

SHORTS



Dulwich Runners AC
Weekly Newsletter
July 28th 2021
www.dulwichrunners.org.uk

These are your SHORTS

Please send your reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com

DEADLINE for submissions etc 17:30 TUESDAY

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

Tuesday speed work at Dulwich College track and grass
£2 per session - suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Club runs & training
- 3 Fixtures
- 4 Club championships 2020/21 events, rules etc
- 5 Race reports and results
- 7 Club kit
- 9 Wednesday night run map.

Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Like us on Facebook @dulwichrunners

Connect with us:



Edward Alleyn Clubhouse



With the relaxation on restrictions that came into effect on July 19th the clubhouse is now fully operational - toilets, showers, changing facilities and bar all available for Dulwich Runners to use. Therefore the £1 Wednesday night running

fee that was waived during lockdown has been reintroduced and is to be paid by members and non-members alike each time you run. All payments will be contactless - NO CASH

Dulwich Runners AC renewal 2021/22

A big thankyou to all of you that renewed last year.

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.

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

Ros Tabor will be at the club from about 8pm with kit. No cash payments

Club Runs & Training Sessions

Wednesday Evening Club Runs

NOTE: £1 club run fee for members and guests which was waived during lockdown whilst clubhouse facilities were unavailable has been reintroduced as the clubhouse changing rooms, showers, toilets and bar are now all open for us to use.

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

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

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.

The groups are as follows.

sub 7 min mile pace led by Tom South
thomas_south@hotmail.com

approx 7.30 min mile pace led by Gower Tan
gower.tan@gmail.com

8-9 min mile pace and slower groups led by
Ebe Prill ebepriill@yahoo.co.uk
Mike Mann mcmann90@yahoo.co.uk

Tuesday Evening Speed Training

At Dulwich College track and fields on College Rd. - Two groups, one start at 6 pm and one at 7pm. Grass & track, suitable for all abilities, efforts at 5-10km pace plus some shorter faster ones.

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

Any queries, contact Mike Mann mcmann90@yahoo.co.uk

Dulwich College have installed a security gate for the entrance to the track and fields. To gain entry the code is **C1478X**

Sunday Runs

There are runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Around 10km, but can be longer, pace around 9 mins per mile.

Contact Ola olabalme1@gmail.com

Or if you prefer a later start between 9 and 10am, a longer run from the Dulwich area (10 miles+) pace around 8-9 min. mile - Contact Tom Poynton tpoynton@hotmail.com

Longer and faster at 9am - likely to be 8am from July for marathon training. Around 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park but check in advance.

Contact Tom South thomas_south@hotmail.com

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

Saturday Morning Hills

Led and structured hill sessions on Saturday mornings - Suitable for all abilities.

Meet at Mansion House, Beckenham Park 10am - Jog to Sedgemoor Road to start session at 10.15 - Coffee after at Cafe

Contact Eleanor Simmons: eleanorsimmons@yahoo.co.uk

Thursday Training Sessions

Those of you available are welcome to attend Thursday morning sessions at 11.00am

Alternate each week between Brockwell Park and Crystal Palace Park, including short hills and longer efforts on the grass - followed by coffee. If interested contact Mike Mann mcmann90@yahoo.co.uk

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.

If you require info about events in Shorts, how to enter etc, contact your respective captains:
Men road: ebepri11@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

1500M Evening

17 August

Following the Mark Hayes Mile, we are holding a series of 1500m races at Dulwich track on Tuesday 17 August. This will be 5 laps so no wavy chalk start line on the track this time. If interested contact Mike Mann mcmann90@yahoo.co.uk - Details on timing and number of seeded races to follow.

Thames River Relay

Sunday 5th September

A 5 person relay along the Thames towpath (mainly) from Dorney Lake to Kingston, approx 26.5 miles. Teams consist of at least one female and no more than 3 senior males. Cost is £10 each and all proceeds (minus expenses) go to charity.

