

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
October 6th 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 !

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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

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 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 - 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.

## 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](mailto:mcmann90@yahoo.co.uk)

## Thursday Morning Hills - Brockwell Park

Sessions 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	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

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**

### KIT

If anyone needs a vest for cross country I'll be at the club for the next 2 Wednesdays.

Also available bobble hats, buffs and socks!  
Ros

# 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)



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.

## London Marathon 2021

London Marathon '21  
in 3:14:47 (96:06 Halfway)

The short version: didn't expect to get under 3:15 this time, very pleased with that.

Ebe Prill writes: A good day 'to die a little' as the great Emil Zatopek once said! Started with Grzegorz who took off after a few miles. Met Ange on the course when routes merged. We ran together till halfway (telling each other: "we're too fast"; we both had a target of just under 3:20), then went slightly more cautious after 6 miles but kept going nicely to a 96 min halfway. Then Ange went ahead somewhat until I caught up again around mile 19. From there each of us had a stretch ahead until last two miles where I pushed on a bit sensing a possible sub 3:15; with Ange finishing not much behind in 3:15:38 and as her new age group World Champion!! Since this race was also the

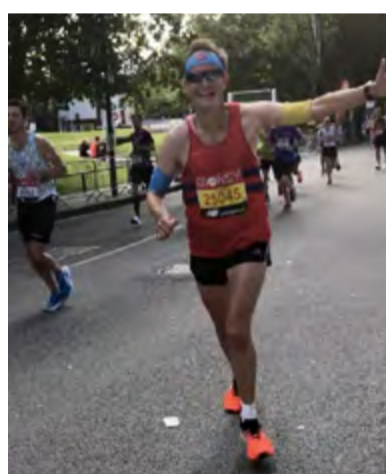
inaugural Marathon Majors Age Group World Championship to which most of us vets were invited. Extra medal in the bag at the end for all finishers but hopefully more for the winner! I came 120th in the M55-59 by comparison (half a year later my time would have been good enough for 35th in the M60-64 group, still a world away from podium with the best M60 Tommy Hughes running 2:30:46! Frightening level at the top end.)

Quite a few DRs came past from later waves. The ones I spotted and recognised: Rob Hollands, Ed Harper, a surprise Daniel Mann, Tom Wilson, Kev Chadwick and Tom South - who I didn't spot because he was probably too fast :) all finishing strongly, as did Grzegorz, a good 7 min ahead in the end. Amazing support along the course, so many DRs too! Thanks all!

My 11th marathon, 7th in London and about in the middle time-wise but felt like a win!



Ebe, Kevin, Ange, Grzegorz



Summary of the newspaper report plus a few extra words.

The London marathon is always a special event for Dulwich Runners having been the impetus for the club's original formation in 1980. At least thirty-four members completed the event in 2021 with a world championship, two top 100 performances, two club records, numerous personal best times, and great support from the roadside.

Jack Ramm (2:30:16, 89th) is getting better and better with every race and added a top 100 place in the London Marathon to his burgeoning collection of race achievements. In the women's race, Polly Warrack also finished in the top 100, taking over 10 minutes off her personal best in a superb time of 2:56:59 (67th).

The London Marathon also doubled as the inaugural world marathon championships with awards available for each age category. Ange Norris took gold medal in the W60-65 age category in a time of 3:15:38, a new club record (Ros Tabor's previous record was 3:24:05 in 2010). Claire Steward also set a new club best mark in the W65-70 category finishing 9th place in the world championships in 4:00:50, knocking 51 minutes off her previous record!

Dulwich's strength in depth was also on show elsewhere in the field, with Ben Howe continuing his excellent form with 2:32:15 a new personal best. Tom South was Dulwich's third placed male with a time of 2:38:08, his second best run at the marathon distance. It will probably be a couple of weeks to see how we fared in the overall team championships, but these are great runs.

