

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
August 24th 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
- 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

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

## 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](mailto: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.

30th August

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

Track: 3-5 \* 1 lap

## Tuesday hill training in September

7pm every Tuesday in September - Low Cross Wood Lane (opposite the College Lane entrance to Sydenham Hill station).

Please do at least 5-10 mins of gentle jogging before the 7:00pm start, with some warm-ups and drills and then main session , finishing 7:45-7:50pm . Sessions are free. Arrive ready to run - it should be safe to leave any jackets or water bottles etc.

Running up and down a well-lit traffic-free path – please leave room for pedestrians to pass.

Sessions will vary week by week, but expect reps with a variety of gradients, intensities and lengths. These should make you faster and stronger, and help with leg strength, co-ordination and technique ahead of the cross-country season.

To make the most of the sessions you should be regularly running several times a week. If returning from injury or illness etc feel free to build up gradually by taking longer breaks or do some easy running part way through the session.

If targeting an autumn marathon you might prefer to stick to what's in your plan and run your intervals on flatter ground that similar to terrain you'll be racing on. Dulwich Park opens until 8pm in September, I suggest meeting up to run there.

Let me know if you have any questions, comments or feedback. Tom (Coach in Running Fitness) [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com)

## 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**

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
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

Note: The September Assembly League Race has had to be cancelled.

\* 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/stanallenmiles/>

## After the Big Half

on Sunday September 4th, Dulwich Runners have space reserved in Richard 1st Pub from 10:30am, especially for us. A short walk from the bag collection area. Details of the pub are as follows:- <https://whatpub.com/pubs/SEL/10590/richard-i-greenwich>

## 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](#).

Home
Run
Results
Awards
More

**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.

## Cambridge Harriers Open / BMC Races Eltham

17 August

This slightly disconcerting mix of rapid speed merchants and lightly trained amateurs returned to the Sutcliffe Park oval on a slightly cool August evening. BMC to me had previously meant an expensive Swiss cycling outfit with the ever disappointing Tejay getting dropped on the first 10% climb in the Alps but I also learned that it is a venerable institution in the field of (multiple or less than) British mile racing.

In the 1500m open Clare Elms ran in a controlled manner throughout picking up the pace on the last lap to record a season's best 4:58.34 (4th) and second best time for V55 in Greag Britain this year. Chapeau.

With tremendous interest in the 400m to 1500m races the 5000m was relegated to a 9:20pm slot with just the excellent officials (including Ros and Andy) and the official Tonbridge AC YouTube vlogger Mark Hookway left to count in the final runners. Having seen the stats of the field on power of 10 my main goal was to not come last and this looked even less likely when the open race was merged with the BMC effort. My best (and only) time this year on the track was the Vets AC

championships (18:42). Even with a mere 10-15 miles a week running training I hoped my swimming and cycling fitness would help me knock some time off this by running each lap 1-2 seconds quicker than at Wimbledon.

Having done some homework I identified the "slower" runners from Herne Hill Harriers and Tonbridge and after comparing notes at the start line a plausible strategy of tailgating them for as long as possible at a slightly faster pace than my goal lap time emerged. This strategy felt like a winner after 2km with successive 84-85 second laps passing by in a blur and lofty thoughts of some 17:xx time entering into my head. Even with a slight decrease in speed I was still running with the Herne Hill, Tonbridge and a Cambridge Harriers runner at 3,000m as I sailed through at 10:36.

Pretty soon after this my lack of stamina suddenly started to bite and I quickly lost touch and had to be content with a solo time trial at about 3:49 for the rest of the race. I was even lapped twice by the winner (14:47) which was undoubtedly a first. Memo to self - choose something like the 1500m next time to reduce this risk.

Still I was pleased to get a season's best and I wasn't last - a Tunbridge Wells runner ran a great effort to smash the 20:00 barrier for the first time so everyone was happy. Finally it's all relative - better to challenge yourself and run a faster time while hanging on for dear life than have an easy race. Time for a rest as my ankle felt so stiff in the office the next day and maybe one more shot at either a mile or 3,000m before the track season is done.

