



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 Crystal Palace Track
- suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Club runs & training
- 3 Cross country information
- 4 Fixtures
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- 10 Wednesday night run map.

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

Please remember to sign in and pay your £1 on arrival at the clubhouse for the Wednesday run

Like us on Facebook @dulwichrunners

Connect with us:



Please note that on Wednesdays from now on we shall be meeting upstairs in the clubhouse

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 want to join or require further details about us contact me: 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.

Dulwich Runners Committee Meeting Notice – Wednesday 10 November 2021

Club Secretary, Yvette Dore, writes:

The Dulwich Runners General Committee will next meet on Wednesday 10 November at 9pm after the Club Run. If there are any items you would like to add to the agenda for the Committee to discuss, please submit them to me by midday on Tuesday 9 November.

The last meeting of the Committee took place on Wednesday 1 September, and was chaired by co-chair Ange. Items on the agenda and discussed by the Committee included the format of Tuesday training sessions and the provision of coaching, and the welcome return of cross country and the Ken Crooke Cross Country Championships.

The Committee also discussed final arrangements for the Club's 41st Anniversary celebrations, and made plans for further social activities, including the upcoming Pizza and Medals presentation evening.

Please send any items for the Committee to discuss at the next meeting to secretary@dulwichrunners.org.uk by midday on Tuesday 9 November.

Club Runs & Training Sessions

Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7pm...

each time you run - Contactless payments only

Meet upstairs in clubhouse, arrive by 6:50pm to register, pay & 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.

NOTE: £1 club run fee for members and guests

Tuesday Evening Speed - Crystal Palace Track

Tuesday training at 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.

Crystal Palace Track sessions

Around 60 from the club did the Tuesday night session on November 2 - it was 10x400m/5km time trial and a pyramid (200-400-600-800-600-400-200).

If these numbers continue the groups will have to be split into two or three groups to ensure correct recovery for all and sufficient space.

These are the initial planned sessions in basic form with the recovery and distance dependent on ability.

Nov	9	2000 & 400s
	16	1600s & 200s
	23	1000s
	30	8x400 time-trial/pyramid
Dec	7	400s
	14	800s
	21	1000s

Tuesday Morning Speed - Dulwich Park

Sessions start 11am in Dulwich Park, for anyone available meet by the cricket nets. .

We will use either the grass and or the parkrun circuit - followed by coffee. - Further details Mike Mann

mcmann90@yahoo.co.uk

Thur. Mornings - Brockwell & Crystal Palace Pk.

Sessions at 11.00am for anyone available - Alternating each week between Brockwell Park and Crystal Palace Park, including short hills and longer efforts on the grass - followed by coffee. - for all standards and abilities -

Further details Mike Mann 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

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

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

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. With 4 fixtures in the season details will be in Shorts and on the website with info on start times etc. posted nearer the time. Keep these dates free if possible. Men compete in Division 2 but with good turnouts and performances from our strongest runners, we have a chance to return to Division 1.

Distance

Men's Surrey League races are around 8km, women's races start at 6km in the autumn, increasing to 8km in the New Year. Other races vary from 8km in the autumn to 12km and over for the men later in the season.

Scoring

Surrey League is first 5 women for the club and 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 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

All men 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

As well as Surrey League there are other cross country races, mostly on Saturdays. It's possible to find a race most Saturdays during the season. eg: the county champs (including Masters), London Champs, 2 South of Thames races, South of England and National champs. Plus others for Masters. See fixture list in Shorts and website.

Which races to go for

Races are 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 champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

This season the English National Champs is at Parliament Hill Fields, South of England champs at Beckenham Place Park (tbc). 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 interested runners to put their names forward in advance of the deadline given, so please read these carefully.

With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please first check you are free, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

Early season road or trail shoes and as the ground becomes heavier late autumn onwards, cross country spikes or fell shoes are a must. Make sure that you get cross country spikes as opposed to track spikes. Spikes come in different lengths from 6 to 15mm and are screwed in. As the ground becomes heavier longer spikes will be needed, particularly on heavy courses eg: Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions except ice. Cross country shoes can be bought at most running shops and or online. Most offer a 10% discount to those with club or EA membership.

