

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
August 10th 2022  
[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. 7.15 start  
£1 fee per run payable by card/device only, no cash  
Changing rooms, showers & bar available.  
Paces and distances to suit all abilities

Tuesday speed work at Alleyns School track  
track and grass intervals suitable for all abilities

## In your SHORTS this week !

- 1 General notices
- 2 Club runs & training
- 3 Fixtures
- 4 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.

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:



## 2022/23 membership renewals

**If you have not renewed you cannot compete in any race as a Dulwich Runner or take part in the club champs.**

**any membership queries contact: [barry@bg1.co.uk](mailto:barry@bg1.co.uk)**

Payment by direct bank transfer or contactless on a club night.

Full 1st claim membership £46 includes EA reg. of £16 - 1st claim membership without EA reg £30 - 2nd claim £30

EA reg is £16 and can only be arranged through your 1st claim club.

The club membership year is April 1 to March 31 (the same applies to EA reg.)

**Thankyou to those of you that have renewed**

# Club Runs & Training Sessions

## Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7:15pm...

**time you run** - Contactless payments only

**Meet upstairs in clubhouse, aim to arrive by 7pm to register, pay & sort out which group you'll run with.**

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

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

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

## Tuesday Evening Speed - Alleyns School

### At Alleyn's School

Arrive by 7pm for warm-ups before main session. Each session £2, pay contactless only (no cash).

Planned sessions . Anyone new to intervals or recovering from injury should err on the side of caution and do fewer of these - happy to advise further if you wish.

16th August

Grass: 3\*3mins @5k (90 secs recovery) then 3\*45sec (increase speed each whistle)

Track: 6\* 2 laps (60 secs recovery) – at a mix of paces

23rd August

Grass: 5 min effort @10k pace then 3 X 1min efforts (getting faster on whistle), jog back recoveries

Track: 6\* 2 laps (90 sec recovery – mixed paces)

30th August

Grass: 2\*7mins @10k pace + 2\* 3.5mins@5k pace

Track: 3-5 \* 1 lap

September our usual hill sessions October back to Crystal Palace.

Questions, feedback or advice e - contact: Tom Poynton (Coach in Running Fitness) - [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com)

Track etiquette

We are a big group and share the track with others so it's important to act safely and treat them with the same respect that we expect to be shown. All members using the track:

- give others plenty of space when overtaking or moving off the track.
- keep to the inside lanes whilst running reps, use outer lanes for warm ups, recoveries and cool downs.
- wait between reps off the track (or outer lanes) step onto the track just before they start their next rep.
- act on any instruction from a coach to ensure the safety of others.

## Tuesday Morning Speed - Dulwich Park

Sessions start 11am in Dulwich Park, we meet by the cricket nets. . We 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)

## Thur. Mornings - Brockwell & Crystal Palace Pk.

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

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)

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**

# 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:  
 Alex Loftus [alexloftus75@gmail.com](mailto:alexloftus75@gmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
 Ola Balme, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

Road & other Club Champs Assembly League Track Cross Country

Date	Race	Venue
Sep 4	Big Half (L)	London
7	HHH open (( ft. Stan Allen mile)	Tooting
8	date tbc Assembly League	Beckenham
17/18	Kent track & field masters	Erith
24/25	date tbc Southern 6/4/3 stage road relay championships	tbc
Oct 2	London Marathon (or alt. marathon) (L)	London or alt.
15	Surrey League XC	tbc
22	SEAA XC Relays	tbc
Nov 12	Surrey League XC	tbc
19	London Champs,	Parliament Hill
26	South of Thams XC 5M	Lloyd Pk
Dec 10	SEAA Masters XC	tbc
17	South of Thams XC 7M	Aldershot tbc
Jan 14	Surrey League XC date tbc	tbc
28	South of England Champs	tbc
Feb 11	Surrey League XC date tbc	tbc

\* AFD currently plans Aldershot road relays at Rushmoor Arena for 24. Sep and likes to incorporate Southern. SEAA silent on this and has relays with location tbc for 25. Sep.

## Kent Track and Field Masters

For those affiliated to Kent county (either born or resident in the county or London Boroughs of Bexley, Bromley, Lewisham, Greenwich - check with captains if unsure) the annual track and field masters champs is available for booking until 25 August.

The event will be held on the weekend of 17/18 September at the David Ives Stadium, Erith, DA8 3AT. Events include 100m, 200m, 400m, 800m, 1500m and 5000m. Open to anyone aged 35 and above.

Entry details can be found at: <http://kcaa.org.uk/onlinereg/newmeeting9.php?MeetID=9>

## Put a spring back in your stride with a Sports Massage.

Ola Balme is an experienced Sports Massage Therapist, Reflexologist (reflexology enhances wellbeing) and DR club runner.