Seven other men ran sub 3 hours - Tim Bowen (2:40:53), Finn Nugent (2:42:38), Jon Phillips (2:44:37), Andy Bond (2:51:39), Dominic O'Sullivan (2:55:30), Kevin Chadwick (2:59:16) and finally Tom Wilson achieving his long held goal with a mere 7 seconds to spare (2:59:53). Based on the Power of 10, Matthew Bouette, Charlotte Sanderson, Alex Haylett, Catherine Buglass and Rhian Stansfield all recorded excellent personal bests.

Overall Compendium of Results featuring time and gender position. Apologies if your name isn't included below as the official results have not included everyone's club affiliation! Please send in so we can update next week!

1st Dulwich Man: Jack Ramm 2:30:16 (89) PB  
1st Dulwich Woman: Polly Warrack 2:56:59 (67) PB  
Ben Howe 2:32:15 (123) PB  
Tom South 2:38:08 (289)  
Tim Bowen 2:40:53 (425)  
Finn Nugent 2:42:38 (321)  
Jon Phillips 2:44:37 (615) PB  
Andy Bond 2:51:39 (1092)  
Dominic O'Sullivan 2:55:30 (1456) PB  
Kev Chadwick 2:59:16 (1899)  
Tom Wilson 2:59:53 (1992) PB  
Daniel Mann 3:02:25 (2235)  
Steve Kendall 3:04:01 (2353)  
Edward Harper 3:06:24 (2590)  
Grzegorz Galezia 3:07:52 (2710)  
Rob Hollands 3:08:25 (2743)  
Marta Miaskiewicz 3:14:03 (366)  
Ebe Prill 3:14:47 (3305)  
Ange Norris 3:15:38 (399) (1st in World Masters) New Club Record (W60-65)  
Rebecca Watson 3:21:17 (591)  
Matthew Bouette 3:24:58 (4315) PB  
Yvette Dore 3:27:14 (839)  
Charlotte Sanderson 3:30:39 (1017) PB  
Katie Wise 3:35:42 (1338)  
Lucy Pickering 3:41:17 (1678)  
Mollie Pearse 3:45:20 (1968)  
Alex Haylett 3:47:06 (7202) PB  
Catherine Buglass 3:49:59 (2309) PB  
Barney Haywood 3:55:18 (8537)  
Rhian Stansfield 3:59:00 (3100) PB  
Claire Steward 4:00:50 (3275) (9th in World Masters) New Club Record (W65-70)  
Julia Maskell 4.01.16  
Steve Smythe 4:55:49 (16700)  
Barrie-John Nicholls 5:18:03 (18473)



## London marathon – my experience

Ange Norris writes: It was a long time coming and it's a ridiculously long way so that, with left leg issues for longer than I want to remember, I had a lot of apprehension as the day approached. But if you're ever feeling nervous all you need is the conversation I had with a lady from SLH on our way to the start. She failed completely to hide her amazement, (in fact she didn't even try), that I was on the championship start.

There was plenty of time to see friends in the toilet queue, watching other runners with an unusual range of attire. Without baggage lorries we were all wrapped up in layers of clothing that we were happy to ditch. One man was in smart checked shirt and trousers, another was in a long fur coat. I was resembling a ragamuffin in a mix of Gavin's old clothes. This all calmed the nerves and I began to look forward to the run.

I was in wave 1 so off at 9.30. I stood there at the start with Andy which was slightly incongruous but we soon parted. I don't really understand the thinking behind the wave allocations. Having waves did make the roads less congested but so many faster runners than me started behind me. I had a majority of runners overtaking me for at least half of the run. This has its pros and cons.

It must be frustrating for those behind to have to zig zag around slower runners, although with more space the first few miles were less of a contact sport than in previous years. For those at my speed though, it is difficult to stick to pace when you're constantly being passed.

On the plus side it did mean that I saw lots of fellow DRs – all over taking me but some slowed for a chat. At one point I was running with Dan Mann, Grzegorz and Ebe! I savoured that moment and thanks Grzegorz for capturing it on film.