Jonathan Whittaker 18:14.53 14th (15 finishers)

**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.**

### Bushy

1139 Ran  
Pos Gen  
5 5 Hugh Stobart 17:16

### Banstead Woods

157 Ran  
Pos Gen  
12 10 Tony Tuohy 20:17

### Roundshaw Downs

131 Ran  
8 1 Marta Miaskiewicz 21:16

### Aberdeen

352 Ran  
Pos Gen  
9 9 Alex Loftus 18:26  
38 36 Matthew Cooke 21:24

### Brockwell

192 Ran  
Pos Gen  
9 9 Gower Tan 19:23  
24 20 Mark Foster 21:39  
39 31 Stephen Trowell 22:36  
51 5 Lucy Pickering 23:17  
53 6 Rebecca Davis 23:27  
74 50 Hugh French 24:44  
84 58 Graham Laylee 25:22

### Beckenham Place

236 Ran  
Pos Gen  
62 43 Michael Mann 24:46  
87 15 Claire Barnard 25:58

### Highbury Fields

405 Ran  
Pos Gen  
142 15 Katie Prior 24:01

### Royal Tunbridge Wells

207 Ran  
Pos Gen  
40 3 Susan Cooper 23:20

### Crystal Palace

274 Ran  
Pos Gen  
53 52 Paul Hodge 23:47  
125 96 Michael Dodds 27:39  
153 30 Clare Wyngard 28:37  
264 143 Bob Bell 40:47

### Whitstable

307 Ran  
Pos Gen  
2 2 Andrew Inglis 18:19

### South Norwood

149 Ran  
Pos Gen  
11 11 Martin Double 21:36

### Mile End

300 Ran  
Pos Gen  
177 129 Paul Keating 28:18

### Dulwich

363 Ran  
Pos Gen  
3 2 Aaron Wilson 16:37  
7 6 Timothy Bowen 17:26  
23 2 Polly Warrack 18:46  
56 49 Rupert Winlaw 20:15  
59 50 James Auger 20:29  
103 86 Ben Boxall 22:49  
109 11 Michelle Lennon 23:02  
110 91 Robert Tokarski 23:02  
133 20 Claire Pepper 23:54  
139 108 James Gordon 24:05  
160 28 Eleanor Simmons 24:39  
230 159 Rob Mayes 27:44

### Burgess

451 Ran  
Pos Gen  
27 25 Charles Lound 19:48  
84 68 Martin Kelsen 22:02  
144 110 Hugh Balfour 23:28  
228 44 Ros Tabor 26:19  
256 164 Andy Murray 27:19  
364 116 Stephanie Burchill 31:36  
444 159 Susan Vernon 51:14

### Chipping Sodbury

215 Ran  
Pos Gen  
124 88 Tom Shakhli 29:49

### Preston Park , Brighton

373 Ran  
Pos Gen  
55 44 Jamie Robinson-Nicol 22:19

### Osterley

200 Ran  
Pos Gen  
8 8 Harry Lawson 19:42

### Peckham Rye

225 Ran  
Pos Gen  
20 19 Alex Bazin 21:02  
27 24 Kevin Chadwick 21:47  
123 39 Claire Steward 27:47  
163 93 Ed Gibson 30:12

