



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. - £1 fee per run payable by card/device only, no cash
Changing rooms, showers & bar all open.
Paces and distances to suit all abilities

Tuesday speed work at Dulwich College 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.

Like us on Facebook @dulwichrunners

Please remember to sign in and pay your £1 on arrival at the clubhouse for the Wednesday run

Connect with us:



It's that time of year ! - 2022/23 club membership renewals

If you have not renewed you cannot compete in any race as a Dulwich Runner or take part in the club champs. Thankyou to those of you that have renewed

You all should have recieved your renewal email, so keep an eye on your inbox.

If not or you have any membership queries contact: barry@bg1.co.uk

Please do not reply to the email unless to notify me of changes to your membership type or your details etc.

Payment by direct bank transfer or contactless on a club night. Bank details in the email. No cash or cheques
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.)

'Midsummer Relays' - Wednesday 15th June

Keep the evening free for our 'Midsummer Relays' in Dulwich Park.

These have become very popular, so we hope there will be a bumper turn out again after not being able to have them for the last two years.

It's an important evening for the club and we will need both runners and volunteers to help. If you would like to be part of a small organising group, please talk to Ange or Ebe.



Club Runs & Training Sessions

Wednesday Evening Club Runs

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

time you run - Contactless payments only

Meet upstairs in clubhouse, arrive by 6:50pm 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 - Dulwich College

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

Entry via Pond Cottages, SE21 7LE on College Rd. - Turn right in front of main center doors, follow path through bushes to track, meet at green pavilion up by tennis courts.

Track & grass intervals prep for the Mark Hayes Mile 31 May, 5k club champs races 14 June, 10k 26 June & 1m 20 July (details of these elsewhere in Shorts). Track not available from July (redevelopment) - July & August training to be advised. September its hill sessions before going back to Crystal Palace track in October.

Questions, feedback or advice on fitting these sessions into the rest of your training 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 lanes 1&2 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

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

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:
 Thomas South thomas_south@hotmail.com Ed Chuck chuckedward@googlemail.com
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Date	Race	Venue
May	5 Assembly League	Beckenham
	31 Mark Hayes Mile	Dulwich track
June	9 Assembly League	Battersea Park
	14 Sri Chinmoy (Dashing Deer) 5k	(S) Battersea Park
	26 Ranelagh Harriers Richmond 10k	(S) Richmond
July	7 Assembly League	tbc
	10 Sevenoaks 7 trail race	(L) Sevenoaks
	20 Dave Clarke Mile Night (incorporates the SOAR mile)	(S) Wimbledon Pk Stadium
Aug	4 Assembly League	tbc
Sept	4 Big Half	(L) London
Oct	2 London Marathon (or alt. marathon)	(L) London or alt.

Road & other Club Champs **Assembly League** Track Cross Country

2022 Club Champs

To complete the championship you need to finish a minimum of 5 races, with at least one in each of the short (S) and long (L) categories. - <https://www.dulwichrunners.org.uk/club-championships> - these races can fill up quickly so enter ASAP

Confirmed fixtures are:

Feb	5	S	- Crystal Palace parkrun completed
March	13	L	- Paddock Wood 1/2M completed
June	14	S	- Sri Chinmoy (Dashing Deer) 5k, Battersea Park, , 7pm
June	26	L	- Ranelagh Harriers Richmond 10k 9am (enter ASAP: https://ranelagh-harriers.co.uk/events/ranelagh-harriers-richmond-10k/)
July	10	L	-Sevenoaks 7 trail race
July	20	S	- Dave Clarke Mile Night (incorporates the SOAR mile - Wimbledon Pk Stadium, please check if entries open at https://www.herculeswimbledonac.org.uk/sprint-middle-distance-night)
Sept	4	L	- Big Half
Oct	2	L	- London Marathon (or alt. marathon)

*If you intend taking part in the Club Championships, make sure you have a Power of 10 (RunBritain) profile and it is receiving your race results correctly from parkrun and other races.
 Some people have multiple profiles or an incorrect set-up, and their results don't get updated, which makes it difficult for the club to collect all race results in a timely manner*

British Masters Road Relays Champs Sutton Park, Sutton Coldfield

Saturday 23rd April 2022

This entry is for masters athletes (anyone over the age of 35) who wish to compete in the British Masters Open Relay Championships at Sutton Park on Saturday the 23rd April 2022.

