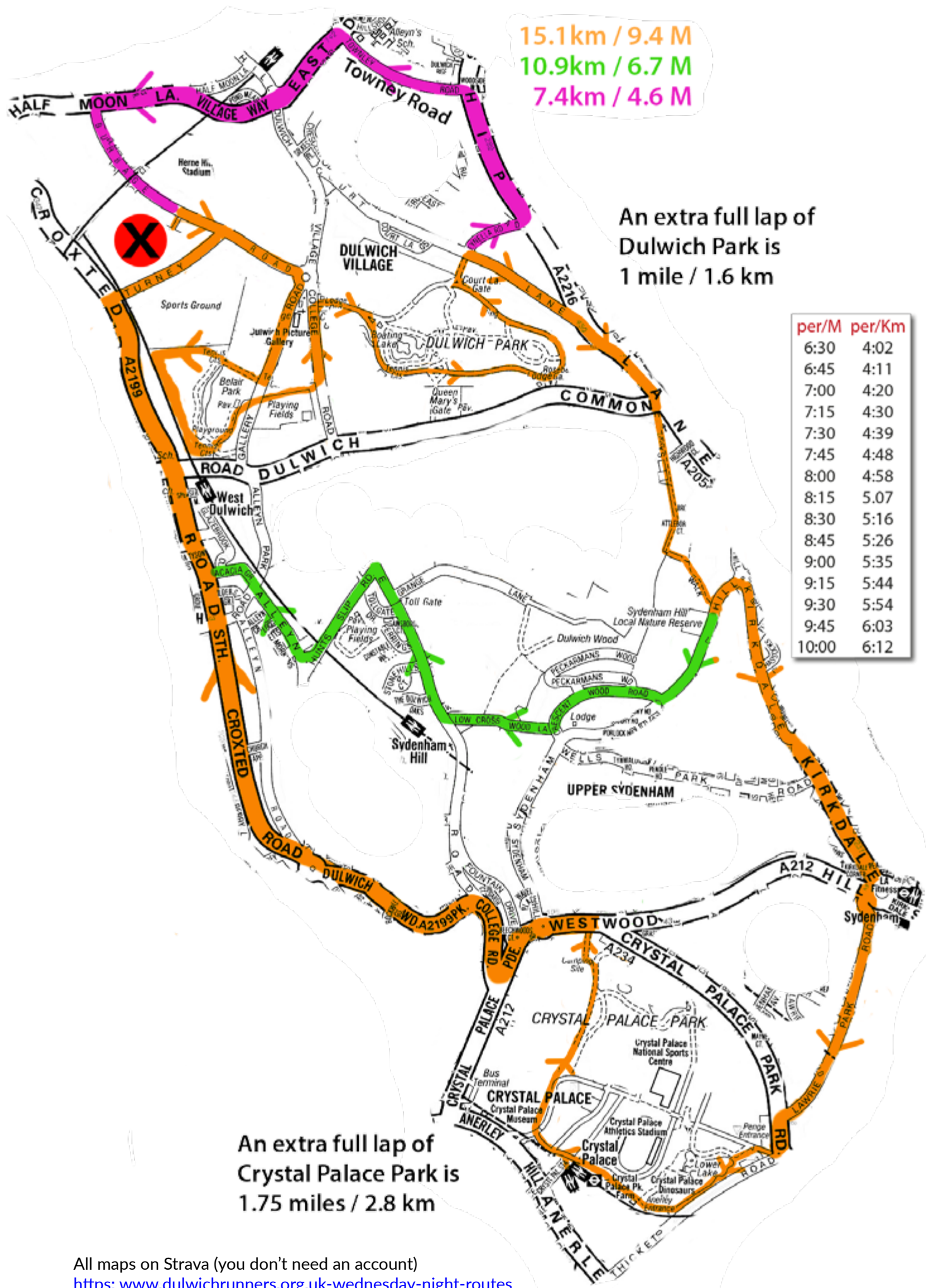


Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

# Dulwich Runners Summer Map 7



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