

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
August 3rd 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.

9th August

Grass: 4\*4:30 (90 sec recovery) @10k pace with bursts of speed on whistle - change direction each effort.

Track: 4 laps (90sec), 3 laps (60sec), 2 laps (60sec), 1 lap - run shorter distances at a faster pace, can add in variety of paces or stick to fast steady for each rep.

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**

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
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

## 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/onlineregs/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)

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 5000m

27 July

This event took place on the unforgiving concrete like surface of the track at Wimbledon Park.

Despite a blistering finish, Andy Bond's time was tantalisingly outside 16.00 as he finished 2nd and 1st M40 in the final fastest race.

Jonathan Whittaker won his race by a big in a much faster time than he predicted.

I was targeting sub 23 minutes, which was slightly faster than my pace at the July Victoria Park Assembly League . I finished outside this on a sultry evening at the recent Battersea Park 5k, so this was my opportunity. I started well inside my target but slipped back later, so that with 200m to go , I needed to finish in under 45 seconds. In the end it was mission accomplished with a comfortable (???) margin of 0.18 seconds to spare. - Mike Mann

Jonathan adds: I was in race 2 with a predicted time of 19:35 that I had given six weeks previously. In the days before I used

a 3x 1600m and 200m jog recovery session at Southwark Park track a couple of days before to provide a race pace test. Feeling slightly optimistic I tried a 91 second lap strategy for 18:58 which went well.



I thought that a couple of people would perhaps run similar. A Guildford runner initially overtook me to keep out of trouble at the start but I then moved back ahead and ended up running a solo time trial for the last 4850m. I managed to stick to roughly 90 second laps picking up the pace in the final two laps to record my best 5000m/5k time (18:42.99) since December 2018.

Andy Bond	16.00.42
Jonathan Whittaker	18.42.99
Mike Mann	22.59.42

## Joydens Wood Summer Series 5km

27th July 2022

Dave West writes: Joydens Wood consists of over 300 acres of ancient woodland crossed by a mile long Anglo-Saxon defensive ditch, Faesten Dic, dating to around AD 457. There is also evidence of Iron Age activity and even a mediaeval manor house on the edge of the site. In the 1940s a few bomb craters were added to the topography and two RAF planes also left their mark, commemorated near the start by a wooden sculpture in the form of an aeroplane. More recently it's been home to a summer series of low key 5km trail races organised by Dartford Road Runners at the bargain price of £6.50 with accurate results the same day (unlike another event many of us ran in East London a few weeks ago). Starting and finishing in the middle of the wood, at pretty much the highest point, the only way is down; then inevitably up (see profile)!

Given recent struggles, I had only entered one of the three races in the series and was very apprehensive about what was trailed as a tough course. However a quick look at the other runners, and recognising a few familiar faces from the numerous local clubs at Parkruns I've done nearby, suggested that the standard was going to be quite mixed and I had nothing to fear. The first half mile descends quite steeply on a gravel path and seems to last an age, it's



followed by the first of many climbs over a very different sandy surface. That set the pattern of mixed terrain; rocky, sandy, hard rutted tracks, tree roots - you had to pick your footing carefully but I loved the variety and the thrill of not knowing what was coming next. I was glad of my trail shoes even in the dry but I can imagine that a bit of rain would add a whole new dimension. As I expected, it is very hilly and quite steep in places, but the uphill felt shorter than the downs and I seemed to be overtaking on both. Finally, there was that long climb back to the "summit" finish. Perhaps I've been watching too much cycling in recent weeks, but this really did feel like those races I watched in the TDF with some competitors coming almost to a halt and others steadily grinding their way up that last half mile/135 feet climb that had seemed so easy in the opposite direction 25 minutes or so earlier. In my case I also had to attempt a sprint finish to avoid being overtaken on the line by a Danson Runner (orange is not the best colour to sneak up on someone).

All in all, this is a great event and I immediately entered the last race in the series on 31st August, when the course will be run in reverse. Difficult to judge my performance today as this is probably the toughest 5km I'll do this year over the most varied terrain, but I was 55th in 26:33. With over 350 feet of climbing, it's probably worth at least two minutes over a flat road course so progress over recent Parkrun results. More importantly, I enjoyed the event enough to want to come back next month and had time to get back to Dulwich for a cold shower and a cold beer! There were 109 finishers ranging from 17:43 (by someone who has recently run a 2:06 800m) to 43:20

# A Slog and a Wedding Day

## MABAC Surrey Slog (Holmbury Hill Half Marathon) – 24 July 2022

Claire Steward writes: I first did this race twenty years ago and it sparked my love of longer trail races. Despite the dire warnings about it 'not being for the faint hearted' it became a firm favourite and although I missed a few years I was back there in 2021. The race HQ is the Duke of Kent School (think Hogwarts), near Peaslake in the depths of Surrey and it provides ample parking and post-race showers. The race is entirely off-road, mostly along sandy trails which criss-cross through Hurt Wood, including the trig-point at the top of Holmbury Hill. There is very little flat terrain and unlike some previous years it was bone dry and mud-free.