The course is traffic-free on a safe tarmac course.
 Medals will be awarded to the first three teams in each age category.
UKA registration is mandatory for entry to the championships.

Contact your captains if you're available and for further details. dulwichladiescaptain@gmail.com
 It's usually a great day out. The club pays travel costs.

Event Timetable

- Race 1 – 10:30: Women's 4-Stage - W35
- Race 2 – 10:35: Women's and Men's 3-Stage – W45+, W55+, W65+ and M75+
- Race 3 – 12:25: Men's 3-Stage – M55 and M65
- Race 4 – 14:00: Men's 6-Stage – M35
- Race 5 – 14:05: Men's 4-Stage – M45



Saturday 15th and Sunday 16th May

Team members wanted

A great weekend of running around the green belt of London. A team event; each team comprises 11 runners who each run a leg on Saturday and a leg on Sunday. Starts at Hampton Court Saturday morning, ends at Kingston at approx. 6 p.m. Sunday,

roughly following the Green Belt, taking in river and canal tow paths, old disused railway tracks, foot paths, woods, fields and quiet roads. Although it is a relay, each leg has a specific start time.

Have a look at the website – www.greenbeltrelay.org.uk

We have entered teams for this for many years and there are lots of you who regularly sign up for it. If you're a Green Belt Enthusiast or a Potential Rookie, email me if you are available and keen or if you have any questions. The legs vary in length from 6 mile to 13.5m and in degree of difficulty. We try our best to give runners legs that are appropriate to their ability.

contact Ange - dulwichchair@gmail.com or speak to me at the club on a Wednesday evening.

Contacts:

dulwichladiescaptain@gmail.com - thomas_south@hotmail.com - chuckedward@googlemail.com

Beckenham Road Relays - 18 May 7.30pm

Those interested contact your captains either on an individual basis or with complete teams of 3

Mark Hayes Mile, 31 May

The removal of Dulwich College track from early July and the busy schedule of races in June has meant that the Mark Hayes Mile will take place earlier than usual this year on the evening of Tuesday 31 May. Further details on seeding and time of races etc to follow. To take part contact Mike Mann mcmann90@yahoo.co.uk

Assembly League

What is the Assembly League?

- A summer evening race series which ran every year from 1975 to 2019 with a welcome return at 7.30pm on Thursday May 5 at Beckenham Place Park.
- Races free to enter, no need to book in advance.
- Unlike many races men and women run together.
- A competition between 15-20 London running clubs from north and south of the river.
- Extremely popular events we encourage all first and second claim members to take part whatever your standard, form or ability.

- Just turn up on the evening with a club vest and we will give you a number to pin on your vest. If you need a club vest then Ros Tabor will be happy to sell you one on a Wednesday evening!
- Races normally either 5km or 5.6km (3.5 miles)
- Usually start at 7.30pm unless otherwise advised.
- Beckenham Place Park will use the relatively new undulating parkrun course, mixture of surfaces so consider this in your choice of shoe.
<https://www.parkrun.org.uk/beckenhamplace/>
- After each race the organisers normally have a bar open for food and drink.

Dates

Thurs 5 May, Beckenham - Thurs 9 June, Battersea Pk - Thurs 7 July, venue TBC - Thurs 4 August, venue TBC

Rules

- A team's first four runners score.
- Lowest score = first place and so on.
- Unlike the Surrey League a team's 5th, 6th etc finishers impact the score of slower teams who's first four finishers place after them. This rewards a strong turnout.
- 1st place team gets 15, 2nd gets 14 so seasons end team with the Highest point total wins.
- For individual awards same applies- 1st place runner in that category getting 15, 2nd 14 and so on.
- Individual champion is the runner with the most points.

Awards

- Men's A and B team, individual, U20, M40, M45 and subsequent veteran categories.
- Women's A and B team, individual, U20, W35, W40 and subsequent veteran categories.

History

Dulwich have enjoyed team and individual success. The men are still the reigning champions from 2019, and individual and age group winners from 2019 included Ed Chuck, Mike Mann, Barrie John Nicholls, Andy Bond and Tom South.