For full course details how it works etc, see the website: http://www.stragglers.org/river_relay

If interested or want any more details, email Ange: angenorris@googlemail.com

NB This clashes with the Paddock Wood Half Marathon which many members have entered as a club champs race.

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 some venues may change. 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	16	Surrey League 1	Richmond Park
	23	SEAA Relays	Wormwood Scrubs
	23	tbc Surrey Masters Champs	Richmond Park
	30	BMAF Relays	Long Eaton
Nov	13	Surrey League 2	Wimbledon Common
	20	SEAA London Champs	Parliament Hill Fields
	27 tbc	South of Thames 5m	Morden Park
Dec	11	SEAA Masters	Horspath, Oxford
	18	South of Thames 7m	Beckenham Place Park
2022			
Jan	8 or 9 tbc	Kent and Surrey Champs	
	15	Surrey League 3	Mitcham Common
	29	SEAA South of England Champs	tbc
Feb	19	Surrey League 4	Effingham Common

2021 CLUB CHAMPIONSHIP

2021 CLUB CHAMPIONSHIPS 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 (exception only for late marathons up to 5. December)

That allows us to hold the individual medal presentations for each race distance at one social event on a Wednesday night in late November (to be announced). The marathon awards and overall championship trophies will be awarded as before at our Christmas party in December.

Updated information on events below.

- All road 5k races. Entries for the Battersea Park races have been open since late April, but are filling up fast.
- 5 mile race (trail): The second Sunday of the month races have restarted under Covid restrictions with a tight numbers limit, but are expected to revert to more like normal from July. Entries on the day may be available but once open try to enter on line ASAP.
- All 10k road races. Richmond Riverside 10k (17th July) and there are various 10k races in Regents Park organised by Race Organiser (6 June) Run Through (15 June, 13 July) and Nice Work (14 November) also the Mornington Chasers Winter series, to be announced. There is also the Sri Chinmoy Battersea 10k series.
- Any track mile race. The Mark Hayes mile has been held as the club champs mile but any other track mile will count, like the Dave Clarke mile at Wimbledon Park stadium on 28. July
- All road Half Marathons. The Big Half 22 Aug will be a club champs race, and also the popular Paddock Wood HM on 5th September
- All park runs but our main one (and one of the fastest) is Dulwich parkrun. Suggested dates are 18 Sept, 30 Oct and 6 Nov, but avoid weekends when key cross country races, like Surrey League are planned.
- All road Marathons

Provisional programme for this year.

Mile - Tuesday 29th June, Mark Hayes Mile - Dulwich College track -

28th July Dave Clarke mile: <https://data.opentrack.run/en-gb/x/2021/GBR/hercmile/>

5km - Sri Chinmoy Battersea Pk series <https://uk.srichinmoyraces.org/races/london>

5M - Second Sunday of Month 5M trail race, Wimbledon Common any month <http://secondsunday5.com/>

10km - Various 10k races in Regents Park, Richmond Riverside 10k, Sri Chinmoy Battersea 10k (see deadline 14. Nov)

1/2M - Big Half 22 August - Paddock Wood 1/2M 5th September

Marathon - London 4 Oct (or alternative marathon up to incl. Valencia 5th. Dec)

parkrun - Dulwich, suggested dates 18 Sept, 30 Oct, and 6 November

New(ish) to Running Rota for Dulwich Runners

We have set up a rota to support members who are newish to running on our Wednesday club night. We have had lots of new members and some are newish to running, which is different to being new to DR but not that new to running. It's also an opportunity for all you experienced runners to inspire some newbies.

Runs will be short - around 5-6km, as 8km is really quite a long way for newbies. Runs will be slow, and possibly some walking. You take your lead from the people you are taking out.

The rota is here: https://doodle.com/poll/5mssmfhibg5qr98p?utm_source=poll&utm_medium=link

Add your name on the left and click on the Wednesday you'd like to volunteer. If there are two people down for a particular date, please pick a different date. Ideally you will all spread yourselves out. The rota will have dates at least 3 months out to enable planning. I have agreed to coordinate this rota and it will be reviewed at the end of the summer.