Having run no further than 7 miles since Leith Hill Half in April, I entered it in order to meet up with friends and recorded a massive PW (out of eleven previous results) but was still 25 minutes ahead of the final gallant finisher.



Windy on the top of Holmbury Hill (Photo by S Rencontre)

A quick shower was followed by a picnic and a visit to Watts Gallery in Compton.

Winner: 1:30:53  
71st/23rd W2:44:59  
Final finisher 3:11:13 – Total 51 men and 29 women

## Wedding Day 7k – Friday 29 July 2022

Claire Steward writes: Nearly everything about this race is slightly odd; it was first run on Thursday 29 July 1981, a bank holiday marking the wedding of Charles and Diana, it's now held on the closest Friday, and it's 7k long. It has endured way beyond that ill-fated marriage and in a few years time no-one will much care where the name came from but hopefully we can continue to enjoy this idiosyncratic evening event in the glorious setting of Bushy Park. Past junior winners include Mo Farrah and Scott Overall, with Scott also winning as a senior along with Sonia O'Sullivan.

The course is almost flat, along paths, and tracks, crossing some grassy areas where the resident deer can be seen, and the

additional 2k over a parkrun distance makes it feel deceptively hard. I previously ran it in 2014 and 2015, and knew I was going to be considerably slower seven years later.

After the race there are showers, a bar and barbecue at the race HQ at Hampton Hill Cricket Club. It's a great event, shame I was the sole representative from Dulwich, maybe add it to your diary for next year and get a 7k PB.

Winner 22:49  
282th 37:39 (2nd FV65)  
Final finisher 68:47 536 Ran

# Crystal Palace Canter

## 2 August

A small turnout due to clashes with other events and life in general. A bit breezy and overcast, but not too warm. For the first time in months, Canada Gate was open which meant that that we were able to revert to the traditional 5km Canter course which was unaffected by other events in the park, albeit still with 230 feet of ascent over the two laps.

Gold to Ian, Silver to Paul and Bronze to Claire who comments; "I got the bus to the park after having to stop running up my road after 1 min 45secs. Terrible run with Paul getting well-earned revenge for parkrun. I did pull myself together after two cappuccinos and jogged back another 5k via the Woods and Dulwich Park."



Ian Sesnan 25:48 (halfway @ 12:58)  
Paul Keating 28:27 (14:17)  
Claire Steward 28:49 (14:24)  
Timings by Bob Bell and Dave West.

# 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.  
If you are no longer a member please remove DR as your club.**

### Ancholme Valley Way

104 Ran  
Pos Gen  
3 3 Kevin Chadwick 17:51

### Banstead Woods

186 Ran  
Pos Gen  
10 10 Tony Tuohy 19:51

### Brockwell

224 Ran  
Pos Gen  
1 1 Aaron Wilson 17:08  
39 34 Stephen Trowell 22:18  
143 93 Lloyd Collier 28:30

### Charlton

158 Ran  
Pos Gen  
50 37 Stephen Smythe 25:33

### Clapham Common

551 Ran  
Pos Gen  
205 157 Martin Kelsen 24:20

### Crystal Palace

247 Ran  
Pos Gen  
36 5 Laura Denison 22:27  
52 46 David Benyon 23:32  
54 7 Emma Benyon 23:35  
58 8 Yvette Dore 23:48  
144 31 Belinda Cottrill 28:04

### Dulwich

281 Ran  
Pos Gen

15 14 Ed Gibson 18:08  
44 41 Ryan Duncanson 20:56  
86 71 Austin Laylee 22:59  
129 96 James Gordon 25:25

### Folkestone

307 Ran  
Pos Gen  
22 4 Kim Hainsworth 20:48

### Gladstone

172 Ran  
Pos Gen  
16 1 Becca Schulleri 21:01

### Harleston Magpies

43 Ran  
Pos Gen  
1 1 Justin Siderfin 20:42

### Hastings

381 Ran  
Pos Gen  
50 44 Nicholas Brown 22:02

### Ifield Mill Pond

61 Ran  
Pos Gen  
41 29 Peter Jackson 29:57

### Leazes

205 Ran  
Pos Gen  
15 15 Sum Mattu 20:04

### Lloyd , Croydon

204 Ran  
Pos Gen  
3 3 Eugene Cross 19:41

38 1 Alex Legge 24:38

### Lymington Woodside

163 Ran  
Pos Gen  
68 52 Michael Dodds 26:36  
88 22 Clare Wyngard 28:20

### Peckham Rye

206 Ran  
2 2 Shane O'Neill 17:13  
9 9 Cameron Lund 19:37  
70 59 Joseph Brady 24:04  
110 25 Claire Steward 26:35  
117 27 Ros Tabor 26:56  
149 95 Paul Keating 29:10  
180 65 Stephanie Burchill 32:29