Beckenham Running Club are organising the race on 5 May, but would welcome a few additional helpers who have some familiarity of the park. If you are able to help on the evening, contact Mike Mann.

Beckenham Assembly League

It's likely that the organisers will use the relatively new Beckenham Place Parkrun course which is a single lap layout with a mix of surfaces and some undulation. Runners are recommended to recce the parkrun course in advance. Whilst there are course markers and marshalls will be provided, faster runners would still benefit from knowing the course to minimise risk of getting lost! And to also know which technical sections of the course to run conservatively and which sections to attack (ie the grass field).

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

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.

126th Boston Marathon

Right on Hereford, left on Boylston!

You got this, Dull-Witch!

Gower

The Boston Marathon is clearly special. That became obvious long before stepping back onto US soil, after a hiatus through the pandemic.

Many things make Boston special. One of the six Abbott World Marathon Majors, the Boston Athletic Association (B.A.A.)



claim it to be the oldest continually staged marathon in the world. With 126 episodes, I suspect that is true. More certain is that its long history has embedded itself into the culture of Boston city and the many towns along the point-to-point route, from the start in Hopkinton. As a race requiring you to qualify to enter, Boston is not unique and indeed there are a few ways to circumvent having to 'BQ' – buy one of the limited tour packages, run for one of the official B.A.A. charities, get friendly with a sponsor and blag one of their places, become an elite runner... However, for a marathon of this size and prestigious nature, the vast majority of successful entrants ran the qualifying time set and beat any additional cut off imposed to maintain the field size. It was clear following several blogs and social media groups that for many, this was a lifetime

running ambition and the pinnacle. There are many other reasons this is a special marathon – more on those later.

Something perhaps a bit remarkable, was our fantastic little club fielding no less than six members. Outside of London (and perhaps Manchester this year with a dozen or so members running), that is surely unusual - certainly for an overseas marathon as renowned as Boston. [We surely must organise more overseas tours, as I learned from several members over recent months, used to happen!] Several, if not all of us, had qualified to run Boston in 2020 and/or 2021 but denied the reward due to Covid and the US travel restrictions which existed until late last November. Running any race virtually is never a match for the real thing, although of all the virtual races I've done, Boston made the biggest effort with pre and post race comms, goodies etc!

Between the six of us, training had been mixed - ranging from broadly as planned to blagging it. A combination of injuries, work commitments, competing running goals, Covid and other illnesses... but this was no time for excuses. We had all qualified, produced the requisite negative tests and made it to Boston via six uncoordinated flights. Each of us had our own race expectations and targets to aim for. In my case, an official PB was the least I was hoping for. Having run faster in two solo virtual marathons (Boston being one



Gower

of them), beating my unofficial PB was possibly more important, and this would safely secure a 2023 London GFA place, with plenty to spare. As my final WMM, getting my 'Six Star Finisher' medal would be the icing on the cake. My race plan was simple - average 7-minute mile pace (easy to remember). This was allowing for the faster downhill start and through to around mile 16 followed by successive hills through Newton, to net me 3:03:32. Anything better would be a bonus. While my first sub3 was an outside possibility, I needed to avoid blowing up early, with hills still to come, at all costs, and tried to put it out of my mind.

I'd decided to run the B.A.A. 5k the morning after arriving as a short, fast shake out. With Sunday to completely rest and the marathon on the Monday (Patriots Day). This turned out to be a good option, and was great fun with many world class elites running and getting a taste for the final stretch of the marathon course. A fleeting visit to the expo followed and I am still unsure how it was possible to leave less than an hour

later yet several hundred unnecessary dollars lighter (no it is not a rhino). Julie and I then enjoyed brunch at a favourite restaurant on Newberry, with a perfect view of the B.A.A. kids' kilometre, scholastic mile and invitational elite mile races. As a laser sharp celebrity spotter, Julie pointed out Steve Cram walking past (I think he coaches one of the elites). It seemed rude not to get a quick selfie and have a brief natter and his good luck wish for the marathon may just have rubbed off!

