

SHORTS



Dulwich Runners AC
Weekly Newsletter
August 17th 2022
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. 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
- 3 Race reports and results
- 5 Club kit
- 7 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

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

Dear Members

You'll recall that at the most recent AGM there was a discussion about how the club can do more for the local community to fill the void left by the Dulwich charity 10k. The committee has discussed and are proposing that the club make a donation to a local charity or initiative. We'd welcome suggestions on what local charity/ initiative the club donates to whilst we work out the best way to select from this list.

Grateful if you could send suggestions to ryan_duncanson@live.co.uk by the 31st August.

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.

23rd August

Grass: 5 min effort @10k pace then 3 X 1 min 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

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

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

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

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

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 Ed Chuck chuckedward@googlemail.com
 Ola Balme, Kay Sheedy, 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
29	Surrey Masters	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	Beckenham
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 aged 35 and above.

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

Stan Allen Miles, Tooting Bec

7 September

The Tooting Bec track has been relaid. Herne Hill Harriers are hosting Mile races to celebrate Stan Allen, doyen of the club for over forty years. Graded races based on predicted time from 6.30 pm starting with slowest first and then finishing with the fastest race. enter here: <https://data.opentrack.run/en-gb/x/2022/GBR/stanallenniles/>

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

Captains: Men: Alex Loftus alexloftus75@gmail.com - Ed Chuck chuckedward@googlemail.com
 Ladies: Ola Balme & Kay Sheedy dulwichladiescaptain@gmail.com

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.

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

Bradwell Short Fell race

8.8 km 450m climb

13th August

(English Fell racing Championship counter)
 I was in two minds about doing this given the heat and the haul up to Derbyshire for such a short race. However, a chance to stay with some friends overnight Saturday in the midlands for a birthday bash decided it for me, and I rose at 5.00 am for the drive to Bradwell.

It was seriously hot with my faith in the north being cooler misplaced. The race was shortened so we would not have to stand in the sun at the start, and 2 water stations were added given the concern over the plus 30-degree heat.

The race itself was a steep climb out of Bradwell on an initial loop that plunged you back down before you climbed up onto the ridge following Brough lane before a loop with a steep descent. There was then a sharp climb back onto the ridge

with the run back to Bradwell. The return had the killer short loop in reverse at the beginning.

The race for me ... well as usual I went off quick and felt good for the first 3 k or so, picking up places and thinking this was easy. My knee was fine though then I then slipped and slid down a dusty decent and it shouted at me. When I turned to the accent up to Robin Hoods Cross I hit a wall (not literally but it felt like it) in the heat and struggled. I wanted it to end quickly and staggered along the ridge to the next water station (thank god they were there). On the way down I gave my wet neckerchief to someone struggling and then basically stood under a tree wondering how Sunderland were getting on. On the last loop up a searing sharp accent a marshal said look out for the cattle watering butt to the side half way up. I essentially got into it. The effect was dramatic and I made up a few places on the arc down to Bradwell. I then lay with water in the welcoming shade tent for what seemed like hours with other fellow sufferers.

Despite all this I really enjoyed it. Made loads of new mates on the day and a great bunch of stalls at the end. I love fell races. Got to my mates later had a few beers .. went to bed. Sunderland drew. Not a bad day.

1 Matthew Elkington Ambleside AC 36.10
 162 Mark Foster 1: 13.17

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 from your parkrun profile.

Banstead Woods

225 ran
Pos Gen
15 14 Tony Tuohy 20:10

Bromley

331 ran
Pos Gen
111 93 Colin Frith 25:12
206 165 Peter Jackson 29:11

Southampton

551 ran
Pos Gen
8 7 Tommaso Bendoni 18:31

Brockwell

210 ran
Pos Gen
1 1 Thomas South 17:03
17 15 Jonny Hough 19:56
48 45 Stephen Trowell 22:35
50 47 Cameron Timmis 22:39
68 6 Lucy Pickering 23:45
86 72 Graham Laylee 25:07
160 50 Sharon Erdman 29:59

Beckenham Place

209 ran
Pos Gen
6 6 Eugene Cross 20:02

Milton Keynes

328 ran
Pos Gen
46 3 Ange Norris 23:57

Royal Tunbridge Wells

199 ran
Pos Gen
53 45 Lloyd Collier 24:35

Crystal Palace

228 ran
Pos Gen
36 1 Laura Denison 22:36
44 40 David Benyon 23:14
63 3 Emma Benyon 24:39
131 22 Joanne Shelton Pereda 28:45
217 126 Bob Bell 43:39

Wanstead Flats

170 ran
Pos Gen
9 9 Jonathan Whittaker 19:47

Dulwich

250 ran
Pos Gen
22 19 Gower Tan 18:58
32 2 Kay Sheedy 19:59
115 86 James Gordon 24:46
116 87 Robert Tokarski 24:47

Burgess

369 ran
Pos Gen
140 110 Martin Kelsen 24:06
160 124 Michael Mann 24:41
295 90 Stephanie Burchill 32:31
366 200 Chris Vernon 64:02
369 133 Susan Vernon 64:41