It's the second time that I've spent most of the marathon with Ebe, completely unplanned each time. Last time we helped each other to keep the pace up but this time there were moments in the first 10 miles that I believed we might be helping each other painfully hit the wall. Despite regularly commenting to each other that we were both going too fast, we persisted with the pace, swapping the lead at times and not absolutely sure where the other was. Each of us was always lurking not far behind and ready to pull up alongside again. With his 'Only a parkrun to go', he was off but with him there it helped me to push the tired legs. Ebe had that extra bit at the very end, but roll on next year! Thanks to everyone out on the course who supported; it makes such a difference. The atmosphere was fantastic, it seemed like I didn't have a single mile without a personal cheer and it was good to see so many in the pub after.

Grzegorz Galezia writes: Having achieved my sub-3 target by the end of May, in mid-July I set out for summer holiday, without a clear decision as to my further running plans.

Summer is not training time for me - everything revolves around sightseeing, cooking, eating and drinking, combined with slightly reduced volumes of remote work. I managed to get out for one or two, sometimes three, runs a week. But surprisingly, after coming back to London I ran our DR Anniversary 5km at 18:32, which was a good sign, showing that despite the lack of training, your muscles don't forget your hard marathon training that easily. Over the two weeks since my return to London I embarked on an innovative intensive training-cum-tapering program. For a week I ran every

day and then tried to rest as much as possible during the second week.

On the race day, having due respect for the marathon distance, I didn't even think about improving my PB. I decided to take it easy and aimed for a 3:10-3:15 finish time. And that was a clever decision. It enabled me to really enjoy the marathon from the start to the very finish line. I ran conservatively and controlled my pace till mile 20, speeding up only when I got carried away by joining the faster runners around me or by high-fiving the cheering children on the course. It was fun to run alongside and chat with lots of Dulwich Runners - I started off with Ebe, then joined Ange, then Dan, Tom, Marta and Ed. At mile 20 I did a quick inventory-taking and, as

there was no sign of fatigue, I concluded that I can easily afford speeding up. It's amazing what difference it makes to run 5-10 seconds slower than your usual marathon pace. Another stimulant was the dozens of familiar DR faces all along the course, which made running much easier. On top of that you get a huge boost from overtaking hundreds of people on the last 10 km. I finished the race strong, going down to sub 4 mins./km on the last split.

To sum up, this year's London Marathon was an amazing experience! Everything felt like the good old days before the pandemic! Looking forward to more races like that. For the time being, a bit of a rest and then getting ready for the Thessaloniki Marathon by the end of November.



Daniel Mann



Alice Williams



Lucy Pickering



Lindsey Annable writes: The long awaited London marathon returned to the streets of our city and what a festival of sport participation, stellar performances, outstanding support and genuine warmth and empathy for fellow human beings. It was a day of real shared joy. Barrie described it as the best street party ever. He had received a club place a couple of years back so was looking forward to completing the race after its long absence.

Despite the shift in the marathon timing he had the misfortune or good fortune (whichever way you look at it) to be offered two filming jobs right before the race. This has been a theme over the last few years. Marathons tend to prompt offers of work. Nor was one of them a regular run of the mill opportunity but ten days playing stand-in for a well-known actor with whom he bears a striking resemblance. A fabulous opportunity but fatal timing right before the marathon.

This posed a real dilemma. In a regular job you have the certainty of taking time off as and when you need it. In the filming industry if you turn work down there's a risk it never comes back. He deliberated so long what to do that his agent rang him, enquiring whether he did indeed want the work. When Barrie explained about the marathon his agent said, 'well the marathon is on the Sunday and you are not filming that day.' Obviously his agent was not a seasoned marathon participant as he failed to understand the value of a restful taper period before the day.

The two weeks prior to Sunday just about broke every marathon taper rule in the book. Long days, unsuitable food, early mornings and not enough sleep. The role of stand-in is also exactly what it says on the tin - lots of time on feet as the crew line up cameras, get the angles right and demand multiple rehearsals to ensure everything runs totally smoothly before the big guns come in.