Sunday was planned to be a lazy rest day, with just one VERY important task at hand – to research and recce a suitable post marathon watering hole. Several of us were with our partners and I also had a couple of friends who'd flown up from Atlanta to support, so there were about a dozen of us. Not somewhere too far to walk, but not on top of the finish line in the Back Bay Area where all the bars are rammed. Must have seats. Must serve food. Beer obviously obligatory. With several recommendations from our concierge, we visited a couple of places and posted them on our DR Boston Marathon WhatsApp group. Democracy Brewing - a brewery and tap room, big long tables, food, perfectly located. Winner!

My early Monday morning walk from our hotel to the bag drop close to the finish line on Boylston, was made unexpectedly emotional. En route, I passed several homeless men sleeping in the porches of retail stores. Each of them sat up as I passed and wished me good luck in the marathon. I felt terrible having no cash but thanked them all sincerely, my eyes starting to well up with emotion. The army of volunteers is incredible, probably outdoing even London, and my bag was duly handed over and deposited through the window into one of those big yellow school busses. A short walk and then long ride in another school bus to Hopkinton – witnessing the incredible snake of hundreds of these identical vehicles, transporting runners to the start is quite a sight. The organisation had clearly been fine tuned over their 126 year history!

The 'athletes village' in Hopkinton was quite impressive, toilet queues short and I stocked up on a couple of the extra Maurten gels they were giving away free. Although the wait time was longer than ideal (similar to New York where you sit around in Staten Island for ages), the time passed quickly and the weather was about as ideal as it could get. I'd brought a stash of throwaways, snacks and foil blankets

to sit on and positioned myself against one of the marquees in the sun and chatted with other runners for an hour or so!

Everyone else had qualified quicker than me and was in the first wave, so I'd arrived later with the second wave starters. After a short walk out of the staging area in Hopkinton Middle School, we were assembled in our strictly designated starting corrals and off.

I could write endlessly about the course, the continuously undulating gradients, the crazy 'scream tunnel' from the famous Wellesley College girls, the towns along the route – Ashland, Framingham, Natick... the entire population of which came out to cheer, the fabled Newton Hills, with Boston College students helping runners up the final Heartbreak Hill.

Suffice to say, the support rivalled London, something I never thought I'd experience. I was extra glad to see Julie and my friends, Emma and Betsy en route twice. I'd watched the official course video numerous times, and now understand the meaning of 'right on Hereford, left on Boylston'. Give or take, my race went pretty well to plan. Finishing my final World Marathon Major in Boston with a 10 minute plus PB was something of a dream. I'll save the sub3 for another day!

The post race was spectacular, but I'll leave it to the others to write about that.

Josh



Back in November when registration opened, I remember debating whether to even bother. With a qualifying time 7 minutes plus faster than required, and the BAA opting for a vaccine mandate to race, I was fairly confident of meeting any potential cut-off, but after a patchy year of training in 2021 and barely even a race to speak of, let alone a marathon, could I really do it justice? In the end it was that lack of training that pushed me over the line, "What if I never run a qualifying time again?" I thought...

As Gower mentioned above, training was mixed for a number of us – in my case starting a month later than I'd hoped thanks to the most unwelcome Christmas gift – a positive Covid test. From that point on I'd told myself (and everyone else) it might be a good thing to take this one a bit easier and make sure I soaked up everything this fabled event had to offer. Such is a runner's mindset, though, that by the end of March, after a pretty decent few weeks and an unexpected PB at Paddock Wood, I had fully caved in to Gower and Grzegorz's gentle suggestions that sub-3 was on the cards. A niggle crept in though, and by the time I arrived in Boston, I'd run three times in two weeks and the doubts were back.

The logistics of the day itself are marathon-like alone – despite a start time of 10am, I was assigned to board the bus at 6:45! Taking into account bag drop before that and a 20 minute ride on the subway, my alarm was set for an eye-watering 5am. From this point on, however, it was mostly a pleasure. As Gower said, the whole city really gets into the spirit – my hotel laid on a free grab-and-go breakfast for runners, the subway was filled with nervous pre-race energy, and the army of volunteers once you reach Boston really do their bit to spur you on, as you shiver in your questionable throw-away clobber.