2021/22 Ken Croke XC Championships

For the 2021/22 cross country season, the champs races will consist of 4 men's and women's Surrey League fixtures plus 4 other races. To qualify you need to complete 5 events, including 3 Surrey League races. There are awards for the first 3 men and women and to the winners of the men's and women's 40-49, 50-59 and 60+ age categories.

The qualifying races are shown on the following page.

Contacts

Further information contact your captains at:

dulwichladiescaptain@gmail.com

thomas_south@hotmail.com

chuckedward@googlemail.com

Further info about races will usually be here in SHORTS and or announced on a Wednesday club night. Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

For further info about events in Shorts, how to enter etc, contact your captains:
 Thomas South thomas_south@hotmail.com Ed Chuck chuckedward@googlemail.com
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Cross Country Fixtures

2021			
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 (see below)	tbc
Dec	4	Kent Masters Champs	Dartford
	11	SEAA Masters	Lloyd Park
	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	Beckenham Place Park tbc
Feb	19	Surrey League 4 (men)	Lloyd Park
	19	Surrey League 4 (ladies)	Effingham Common
	26	England National Champs	Parliament Hill Fields

2021/22 Ken Crooke Cross Country Championships

For the 2021/22 cross country season, the champs races are the 4 men's and women's Surrey League fixtures plus 4 other races. Qualifying races are:

- 4 Surrey League races (see fixture list above)
- Nov. 20 - London Champs, Parliament Hill,
- Dec. 18 - South of Thames 7M, Beckenham Place Park,
- Jan. 29 - South of England Champs, Beckenham Place Park (venue tbc),
- Feb. 26 - England National Champs, Parliament Hill,

To qualify you need to complete 5 events, incl. 3 Surrey Leagues. Awards for first 3 men and women and winners of men's and women's 40-49, 50-59 and 60+ age categories.

Seaa Masters Cross Country

11 December

Venue for this masters championship race has switched from Horspath, outside Oxford to our familiar Lloyd Park. Any men and women 40s, 50s and 60s+ who are interested should contact their captains.

Closing date for entries likely to be towards the end of November. Costs of entry to the club are quite high, so make sure you're available before putting yourself forward, in the event of any change in circumstances, inform your captains ASAP in advance of the entry being submitted. Distances are 10k for the men's age categories and 6k for the women. There's individual awards in 5 year age bands and team awards (3 to score) in 10 year age bands.

London Cross Country Champs

Saturday 20 November

To enter this race, which is part of the club Champs please can you email Edward Chuck or Tom South by Sunday October 30th, so that we can get the entries in.

thomas_south@hotmail.com - chuckedward@googlemail.com and women contact Ange/Ola dulwichladiescaptain@gmail.com

The race is held at Parliament Hill Fields, Hamstead Heath, the home of English cross country and is ideal prep for the English National Cross Champs which is held on the same course. After the race there is always a trip to the pub for a few beers

Contacts:

dulwichladiescaptain@gmail.com
thomas_south@hotmail.com
chuckedward@googlemail.com

South Of Thames 5 Miles

21 November

This fixture is in doubt - organisers are seeking an alternative to Morden Park. Updates when information known. If it goes ahead there'll be limited time before entries close so to take part contact the ladies captains and myself ASAP.

Mike Mann mcmann90@yahoo.co.uk

South Of Thames Race

Saturday 18 December

Volunteers Needed

Kent AC are hosting the South of Thames 7.5 mile race at Beckenham Place Park on Saturday 18 December, we have agreed to provide marshals. Anyone not planning to run and willing to help out on the day please contact me Mike Mann mcmann90@yahoo.co.uk.

Box Hill Fell Race

Saturday 22 Jan. 2022

Confirmation received the race is on, no

date when entries open yet but will let me know.