Doodle poll is being used to run the rota. **If anyone has any better running specific ideas, I am all ears.** Get in touch: 07786012933. - Thanks all - Sonja

SOAR vests

I am attempting to find 15 or more club members interested in buying a Soar Running DR Vest, they are £60 each. Currently I have 8 people that expressed an interest via the Whata App group.

All those interested please email me what size you would like.

Once we pass 15 I'll place an order and give out my bank details so people can transfer me £60 kevchadwick@gmail.com

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

Race Reports & Results

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

You are welcome to submit running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

MABAC Surrey Slog (Holmbury Hill 1/2M)

25 July 2021

Claire Steward writes: I first did this in 2002 and it sparked my love of longer trail races. Despite the dire warnings about it 'not being for the faint hearted' it became a firm favourite although I haven't done it since 2016. The race HQ is the Duke of Kent School (think Hogwarts), near Peaslake in the depths of Surrey and it provides ample parking and post-race showers (this year thankfully hot!). Covid rules necessitated starting in small groups based on predicted finish time; a loop around the school and a lap of a field served to spread everyone out before we exited onto a narrow footpath. The race is entirely off-road, until re-entering the school grounds to the finish, mostly along sandy trails which criss-cross through Hurt Wood, including the trig-point at the top of Holmbury Hill. There is very little flat terrain and recent rainfall which persisted for the first

couple of miles made it tricky under foot.

I recorded a big PW (out of ten results); my days of easily running this in under two hours have long passed but it was great to be back running an off-road race. It was a shame there were so few participants due to clashes with other races and uncertainty about whether or not it would actually take place.



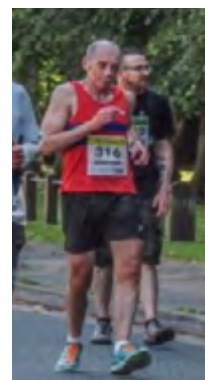
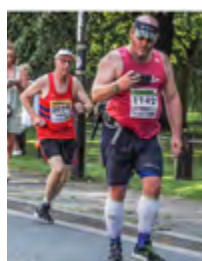
Smiling, nearly at the finish
(Photo by S Rencontre)

A quick shower was followed by a picnic where we had to retreat from the return of the rain which became a monsoon for our visit to The Sculpture Park in Churt.

Winner: 1:31:02

47th/8th W 2:20:01 (predicted time 2:20)

Final finisher 2:42:53 – Total 43 men and 16 women



Colin Frith and Steve Williams
from the Grimbsby 10k last week

Henley Wood parkrun

Chris Vernon writes: Last Saturday I was in Wales on holiday and guess what? No parkrun in Wales! That meant a two hour drive to the nearest parkrun in England which was Oswestry.

Surprisingly, there was not a huge crowd for the first parkrun in 16 months but an excited bunch of one hundred were at Henley Wood Park, Oswestry, all glad to be back. I met a young man from Streatham who is as regular at Dulwich parkrun, small world. Not the most exciting two lap course, situated in a linear park along side the A5, but at least it was flat. Underfoot there were roots and other trip hazards and would be muddy if it had not been dry for weeks. I accompanied the Tailwalker and her dog, some 15 minutes behind other runners but the marshals were very encouraging.

For parkrun aficionados, the icing on the cake was that I achieved parkrun bingo after waiting over two years for 44 seconds to appear in my results. Have any other DRs managed this random event?