Anyway, to the race itself. Buoyed by a pre-race chat with Tommaso, I made my

way to the start line about a mile from Athletes Village. Despite the cold start, it was a glorious sunny day and by the time we were treated to a flyover by a couple of fighter jets, the gloves were literally and figuratively off. The arm sleeves survived a mile or two more, but they too were eventually consigned to the same fate – a Hopkinton sidewalk. Whether it was the extra few grams I'd shed, the cheers from the crowd, or more likely, the 73 metres of descent, I had started too fast, reaching the first 5k timing mat in 19:59. I kept trying to force myself to drop back from the runner in front, but as we passed wave after wave of enthusiastic supporters, it just wouldn't happen. What with the heat and the hills, I knew there were hard times on the horizon.

From about halfway (1:25:05) onwards, it was all about trying to cling on to whatever pace I could manage, extracting as much energy from the crowds as possible, and using the thankfully frequent water stations to avoid overheating (if not sunburn...). There's no doubt the hills slow you down, and this is pretty clear from the shape of almost every runner's graph on the tracking app, but I think they also offer a significant psychological boost. First of all, they're late in the race, starting at about mile 16, so you know once you're over the four giant hurdles, it's almost in the bag. But they also break up this difficult section into much more manageable chunks, at a time when 10 miles sounds more like a hundred.

I passed Shane (who I should add started after me) at some point during the final couple of miles, who was clearly too focussed on securing a fantastic new PB to hear my shouts of encouragement. Then came the famous Citgo sign which marks a mile to go. What they don't tell you about "right on Hereford, left on Boylston" is that Hereford Street is quite noticeably uphill, and the portion of Boylston Street to the finish line is approximately 12 miles long. Nevertheless, finish line reached, unicorn medal earned, time to recover and more importantly, rehydrate.

Shane

We all had different reasons for being there, a first major for me with a guaranteed entry through the time-qualifier route. I had to take the opportunity, being a first time travelling to the USA too. I trained for a PB, and only knew I'd got it when Kevin told me my result in the pub afterwards! The last 5 miles were so hard, I wasn't looking at the

time and just wanted to finish. The hassle just to get to Boston is another story...

Tommaso

I never expected to get into this race, and I was mentally drained from the previous marathon prep, so I took a very relaxed approach all the way until race day. This was most evident the day before, with my pre-race meals consisting of Guinness, pastries, one pizza and a few late-night burger buns. Carbs are carbs, right? I also didn't bother reading the instructions for race day, which meant I didn't take warm clothes for the 2-hour wait before the start (in single-digit temperatures!). To top it all off, one of my gels I had so carefully pinned to the inside of my shorts burst, covering me in sticky goo and resulting in an unexpectedly early caffeine hit as I consumed what was left.

Once we got going, however, the race was spectacular. The crowds were amazing and the route surprisingly fun. It was a brilliant experience all round. If I'd set off a little quicker I might have managed to sneak in a sub-3 performance, but my main objective was to soak it all in and



Kevin Tommaso Paul
Josh Gower Shane

enjoy it, and I got to do just that. A few rounds of beers with the rest of the "Dull-witch" group rounded off the day in great fashion. The staff at the pub probably regretted placing us by the entrance, as we proceeded to embarrass every single finisher who came through wearing a medal with riotous applause and cheers – we just wanted to celebrate their achievement with them! Overall, not a bad debut for me in the club colours.

Kevin

There's not much to say about my race, I think the problem was the lack of sleep and keeping the trip as short as possible – I probably needed an extra day before the race but unfortunately I had no choice. Running past the American Red Cross at 40km was nice, though, as I knew

I wouldn't be needing them this time! As for the Boston bars and the expo itself, they can probably all now afford some upgrades with the money Gower spent...

Paul

Training for Boston had been very patchy due to illness, work and general life, so I was nervous! It turns out that my anxiety levels were entirely justified because it was really hard! However a wonderful day that will live in the memory forever. In the starting pen we were treated to an a cappella rendition of The Star Spangled Banner, complete with a flyover from the US Air Force - even cynical Brits would struggle to suppress the goose-bumps - incredible.