If you've never done any fell running, Box Hill near Dorking is an ideal introduction. Course is 7.5 miles (12 km), well marked, mainly on good paths (no bogs, becks or boulder fields, no chance of getting lost). About 1750' (530 m) of ascent, some quite challenging climbs and exciting descents. In January, the course is very slippery in

places and you'll need proper fell shoes (Walshes or Inov8s).

You'll have a bad time in trail shoes and a horrible time in road shoes. Cross-country spikes not allowed. A very popular race that fills up very quickly (in a few hours). Entry last time was £10.

I'm at the club most Wednesdays, or email me: hugh@christchurchpeckham.info
Hugh Balfour

2021 CLUB CHAMPIONSHIP

FINAL UPDATE

These have now been reviewed in the light of current information, and there are a few changes. The approach that has been adopted for this year is to offer maximum flexibility, so where possible series of races taking place either monthly or more regularly have been selected.

The two events completed early in 2020, the Beckenham parkrun and the Big Half will count towards this year's club championships. 7 events have been selected for this year, giving a total of 9.

The rules governing the club champs have been modified for this year, reflecting the more flexible approach. In order to qualify you will need to complete 4 of the 9 events. These should include at least one event from each distance category. The 10k, half marathon and marathon are classified as long, with the remaining events short.

Your fastest result for each race distance counts towards the club champs (so only one race per each distance).

The closing date for all races except the marathon is Sunday 14 November, for the marathon Sunday 5. December.

NOTE: Results of all races chosen should be on Power of 10 in order to count and you need to submit the races you like to count in one email after your last race and by 14 November midnight latest to Ebe Prill ebepriill@yahoo.co.uk (exception only for late marathons up to 5. December)

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

Updated information on events below.

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

Provisional programme for this year.

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

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

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

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

10k - 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

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

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.

Last Friday of the Month 5k

29 October

Ebe Prill writes...

Three of us ventured out on a wet and blustery day for the October edition of this long standing lunchtime race series in Hyde Park. We were lucky as the rain had stopped and it was only wet underfoot and somewhat windy on the undulating two lap version of the course.

Matt aimed for and achieved a good seasons best in his first 5k since 2019; going under 19:30min in a well paced run.

I had to let him go right from the first incline but managed a fairly even paced run just the wrong side of 20 minutes. But with a satisfying downhill finish that got me past the runners that overtook me on the previous incline and corners.

Gary seems to thrive on 5ks this year with his seventh over the distance so far and his second fastest of the season inside 25 minutes.

Thanks to Steve Smythe for supporting along the course!

34 Matt Cooke	19:26 (5. M40/10)
42 Ebe Prill	20:08 (6. M55/15)
99 Gary Budinger	24:53 (9. M60/14)

147 ran, first in 15:26

Cambridge Harriers Club 5 Cross Country Champs Joyden's Wood

October 30

Steve Smythe writes: Forestry work meant a change in the normal course to four 2km laps with a horrendously steep uphill and a slightly longer slippery hazardous descent each lap and lots of mud after recent rain.

This was not an ideal course for Clare with little training and still fighting long covid and dizzy spells but she was still first woman by well over two minutes.

Steve Smythe won this race 35 years ago but was 18 minutes slower here on an admittedly tougher course and the only notable thing about the run here was he unsportingly outkicked a longtime rival (who has slowed at an equivalent rate) for about the 40th time in the last 40 years.

1st W Clare Elms	37:30
27th Steve Smythe	47:23

Project 20: Week 4

How a DR tragically tries to turn the clock back to faster days

Park run was just over 24 minutes. I seem to be getting further away from my target. So, in order to jump start my training, I watched a video about Gene Dykes, who ran a 2.54 marathon aged 70. I also spent the evening with the rarely sighted DR Michael Williams (who recently completed the SDW 100 in around 18 hours).

Separated at birth?