### Croxteth Hall

260 Ran  
Pos Gen  
196 134 Austin Laylee 33:34

### Hastings

324 Ran  
Pos Gen  
19 2 Kim Hainsworth 20:27

32 29 Nicholas Brown 21:46

### Lullingstone

42 Ran  
Pos Gen  
26 23 Dave West 27:46

### Heslington

285 Ran  
Pos Gen  
89 81 Colin Frith 24:23

### Crosby

147 Ran  
Pos Gen  
85 18 Charlotte Sanderson 31:11

### Tooting Common

497 Ran  
Pos Gen  
174 122 Ian Sesnan 24:51  
371 124 Sharon Erdman 29:52

### Worthing

494 Ran  
Pos Gen  
199 164 Gary Budinger 25:48

### Haga

83 Ran  
Pos Gen  
30 24 Paul Collyer 23:59

### Clapham Common

665 Ran  
Pos Gen  
156 17 Helena Flippance 23:05

### Catford

161 Ran  
Pos Gen  
25 25 Sam Jenkins 21:35

### Marlborough Common

98 Ran  
Pos Gen  
31 24 Barrie John Nicholls 26:33  
33 7 Lindsey Annable 26:50

### Dunstable Downs

87 Ran  
Pos Gen  
5 5 Des Crinion 20:26

### Bethlem Royal Hospital

123 Ran  
Pos Gen  
1 1 Andy Bond 18:20

### Squerryes Winery

154 Ran  
Pos Gen  
2 2 Daniel Mann 18:18



# 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



**! 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



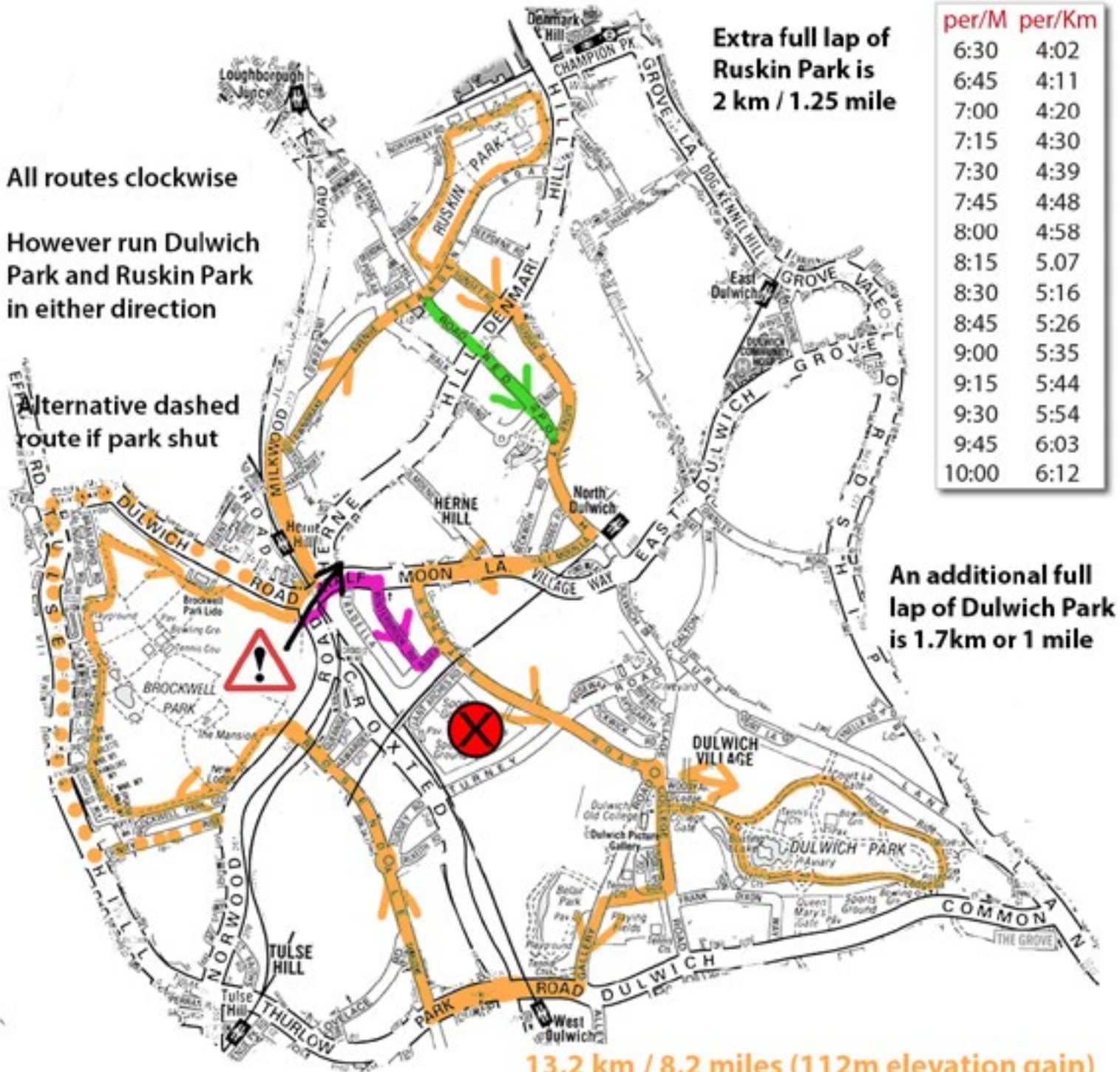
Pro Mid Layer  
1-4 Zip Top

# Dulwich Runners Summer Map A

All routes clockwise

However run Dulwich Park and Ruskin Park in either direction

Alternative dashed route if park shut



Extra full lap of Ruskin Park is 2 km / 1.25 mile

An additional full lap of Dulwich Park is 1.7km or 1 mile

Extra full lap of Brockwell Park is 2.8km or 1.75 mile

13.2 km / 8.2 miles (112m elevation gain)

11.0 km / 6.8 miles (91m elevation gain)

8.6 km / 5.4 miles (61m elevation gain)