Then we were off - downhill - really downhill! And it's mostly then downhill for 16 miles through some beautiful New England 'countryside' and suburban dwellings. Some memories stand-out:

1. The massive Will Smith face cut-out that some bloke had gone to the trouble of fashioning so that runners could whack with gusto on their way past.
2. Wellesley Girls School and their famous 'Scream Tunnel'. Even though we live in 2022 it's still a tradition at WGS to collect as many kisses as possible from passing runners - obviously I was only focussed on my time so swerved a couple of red-blooded (red-vested?) partakers on my way, admittedly with a spring in my step!
3. The cries of "Go Dull-witch" and "You've got this Dull-witch". Bless 'em.

After mile 16 it's not downhill; not downhill at all. Between mile 16 and 21 there are four hills which you would trot up on a Wednesday night club run, but form quite a different proposition back-to-back at the business-end of a marathon. Heart-break hill is last and it's tough - thank God for all those hauls up Sydenham Hill over the years! Then it was five hard miles into the City and into the final straight to finish. I hadn't trained properly and I was delighted to get home, less delighted with 3.17 but there you go – just proves that you need to train properly.

Then off to meet Gower, Shane, Kev, Tommaso and Josh for many beers with partners and friends. We had a blast and of course Gower was at the vanguard of cheering every runner into bar and we all succumbed to the constant cry of "you've got this Dull-Witch!"

Turns out we did.

Shane Donlon	2:53:36	1,897 overall	
Josh Willis	2:53:47	1,936 overall	
Tommaso Bendoni	3:01:04	3,490 overall	
Gower Tan	3:02:35	3,763 overall	155 M50
Kevin Chadwick	3:16:23	6,760 overall	1,119 M40
Paul Greenhalgh	3:17:39	7,100 overall	1,155 M40

BMAF Road Relays

Sutton Park

April 24

Becca Davis writes: The Dulwich Ladies' team had an excellent morning of racing in the Midlands on Saturday. A 10:30am start meant rising (rising for the majority) at dawn for the majority, to board the train at Euston. "Where is the nearest decent coffee?" was the first question on everyone's lips as we assembled close to the starting bus. No tent, or canopies here – you get a vintage open-top double decker at this race!

The undulating course at Sutton Park had a few sharp bends, and an uphill finish. The weather was set fair, but everyone agreed the gusts would make it tougher. Most of the competition came from local clubs. Running orders were mixed with some teams opting to field their strongest runner first, and others last.

W55 – 3 Legs

After some initial confusion, the organiser decided to start

the W35 and W55 races together. **Michelle Lennon (21:31, 2nd W55)** had an explosive start and was inches behind Kay Sheedy as they rounded the bend into the first climb. Michelle claimed she'd lost her running legs after shifting focus to cycle training, but we beg to differ. Cross training on the bike is only making her stronger. Michelle came flying towards the finishing line to win the first leg, a second ahead of Ruth Hutton (South London Harriers). Michelle was also the second fastest W55 of the day, so huge congratulations are in order!

Ange Norris (22:07) was ready on the start line to continue Michelle's great work. She sped down the hill alongside Alice Smith (SLH, 21:47) and was looking very strong as she turned the first bend. Ange has been suffering from sharp upper leg pain in recent weeks so was a little wary going into the race. I know what it's like to run with pain, but I've always been able to stop, stretch and walk it off. Ange battled on, gritted her teeth, and kept Smith in her sights. Big kudos to her and congratulations on another exceptional run – seventh W55!

Ola Balme (22:16) continued her impressive form from the cross-country season and had another cracking run. Beginning her leg 19 seconds behind SLH, Ola not only reclaimed the lead, but also managed to widen the gap to over 30 seconds! I missed her finish as I was on the course, but Ebe captured the moment she ran through the winner's ribbon to take first place for the team and ninth W55!



W55 Results

Pos.	Team	Total Time
1	Dulwich Runners AC	01:05:54
2	South London Harriers	01:06:28
3	Bristol and West Athletic Club	01:07:15
4	Les Croupiers	01:09:01
5	Steel City Striders	01:09:16
6	Datchet Dashers	01:11:23
7	Bristol and West Athletic Club	01:11:37
8	Cannock & Stafford AC	01:17:22
9	Middleton Harriers	01:21:54
10	Vale Royal AC	01:23:42

W35 – 4 Legs

Kay (19:14, 3rd W35) had a superb run from the start. She held her incredibly strong pace well through the tough second K and tore down the hill in the fourth. In an exhilarating battle with Sale Harriers (Louise Whittaker, 19:16), Kay kicked hard to win the leg. After accounting for scoring errors (these seem to have been resolved in a later version of the results), I make Kay the third fastest W35 on the day! Hopefully her medal will be posted to the Club soon. Sub 18min on a flat road course incoming!