Marathon weekend was reached in a haze of hard work and fatigue for Barrie. Despite my offers, he did still want to go to the exhibition to pick his number up. This is probably Barrie's last marathon or so he says (where have I heard that before?) and the exhibition is, after all, very much part of that.

Saturday was his only free day so we had to battle the crowds. Our plan was to go relatively early. I went to do Beckton parkrun which had a bumper crowd of 133 runners, as opposed to their normal 40 or so, much to the delight of the Run Director. I then met Barrie by the Sunborn Yacht moored in the Royal Victoria Dock where we had a lovely healthy breakfast overlooking the water, before heading for the melee of the exhibition. The new bag drop procedure, although busy, ran with military precision and we attended a couple of talks we've heard time and time again - Geoff Wightman and Martin Yelling - but then it's all part of the experience isn't it?

On Sunday, Barrie had a start in the penultimate wave for some reason so he wasn't off til 10:45. He said the atmosphere felt somewhat sober after so many runners had already departed. He started out at a very steady pace determined to soak up the crowds' support and just enjoy it. Spectators were out in force despite the requests from the VLM organisers and were in truly full voice. As per usual the banners of encouragement festooned the course with amusing slogans such as 'Run? I thought you said rum' and 'You can run better than Boris runs

the country'.

I saw him after a very long wait on Tower Bridge (I had got there for the elite races too) and he was looking very comfortable and relaxed. With a sixth sense for where for the camera is, he even managed to be picked up by the BBC live footage. I tracked him on the app and he was ticking along nicely at an even pace until Mile 19 or so.



It was at that point the body finally gave in to the fatigue of the previous two weeks and he had a painful struggle to the end, at times feeling dizzy and nauseous. In the final mile he was kindly encouraged by one of the Ever Presents who saw he was struggling and ran alongside him offering words of support. Of course boys being boys they both had a burn up to the line! Guess who won....?

From a spectator point of view the atmosphere was as electric and even more raucous than ever. There seems to be a trend for ringing small cow bells which added to the phenomenal shouts of encouragement from random strangers who were just there to help runners along. I managed to spot a fair number of DRs although it was largely impossible to make yourself heard.

Each time Barrie runs London he raises money for the now renamed Blood Cancer UK charity. This year this function had moved from Westminster Hall to the ICA. We were thrilled to have the party on the doorstep of the finish line but our initial enthusiasm flooded away as we discovered it was on the top floor of the building. Four flights of stairs. No lift. Whose idea was that?



I think that was the straw that broke the camel's back and Barrie was decidedly wobbly when he reached the top of the stairs. A good old British cuppa followed by a massage from the one of the charity massage team revived him somewhat. Former DR member of some years ago, Barnes, was part of the massage team and came over to say hello. He used to come to Dulwich when he was training to be a physiotherapist and found the Wednesday runs an antidote to his heavy study schedule.

It was an early night for Barrie as he had yet another early start on set. This is now the third time Barrie has had filming the very next day after the marathon. Perhaps the filming Gods are trying to tell him something. The one bonus was that he received a big round of applause as he went on set. Well-deserved in my mind! Well done to everyone who ran and a big heartfelt thank you from Barrie for the excellent support from fellow DRs around the course.

Claire Steward writes: A few years after moving to Dulwich and joining Dulwich Runners I decided I wanted to run a marathon. In 2003, at the age of 51 I got a place for London, courtesy of the club. I failed to break 3:30 by a pesky 14 seconds so I obviously had to try again the following year; I shaved a whole 23 secs off my time and achieved my aim.

By then I had begun to develop a bit of an obsession with the distance and in 2005 completed London and Beachy Head, and by 2018 my total had increased to forty eight. These included thirteen London entries, Edinburgh, Nottingham, Berlin, Ljubljana, Palma, Copenhagen, Vantaa, and trail races including Bewl, Chichester, Clarendon, Coniston, Fairlands Valley, Farnham Pilgrim, Greensand, Kent Coastal, Picnic (up and down Box Hill), Seaford, South Downs and White Peak.