Chris Vernon 100th out of 101. First V75 54.44

RETRO SHORTS

Another dip into the archives,
this time from 2009

Alex Yee is the Olympic silver medallist in the men's triathlon. He is well known locally as having the course record at the Dulwich parkrun (13:57). 12 years ago he won the Crystal Palace Canter!
Ros Tabor

Crystal Palace Canter 5K (approx) [External Results](#)
Crystal Palace
7 Apr 09

SHORT5K

	Pos	Gun	Name	AG	Club	SB	PB	HC
<input type="checkbox"/>	1	20:08	Alex Yee	U13 M	Crystal Palace TC		13:26	-6.3
<input type="checkbox"/>	2	20:12	Steve Edwards	V50 M	Serpentine		21:32	29.2
<input type="checkbox"/>	3	20:31	Ros Tabor	V55 W	Dulwich/Cambridge H/Veterans	21:33	20:10	15.2
<input type="checkbox"/>	6	21:47	Lis Pritchard	V55 W	Dulwich		20:37	

To have your results here ...
you must update your parkrun profile to show
you as a member of Dulwich Runners AC.

Ashford

165 Ran
Pos Gen
20 3 Kim Hainsworth 21:48

Aylesbury

178 Ran
Pos Gen
15 13 Matthew Ladds 20:59

Brockwell Park

145 Ran
Pos Gen
8 8 Jamie Nicol 20:05
18 16 Mark Foster 21:15
37 2 Katie Styles 22:57
43 38 Cameron Timmis 23:15
45 4 Ola Balme 23:20
53 6 Anna Thomas 23:52
68 10 Lucy Clapp 25:39

Burgess

327 Ran
Pos Gen
145 102 Joseph Brady 25:08
243 73 Ros Tabor 31:22

Bushy

1056 Ran
Pos Gen
319 265 Barrie J. Nicholls 24:52

Chichester

192 Ran
Pos Gen
50 4 Susan Cooper 24:03

Clapham Common

466 Ran
Pos Gen
160 116 Ian Sesnan 24:15

Crystal Palace

238 Ran

Pos Gen
34 1 Yvette Dore 22:01
97 9 Belinda Cottrill 25:19
122 12 Hannah Harvest 26:37
126 103 Michael Dodds 26:44
180 34 Clare Wyngard 31:07

Dulwich

280 Ran
Pos Gen
5 4 Thomas South 16:14
6 5 Andy Bond 16:15
55 43 Tom Shakhli 20:07
65 52 James Auger 20:41
68 5 Charlotte Sanderson 20:55
72 7 Michelle Lennon 21:15
81 64 Neville Webb 21:50

Foots Cray Meadows

58 Ran
Pos Gen
21 19 Stephen Smythe 27:03

Hastings

207 Ran
Pos Gen
26 21 Nicholas Brown 21:20

Henley Wood

101 Ran
Pos Gen
100 60 Chris Vernon 54:44

Hull

464 Ran
Pos Gen
2 2 Kevin Chadwick 17:34

Keswick

230 Ran
Pos Gen
32 3 Marta Miaskiewicz 21:47

Melton Mowbray

176 Ran

Pos Gen
34 4 Alison Peel 24:44

Orpington

141 Ran
Pos Gen
67 49 Colin Frith 28:04
141 90 John O'Byrne 68:22

Peckham Rye

142 Ran
Pos Gen
13 11 Justin Siderfin 20:49
21 17 Ebe Prill 21:47

Riddlesdown

198 Ran
Pos Gen
1 1 Dylan Wymer 2nd Cl. 17:29
17 14 Freddie Vernon 22:30
26 22 James Wicks 23:16
37 4 Ange Norris 24:25

Sizewell

145 Ran
Pos Gen
5 5 Alex Loftus 19:10

Southwark

293 Ran
Pos Gen
165 38 Claire Steward 27:31

South Norwood

101 Ran
Pos Gen
67 48 Peter Jackson 32:13

Trelissick

195 Ran
Pos Gen
32 3 Laura Vincent 23:24

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

Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



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



Bufs-snoods - only £6
An ideal face covering !