Katie Smith (21:44) was raring to go and had another excellent race. She held firm despite being surrounded by an extremely strong field. For context, the winner of the second leg (Carol Parsons, Cheshire Dragons) ran the course in 18:31 (2nd W35), and four others ran it <21 minutes. Katie was looking in her element as she sprinted to the finish, pipping Vale Royal (Anna Begbie, 20:30) to fourth place for the team. Another impressive run and one Katie should be very proud of!

I met **Sue Cooper (23:02)** for the first time at the race and quickly learned she prefers longer races – a half is probably on the short side for her. Despite her partiality for endurance races, she had a fantastic run over the “short” course. Sue’s fourth and fifth Ks were particularly noteworthy as she managed to sustain her pace going down the hill into the final undulating K. This hard work resulted in her retaining the team’s fourth position. Moreover, she widened the gap ahead of Vale Royal to 23 seconds.

I (**Becca Davis, 23:33**) was the fourth leg. Thankfully I didn’t know how fast this leg was going to be, or what role the

anchor was expected to play for some teams, until after the race. Seeing Sue close on the finish, I set off blissfully unaware of the gap between me and the next runner. I only knew the team had got us to fourth place, so I had to get to the finish as quickly as I could. Tipton Harriers’ fourth had started almost 3 minutes before me, so it was highly unlikely I’d catch-up.

Running solo, and sceptical about my Garmin’s accuracy, I probably ran the first K much too quickly. Despite my best efforts to sustain the pace, I was overtaken going up the hill in the second K by a Vale Royal vest (Helen Smith, 21:39). And shortly after, was caught by a Datchet Dashers vest (Emma McKechnie, 21:32). Feeling rather demoralised – two places lost, this isn’t a disaster (yet!), keep going – I pushed on and hoped to avoid losing more ground.

Although the Team had afforded me a massive 2:58 minute head start, I was no match for Charnwood AC’s Gemma Steel (17:08, 1st W35) who literally flew past me in the third K. A few seconds later a Westbury Harriers vest (Lucy Richens, 20:17) - who had already been caught by Steel - effortlessly passed me to charge up the next hill.

Hoping there wouldn’t be yet another (as I later discovered) GB Athlete on my tail, I knew I had to keep going and finish. The sight of the ladies’ team cheering me on as I came round a bend close to the final uphill stretch was a much-needed tonic. I managed to add some speed and finish the race strongly. The team came 8th place overall.

A brilliant day out for Dulwich Ladies! Thanks again to the Dulwich Men’s team for their support and course tips at the start. Also, a big thanks to Ross and Andy for expertly facilitating the race.

W35 Results

Pos	Team	Time
1	Cheshire Dragons	01:20:59
2	Sale Harriers	01:21:57
3	Tipton Harriers	01:22:19
4	Charnwood AC	01:24:04
5	Vale Royal AC	01:26:02
6	Datchet Dashers	01:26:21
7	Westbury Harriers	01:26:45
8	Dulwich Runners AC	01:27:33
9	Les Croupiers RC	01:28:50
10	Cheshire dragons	01:34:52
11	Datchet Dashers	01:37:49*
12	Bournville Harriers	01:44:31
13	Les Croupiers RC	01:44:51*



Sue, Michelle, Ola, Katie, Becca, Ange, Kay

British Masters Road Relays Sutton Park

April 24

Steve Smythe writes: Run at this venue since 1989, this is the best club event for those over 35 years old and it's a very tough course but recognised as the best relay venue in Britain for both seniors and masters hosting both National senior events in April and October.

The women made up for a poor turn out from the men who could only field two M55 teams by taking gold in an exciting W55 race and also getting top ten in the younger W35 race.

Considering we have so many good male master athletes aged over 35, it is very poor that we failed to field a single runner in the M35s and M45s.