A few were technically Ultras, Three Forts (27 miles), Downland Ultra (30 miles), OlymPicnic (30) - the Picnic but with added miles in celebration of the resurfacing of the Zig Zag Road up Box Hill for 2012 Olympic cycling. In

2019 I deferred my London entry and in 2020 I did the Virtual London, bringing my total up to forty nine. This year was going to be a bit of an unknown quantity. All my long training runs had been done as solo efforts and the furthest I had achieved was 21 miles.



So, to marathon number fifty. No point in trying to do even-paced splits because I had no idea what that pace should be, so I just ran according to how I felt, thinking that finishing somewhere

between 4:15 and 4:30 would be just fine. Going through half way in 1:53 was a bit quick and I knew it was not sustainable but I continued to just go-with-the-flow. I stopped to have a chat with Steve Wehrle, walked and stretched when I got cramp and just enjoyed the atmosphere of a real race with the cheering crowds and music.

When I ground to a halt on Embankment about twenty spectators started a chant of 'Dulwich, Dulwich, Dulwich' and clapped and cheered when I jogged off again - how could I not respond to such encouragement? On Birdcage Walk, barely 600 metres from the finish the cramp struck with a vengeance. At the side of the road I said I needed salt and magically a packet of crisps was produced. Instant cure and an appreciation of how kind someone in the crowd could be to a total stranger. A glance at my Garmin confirmed that I was unlikely to make a sub-four finish, but as I crossed the finish line in 4:00:50, I really didn't care - fifty marathons done!



# Snowdonia Trail Running Challenge 2021

25th September

In Snowdonia on holiday I decided to start my mountain running career and enter the Snowdonia Trail Running Challenge. Distances up to 55k were available, I opted for the baby 13k, containing 430m of ascent, the majority within the first 3.5k.

Arriving at the start just outside Rhyd Ddu, low cloud obscured most of the mountainside. However, we were assured that navigation shouldn't be a problem as the route was well marked (despite also being told that an irate farmer had moved some of the arrows) and the runners in the three races before us would have trodden a trail.

A small field of runners lined up at the start, and soon into the race I surprisingly found myself in third place, with second only a few metres ahead. The leader, pulled along by her dog, had long disappeared into the rapidly thickening fog. But as promised the route was clear, well marked and there were even a couple of marshalls pointing the way. That was until about 2.5k, when having taken second place, the path stopped and I found myself on the side of a boggy

## Broadwater parkrun

Chris Vernon writes: With the return of normality to the parkrun scene I was looking at my record with the parkrun challenges. Most were coming along nicely, Alphabet, Pirates, Compass etc except for my Wilson index which was stuck on a miserable 2. I had to find a third run somewhere to boost my score to a respectable 11. I found that Broadwater fitted the bill. It is at Godalming, not far away and my route there took me down memory lane as it followed the old 'Hogs back road race' course.

The other challenge was the temporary fuel crisis so I asked myself what would Lewis Hamilton, the best driver on the planet, do when refuelling is not available. The answer' lift

hill with 20m of visibility and absolutely no idea where the route went.

Blundering around in the fog with several other runners I eventually got back on track via the help of my phone, but I found myself alone, the others I was with having taken what I considered to be a short cut. I also discovered, after taking quite a tumble, that it is impossible to run down the side of a mountain in the fog and rain whilst trying to navigate on an iPhone.

I did catch up with those who I had been with earlier and was back into third place. The rest of the race was navigated without error; though a barbed wire fence, treacherous wet rocks, slate scree, thick mud, knee deep bogs and fallen trees made it more of a Tough Mudder at times. I finished in what I thought was third place. However, the guy who was ahead of me had got lost in the fog for the second time, comeuppance for his earlier short-cut.

1	1:14:03 (dog assisted)
2 Matthew Cooke	1:25:55
32 finished	

and coast'. Anyway I got there and back without having to use my trusty jerrycan last used in Ethiopia 10 years ago ! Broadwater is a 2 lap course round part of the lake (where a family of Grebes were fishing) through woods, round playing fields, all a bit undulating but bearable. The run team were very efficient and enthusiastic, they looked as if they had been doing it for years instead of just two weeks. They coped well with a glitch in my time which was soon corrected.