For more details - 07506 554004 - [www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)

**Dulwich Runners**

For the latest results, personal and club records, leaderboards and runners' stats, championships standings and awards, please go to:

[app.dulwichrunners.org.uk](http://app.dulwichrunners.org.uk)

Now also available on iOS and Android. Search for "Dulwich Runners"

Feedback and requests [Andrea Ceccolini](#)  
 Please check your profiles on [Power of 10](#) and [Parkrun](#) are properly configured, so your results can be included automatically in the [DR App](#).

**Captains:** Men: Alex Loftus [alexloftus75@gmail.com](mailto:alexloftus75@gmail.com) - Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
 Ladies: Ola Balme & Kay Sheedy [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

# 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.

## Vets AC 5m

2 Aug

The final race of the VAC Battersea Park summer series took place on a warm humid evening. My time was slightly outside what I was hoping for but by no means a disaster despite slowing down in the final 2 miles and finishing drenched . Following a recent dip in form, Dave West had an improved run

Mike Mann

Mike Mann 39.43  
 Dave West 41.50

**To have your results here ...update your parkrun profile to show Dulwich Runners AC as your club. Only the results of current members will be shown....If you are no longer a member please remove DR as your club.**

### Bushy

1384 Ran  
Pos Gen  
52 52 Des Crinion 19:03  
116 110 Tommaso Bendoni 20:42

### Banstead Woods

204 Ran  
Pos Gen  
6 6 Tony Tuohy 19:44

### Bromley

432 Ran  
Pos Gen  
149 123 Colin Frith 25:05

### Harrow

187 Ran  
Pos Gen  
7 6 Sum Mattu 19:49

### Brockwell , Herne Hill

220 Ran  
Pos Gen  
78 54 Austin Laylee 24:28  
80 55 Graham Laylee 24:29

### Beckenham Place

211 Ran  
Pos Gen  
47 41 Grant Kennedy 24:00  
53 6 Claire Pepper 24:40

### Dudley

187 Ran  
Pos Gen  
11 1 Becca Schulleri 20:50

### Bath Skyline

231 Ran  
Pos Gen  
67 5 Katie Prior 24:58

### Royal Tunbridge Wells

242 Ran  
Pos Gen  
52 7 Susan Cooper 24:22

### Crystal Palace

224 Ran  
Pos Gen  
3 3 Eugene Cross 18:39  
32 27 David Benyon 23:11  
43 4 Emma Benyon 23:34  
131 31 Belinda Cottrill 28:06  
147 101 Paul Hodge 29:30  
202 118 Bob Bell 34:24

### Gunnersbury

408 Ran  
Pos Gen  
3 2 Harry Lawson 18:15

### Wycombe Rye

399 Ran

Pos Gen  
8 1 Kay Sheedy 19:53

### Mile End

259 Ran  
Pos Gen  
104 83 Barrie John Nicholls 24:41  
128 20 Lindsey Annable 25:56

### Dulwich

304 Ran  
Pos Gen  
24 21 Alexander Dodds 18:40  
38 33 Rupert Winlaw 19:39  
76 65 Robert Tokarski 22:21  
132 108 Miles Gawthorp 25:02  
134 109 James Gordon 25:07  
181 134 Michael Dodds 26:58  
261 78 Clare Wyngard 31:49

### Tilgate

377 Ran  
Pos Gen  
123 100 Gary Budinger 26:32

### Hilly Fields

158 Ran  
Pos Gen  
23 1 Emma Ibell 22:26  
80 61 Dave West 25:53  
99 19 Claire Steward 27:36  
116 78 Paul Keating 28:49

### Burgess

428 Ran  
Pos Gen  
112 93 Stephen Trowell 23:27  
141 112 Michael Mann 24:33  
329 104 Stephanie Burchill 31:22  
425 165 Susan Vernon 59:34  
427 225 Chris Vernon 59:36