### Richmond

300 Ran  
Pos Gen  
83 74 Barrie John Nicholls 25:22  
107 19 Lindsey Annable 26:23

### Squerryes Winery

157 Ran  
Pos Gen  
64 50 James Wicks 26:43

### Tilgate

320 Ran  
Pos Gen  
78 68 Dave West 25:13  
131 107 Gary Budinger 27:47

### Tooting Common

414 Ran  
Pos Gen  
16 2 Kay Sheedy 19:49  
133 88 Ian Sesnan 25:12

# 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



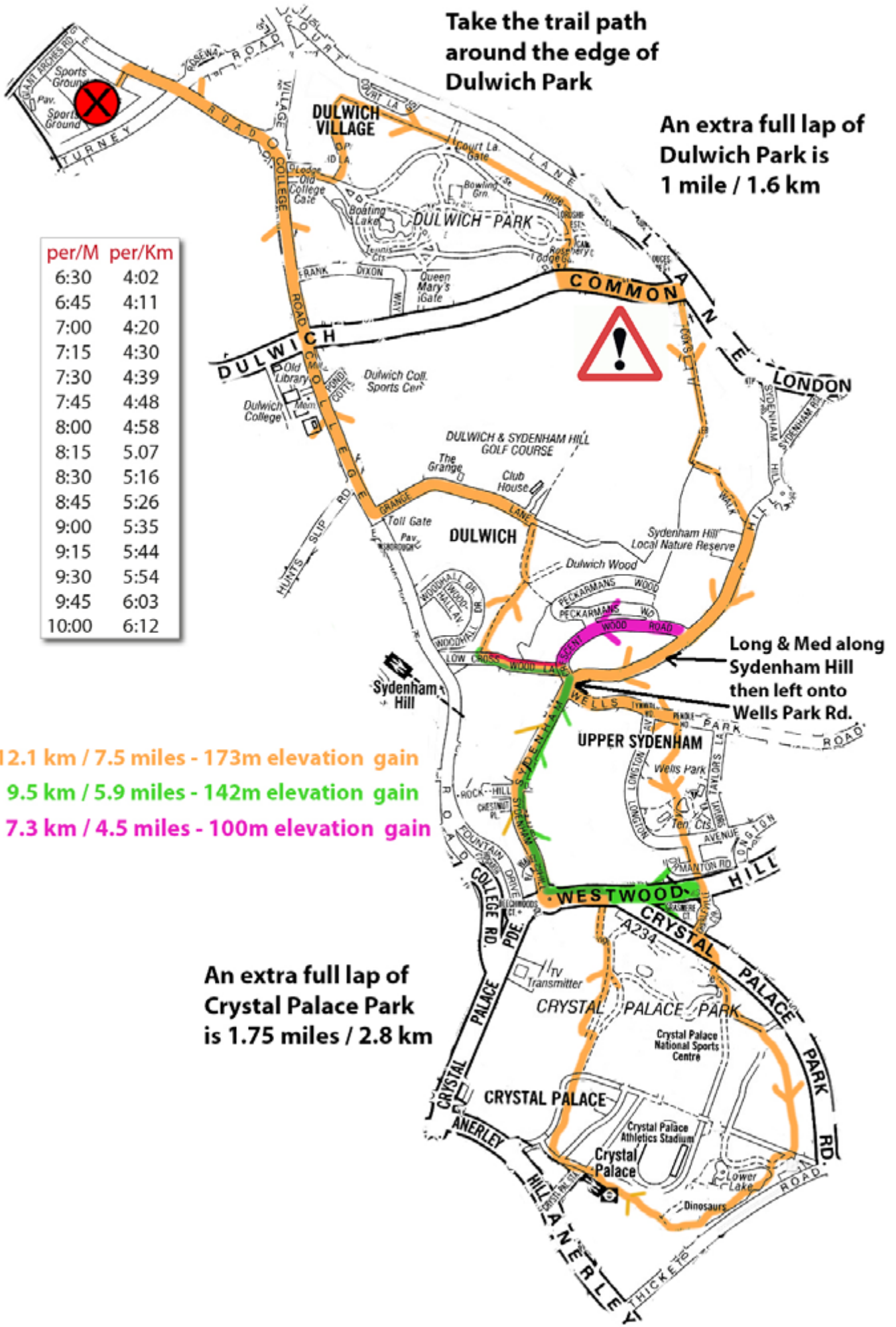
Showerproof  
Team Jacket



Pro Mid Layer  
1-4 Zip Top



# Dulwich Runners Summer Map 5



Take the trail path around the edge of Dulwich Park

An extra full lap of Dulwich Park is 1 mile / 1.6 km

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

- 12.1 km / 7.5 miles - 173m elevation gain
- 9.5 km / 5.9 miles - 142m elevation gain
- 7.3 km / 4.5 miles - 100m elevation gain

An extra full lap of Crystal Palace Park is 1.75 miles / 2.8 km