Homewood

106 ran
Pos Gen
34 29 Dave West 26:55

Southwark

301 ran
Pos Gen
208 137 Paul Keating 29:18

Pontypridd

174 ran
Pos Gen
5 5 Sam Jenkins 19:13

Haverfordwest

75 ran
Pos Gen
19 15 Hugh Balfour 25:21

Peckham Rye

198 ran
Pos Gen
3 3 Joe Farrington-Douglas 19:00
10 9 Justin Siderfin 20:40

Shanganagh

153 ran
Pos Gen
1 1 Timothy Bowen 16:55

Crosby

126 ran
Pos Gen
118 30 Charlotte Sanderson 40:04

Tooting Common

395 ran
Pos Gen

166 124 Ian Sesnan 25:38

Bedgebury Pinetum

126 ran
Pos Gen
9 1 Kim Hainsworth 22:04

Worthing

350 ran
Pos Gen
186 157 Gary Budinger 27:20

Margaret River

30 ran
Pos Gen
1 1 Robert Meadows 18:29

Prospect

153 ran
Pos Gen
42 7 Carys Morgan 25:24

Henstridge Airfield

72 ran
Pos Gen
1 1 Chris Lawrence 19:58

Squerryes Winery

143 ran
Pos Gen
3 3 Daniel Mann 18:40
21 21 James Wicks 22:28
78 61 Michael Dodds 28:22
85 19 Clare Wyngard 29:01

Cosmeston Lakes

81 ran
Pos Gen
48 37 Andy Murray 28:13
49 9 Ros Tabor 28:24

Karpendonkse Plas

37 ran
Pos Gen
1 1 Andy Bond 16:46

Rendlesham Forest

83 ran
Pos Gen
6 1 Yvette Dore 22:53

Holyrood

462 ran
Pos Gen
46 41 Alex Bazin 21:24

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



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

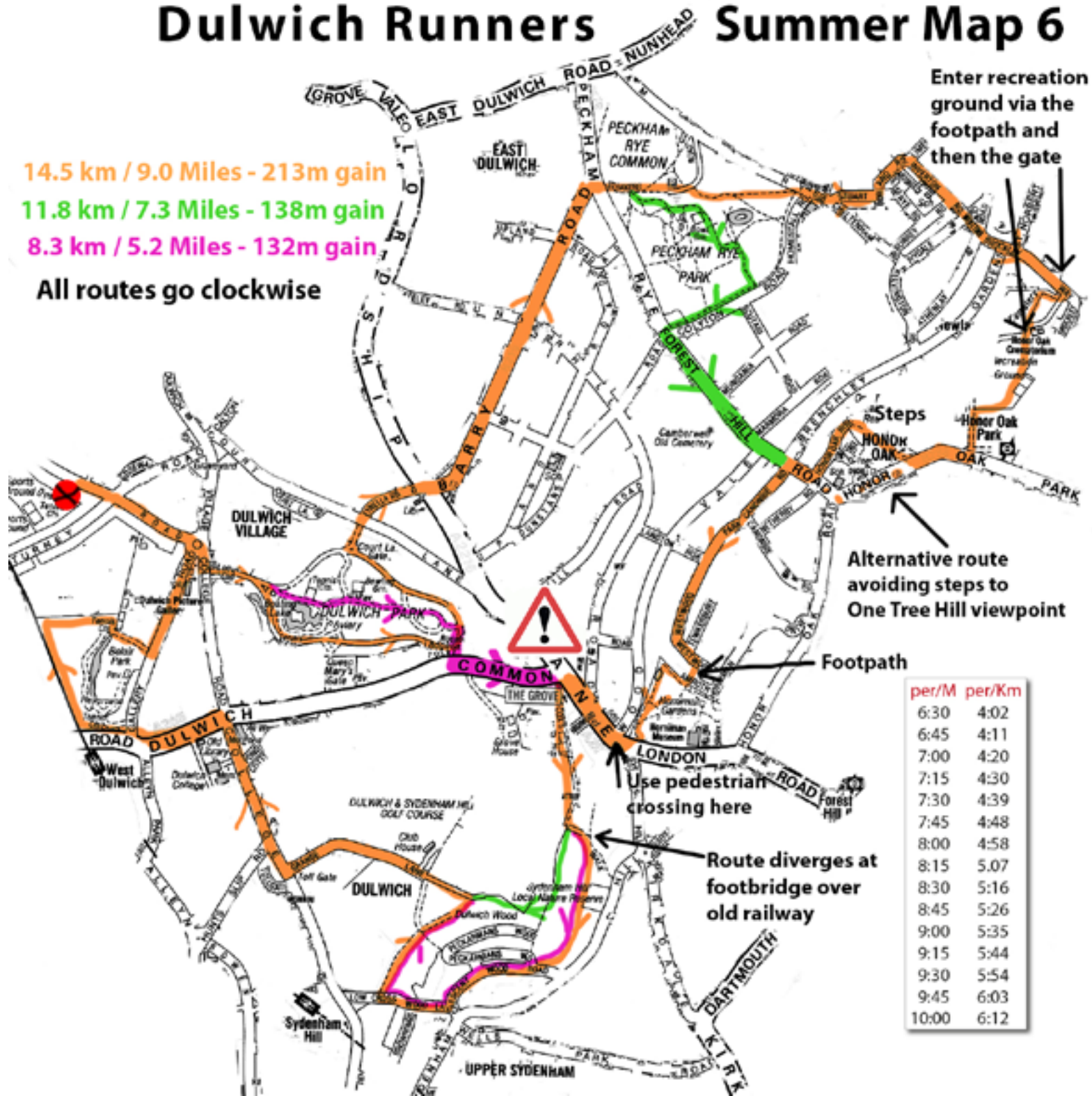
Dulwich Runners Summer Map 6

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