So my 85th venue went to plan and Broadwater lake is a place worth visiting if you are in the area especially if you are a birder.

Chris Vernon 52.37 174th 1st MV75  
177 Ran



**To have your results here ...update your parkrun profile to show Dulwich Runners AC as your club.  
If you are no longer a member please remove DR as your club.**

## Ashford

210 Ran			
Pos	Gen		
17	2	Kim Hainsworth	20:50

## Beckenham Place

220 Ran			
Pos	Gen		
10	10	Andy Bond	21:09

## Beckton

133 Ran			
Pos	Gen		
48	8	Lindsey Annable	25:39

## Bethlem RH

66 Ran			
Pos	Gen		
3	1	Clare Elms	20:43
30	26	Dave West	25:37

## Broadwater

177 Ran			
Pos	Gen		
174	104	Chris Vernon	52:37

## Brockwell

323 Ran			
Pos	Gen		
3	2	Hugh Stobart	17:15
8	6	Martin Belzunce	18:25
15	13	Jonny Hough	19:25
23	20	Stephen Trowell	19:58
28	25	James Auger	20:16
41	36	Lee Wild	20:49
60	3	Ola Balme	21:34
87	9	Anna Thomas	22:31
109	87	Cameron Timmis	23:09
124	22	Lucy Clapp	24:04
131	24	Shoko Okamura	24:16

## Bromley

422 Ran			
Pos	Gen		
90	74	Colin Frith	23:51

## Burgess

447 Ran			
Pos	Gen		
23	20	Jamie Nicol	19:10
40	5	Michelle Lennon	20:12
75	63	Hugh Balfour	21:23
233	160	Andy Murray	26:08
250	52	Ros Tabor	26:53
447	153	Susan Vernon	51:20

## Charlton

331 Ran			
Pos	Gen		
195	147	Stephen Smythe	28:02

## Dulwich

414 Ran			
Pos	Gen		
1	1	Edward Chuck	15:03
4	4	Andrew Inglis	16:09
11	11	Joe Wood	17:03
12	12	Joe Hallsworth	17:03
14	14	Adrian Russell	17:16
19	19	Tom Shakhli	17:43
36	33	Michael Nogas	19:20
37	34	Rupert Winlaw	19:24
45	41	Justin Siderfin	19:44
58	3	Clare Norris	20:39
86	5	Madison Newey	21:31
116	13	Victoria Read	22:52
148	120	Segun Osuntokun	23:42
231	52	Clare Wyngard	26:40
233	162	Michael Dodds	26:41
238	164	Jonathan Whittaker	26:46
339	100	Claire Steward	30:56
368	214	Bob Bell	32:03
369	116	Belinda Cottrill	32:04

## Felixstowe

171 Ran			
Pos	Gen		
75	11	Hannah Issett	26:52

## Folkestone

230 Ran			
Pos	Gen		
21	18	Joe Sheppard	21:45

## Gladstone

210 Ran			
Pos	Gen		
10	1	Becca Schulleri	19:50

## Hilly Fields

223 Ran			
Pos	Gen		
32	28	Martin Kelsen	22:47

## Lloyd Park

190 Ran			
Pos	Gen		
67	6	Eleanor Simmons	26:27

## Riddlesdown

117 Ran			
Pos	Gen		
16	15	James Wicks	22:54

## South Norwood

182 Ran			
Pos	Gen		
21	19	Sam Jenkins	21:31
36	31	Dan Hill	22:42

## Sutcliffe

174 Ran			
Pos	Gen		
11	9	Michael Fullilove	20:09
165	60	Denise Brady	39:59



# 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 Winter Map 4

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

10.2 miles / 16.4 km - 151m elevation

7.2 miles / 11.6 km - 94m elevation

5.5 miles / 8.9 km - 55m elevation

All routes go anti clockwise



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