Lee Majors played the six million dollar man who was rebuilt after a rocket crash....Michael has a few similar stories....you should ask about the time when he fainted after running a 17 minute 5km due to....yes...being allergic to bread. He even features in 24 hours in A and E as a result (true).

Lee Majors was basically a prototype for our very own DR six

million dollar runner, Michael Williams.



On Sunday, I ran to Tower Bridge in the warm rain, and on Tuesday morning I ran with Mike Mann's group. Surely, mixing with all these Dulwich Runners on and off the road, the alchemical process of becoming a runner again will surely start...Do write with inspiration about how you kick started your own running renaissance....or if you think I should feature any other DR runners separated at birth to

Ajay Khandelwal

Ashford

186 Ran
Pos Gen
22 2 Kim Hainsworth 21:30

Ashton Court

333 Ran
Pos Gen
54 47 James Auger 21:47

Beckenham Place

149 Ran
Pos Gen
53 5 Claire Barnard 26:00

Brockenhurst

126 Ran
Pos Gen
58 36 Michael Dodds 27:33
69 21 Clare Wyngard 29:16

Brockwell

Pos Gen
1 1 Timothy Bowen 17:01
23 18 Stephen Trowell 21:30
34 2 Ola Balme 22:17
35 28 Lloyd Collier 22:21
40 32 Hugh French 23:00
50 39 Graham Laylee 23:38
59 9 Susan Cooper 24:18

Bromley

307 Ran
Pos Gen
67 55 Colin Frith 23:06

Burgess

278 Ran
Pos Gen
31 6 Michelle Lennon 20:18
152 110 Andy Murray 26:03

Canons Park

84 Ran
Pos Gen
1 1 Shane O'neill 17:15

Cassiobury

262 Ran

Pos Gen
258 153 Chris Vernon 48:05

Catford

127 Ran
Pos Gen
30 23 Sam Mattu 24:57

Crystal Palace

210 Ran
Pos Gen
1 1 Ben Howe 17:22
15 14 Jamie Nicol 20:59
200 117 Bob Bell 38:55

Dulwich

274 Ran
Pos Gen
18 1 Polly Warrack 18:24
38 34 Stephen Davies 19:49
40 36 Grzegorz Galezia 19:52
48 42 Tom Shakhli 20:09
61 51 Lee Wild 20:43
86 11 Clare Norris 21:22
137 105 Ajay Khandelwal 24:29
201 55 Elizabeth Begley 27:44
271 89 Susan Vernon 42:12