Socks only £5



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



The Beast from the East !
It's always on the way!.. be prepared..
get yourself a bobble hat £15



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

For all club kit enquiries: ros.tabor49@gmail.com



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces & hoodies. Just click the link to the Dulwich Runners shop and purchase directly. <https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html> any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket

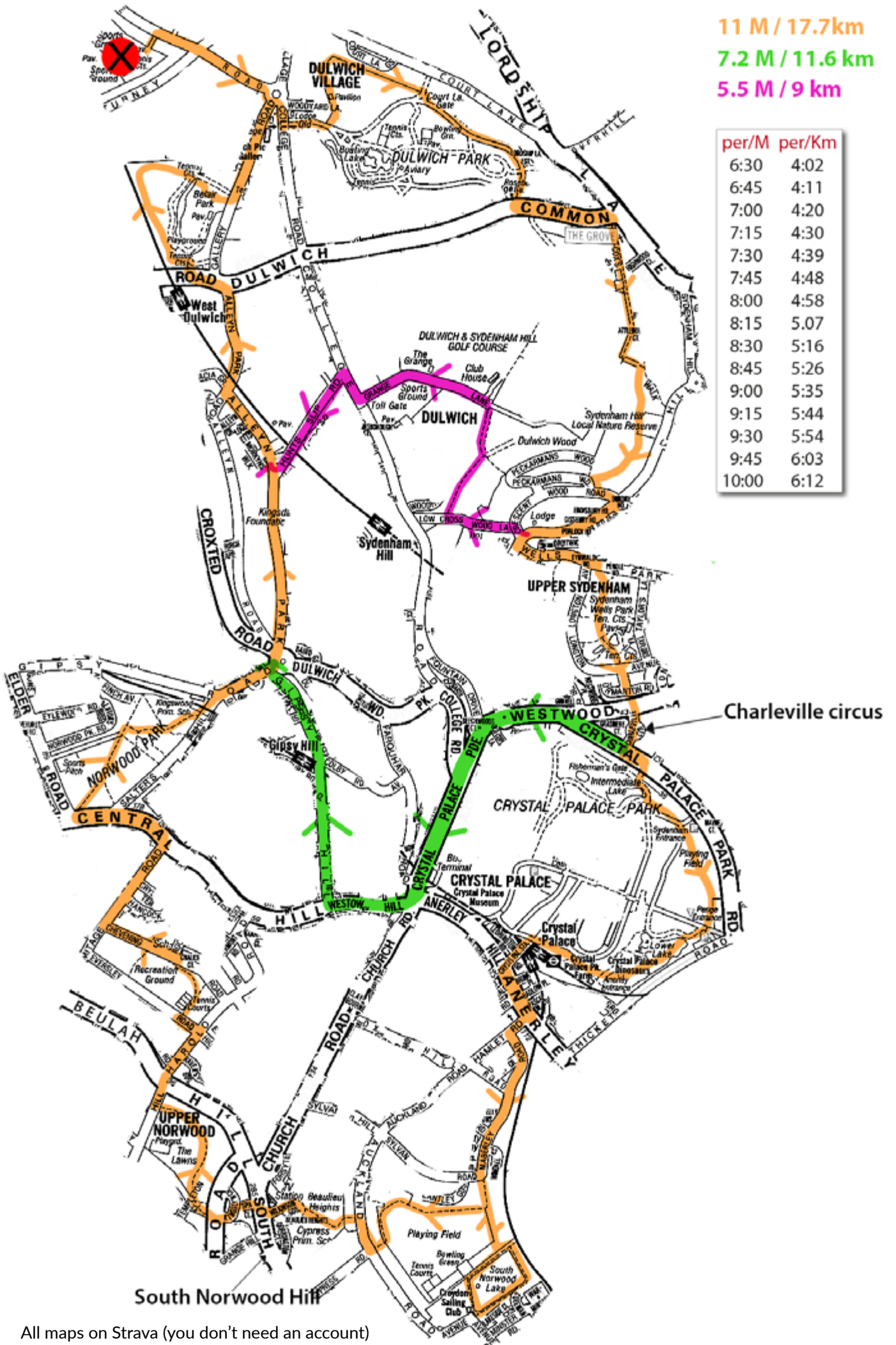


Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer 1

11 M / 17.7km
7.2 M / 11.6 km
5.5 M / 9 km

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12



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