### Haverfordwest

107 Ran  
Pos Gen  
30 25 Hugh Balfour 25:32

### Peckham Rye

197 Ran  
Pos Gen  
1 1 Shane O'Neill 17:21  
8 8 Joe Farrington-Douglas 19:06  
93 59 Ed Gibson 26:46

### Woking

313 Ran  
Pos Gen  
189 143 Peter Jackson 28:47

### Folkestone

272 Ran  
Pos Gen  
35 2 Kim Hainsworth 20:59

### Hereford

197 Ran

Pos Gen  
186 59 Nicola Stevenson 36:54

### Tooting Common

431 Ran  
Pos Gen  
151 104 Ian Sesnan 24:39

### Clapham Common

531 Ran  
Pos Gen  
217 155 Martin Kelsen 24:44

### Alstervorland

80 Ran  
Pos Gen  
1 1 Andy Bond 16:48

### Squerryes Winery

186 Ran  
Pos Gen  
29 28 James Wicks 22:17

### East Park

81 Ran  
Pos Gen  
3 3 Sam Jenkins 19:17

### Rothay Park

165 Ran  
Pos Gen  
71 17 Carys Morgan 25:40

### Edgbaston Reservoir

371 Ran  
Pos Gen  
222 50 Ros Tabor 27:15  
231 169 Andy Murray 27:29

### Mensola

28 Ran  
Pos Gen  
1 1 Tom Shakhli 18:25

### Sharpham Road Fields

119 Ran  
Pos Gen  
1 1 Hugh Stobart 17:35

### Sutcliffe

162 Ran  
Pos Gen  
3 3 Buzz Shephard 17:19  
4 4 Kevin Chadwick 17:39

### Charlton

149 Ran  
Pos Gen  
52 41 Stephen Smythe 26:32

### South Beach Rec. Reserve

56 Ran  
Pos Gen  
8 8 Robert Meadows 20:53

# 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](mailto: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**



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



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

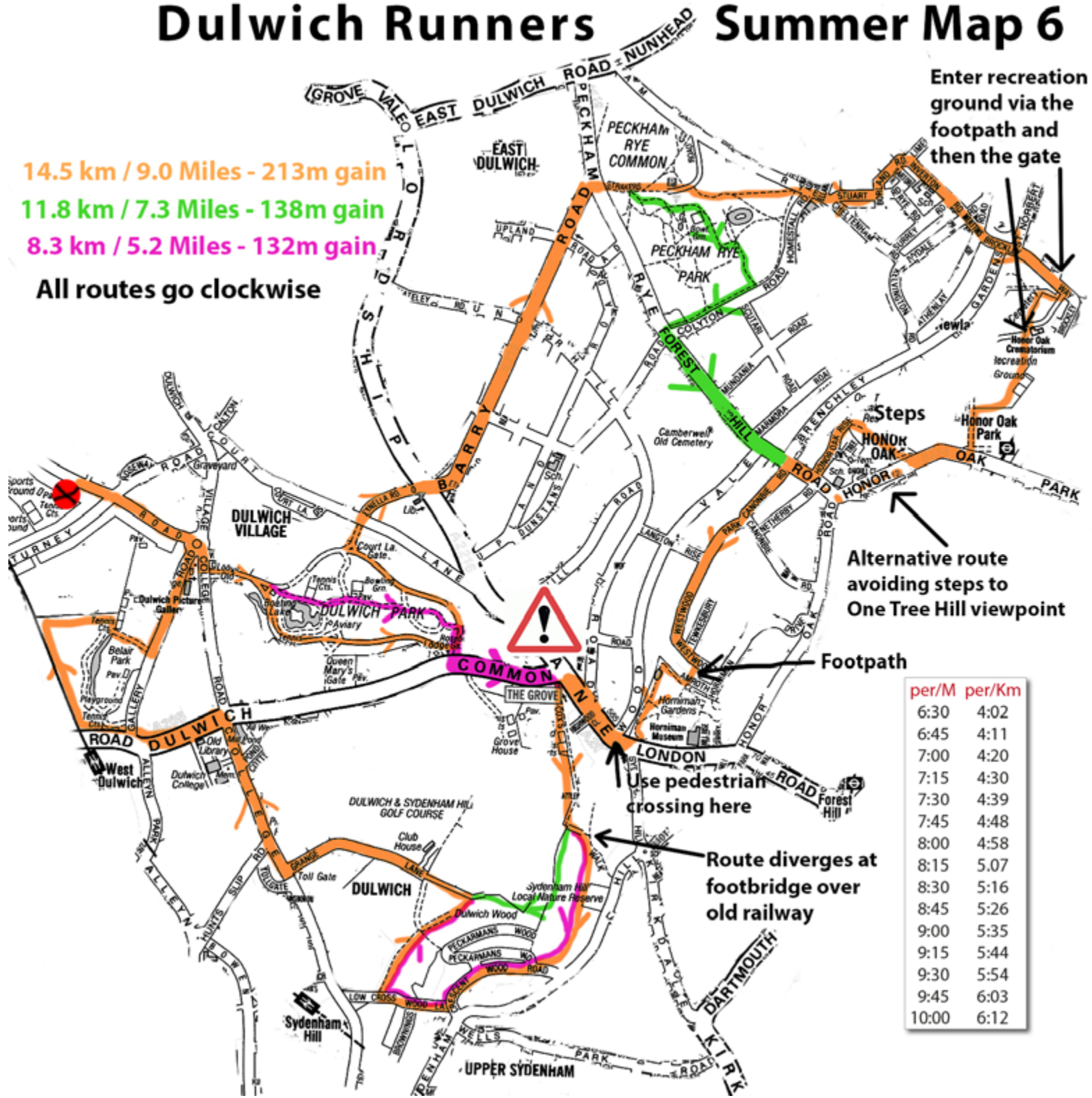
# Dulwich Runners Summer Map 6

14.5 km / 9.0 Miles - 213m gain

11.8 km / 7.3 Miles - 138m gain

8.3 km / 5.2 Miles - 132m gain

All routes go clockwise



Enter recreation ground via the footpath and then the gate

Alternative route avoiding steps to One Tree Hill viewpoint

Footpath

Use pedestrian crossing here

Route diverges at footbridge over old railway

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