Felixstowe

188 Ran
Pos Gen
102 22 Hannah Issett 28:38

Fulham Palace

240 Ran
Pos Gen
129 86 Barrie John Nicholls 25:54

Gladstone

121 Ran
Pos Gen
9 1 Becca Schulleri 20:41

Hull

451 Ran
Pos Gen
84 78 Paul Hodge 24:10

Highbury Fields

179 Ran

Pos Gen
68 54 Paul Collyer 25:05

Lloyd , Croydon

154 Ran
Pos Gen
27 3 Eleanor Simmons 25:10

Riddlesdown

87 Ran
Pos Gen
38 31 Dave West 27:40

Peckham Rye

174 Ran
Pos Gen
2 2 Adrian Russell 18:09
8 7 Charles Lound 20:07
21 1 Emma Ibell 22:03
24 18 Martin Kelsen 22:29

Mole Valley

234 Ran
Pos Gen
124 21 Lindsey Annable 30:05

Sutcliffe

171 Ran
Pos Gen
1 1 Andy Bond 16:35
34 29 Michael Fullilove 21:09
54 44 Stephen Smythe 23:46

Tooting Common

276 Ran
Pos Gen
18 13 Justin Siderfin 20:08
101 62 Ian Sesnan 24:51

Wendover Woods

111 Ran
Pos Gen
23 19 Dan Hill 25:03

Wilmslow

139 Ran
Pos Gen
23 22 James Wicks 23:06

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

Winter Map 7

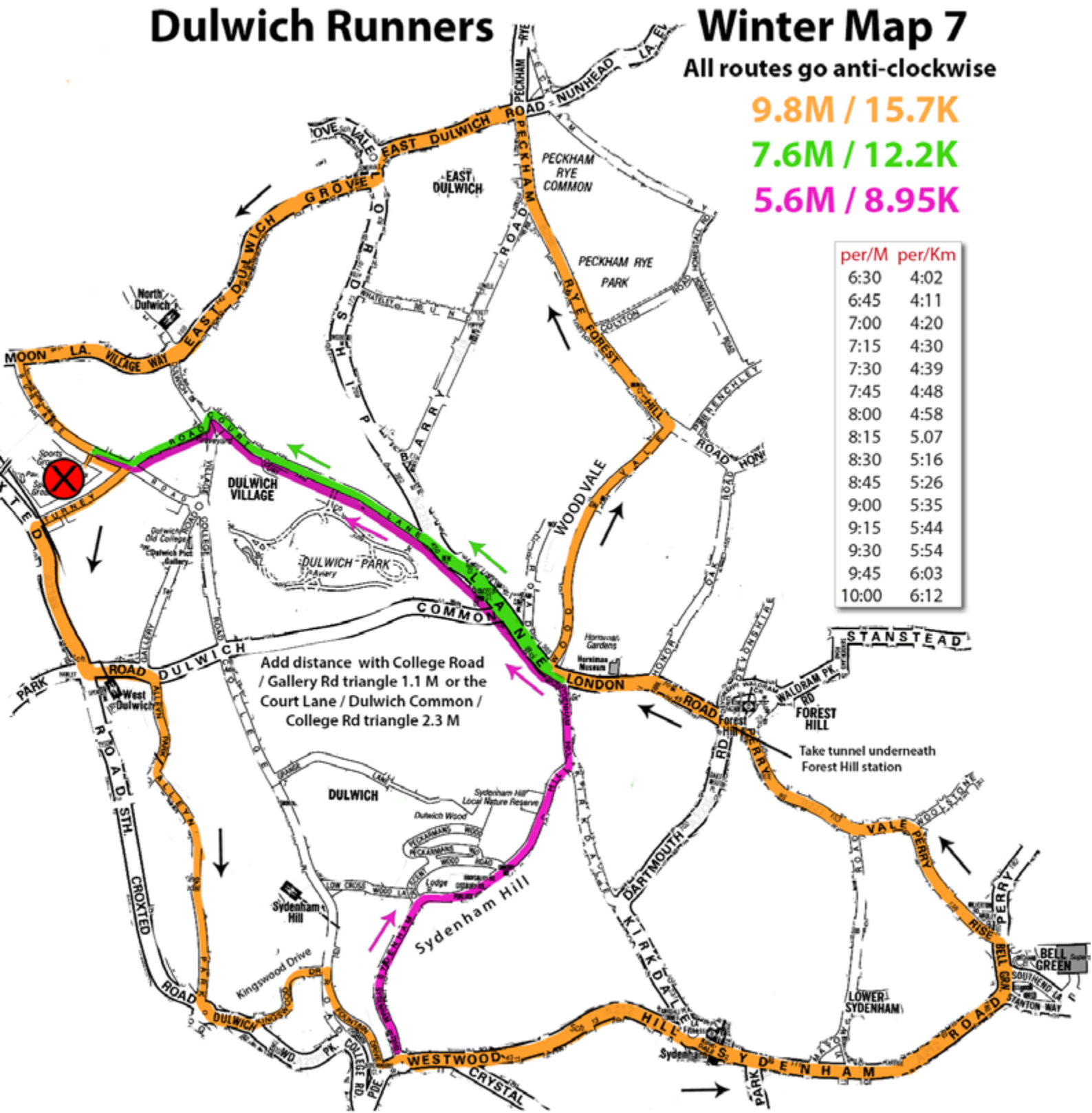
All routes go anti-clockwise

9.8M / 15.7K

7.6M / 12.2K

5.6M / 8.95K

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>