This really is one of the best club events you can do in a great setting and competing for your club in a National event should be a priority rather than choosing some event to do individually. Personally, I have pretty much done this event every year since I turned 40 and even though health issues and lack of training mean my runs are terribly poor compared to what I used to be able to achieve, I would never not turn out if I could be of use to the team. Luckily it looks like I am no further use.

Next year the event will probably return to May and we should make efforts to have teams in all the age groups, M35-44, M45-54, M55-64, M65 plus, W35-44, W45-54, W55-64, W65 plus and we would certainly be in medal shouts in more than half the events if everyone available put this event higher up their list of priorities and stayed healthy.

The club assists with travel and it would certainly add to the atmosphere and club presence if we fielded more teams.

W35

While the W55's had huge experience of this course, three quarters of the W35 team were making their debuts with only Sue, who lives in Birmingham, having previously competed.

Kay got the team off to a superb start and led home all the runners by a few seconds on the opening leg with what was probably her best ever run for the club and equates to her best ever 5km.

Katie Smith has been a revelation for the club in her first cross-country season and despite being put in a tough spot for her first major relay, out ahead in a National event, she ran sensibly with a performance surpassing her 5km form. Sue also ran well in advance on what her

recent parkrun form (24:52 in her only one on past month) and this was almost three minutes better and kept us well in the top ten.

Becca Davis had the final leg and she too raised her game significantly with a performance way in advance of any previous form for the club and suggests her parkrun PB will soon have a major revision and the club finished an excellent eighth.

8th 1:27:33

Kay Sheedy	19:14
Katie Smith	21:44
Sue Cooper	23:02
Becca Davis	23:33

W55

The club women previously gained gold medals in this event in 2008, 2017 and 2019 (the last time the event was run) as well as winning three other medals and so this was our fourth gold medal and makes us the most successful ever club in Britain in the age group.

Michelle had been in the winning W45 team in 2016 and won W45 silver in 2017 and W45 bronze in 2014 and she made it four medals in four appearances though this was her W55 debut.

She actually won her leg by a single second coming in just ahead of South London with Bristol and West third with Jill Harrison who was the 1986 British senior 10,000m champion in 33:27 and ran in that year's Commonwealth Games for England.

Michelle's time was the second best in the whole competition and gave her the individual lap silver medal.

Ange Norris was not quite in her very best form but though South London got by she kept close in second which enabled her to eventually win her fourth gold (W45 gold in 2016, W55 gold in 2017 and 2019) and fifth medal.

Captain Ola kept her cool knowing the toughness of the big hill and had closed little over the first mile but she passed her opponents on the second half and by the finish had pulled out 34 seconds on South London with Bristol and West the other medallists.

Surprisingly perhaps Ola had not competed here since 2015 but in the 2008 to 2015 period she won a W35 and W45 gold as well as a W35 and W45 silver and a W45 bronze so this was her sixth medal.

1st 1:05:54

Michelle Lennon	21:31
Ange Norris	22:07
Ola Balme	22:16

M55

We have previously medalled in this age group - our only men's medal while the women are well into double figures but most of the men here have spent almost as much time in hospitals as training and it was a triumph just fielding two teams

with a late Achilles injury meaning team changes and many of the previous best M55's also out of action due to health issues.

While most age groups were slightly down in numbers and Covid caused some teams to pull out overnight, the M55 age group was thriving number wise with over 40 entries when numbers are usually in the 20's.

All three of our A team ran in 2019 and this time Ebe was 30 seconds faster, Tony nearly two minutes slower and Steve over three.

For Tony it was easily his best run of the winter - a run that would equate to around 18:30 for a flat 5km when his best parkruns this year have been ultra consistent 20:24, 20:24, 20:25 and 20:27 on the relatively tough Banstead course. Even though well below what he might have achieved pre-Lockdown, the club M60 records still look doomed after July judging by this race.

He still made it hard for himself by pretending he was still aged 40 for the first mile and ended up around 20 seconds down on a couple of local runners from Kent and Herne Hill in the last mile having been around 20 seconds ahead of them after the first mile!

Ebe ran more sensibly and more steadily and was on a par with recent parkrun form and was inside 21.

Steve Smythe was eight minutes down on his best M50 time (on an admittedly easier course) and five minutes down on his 2013 run when Dulwich won bronze medals in this event.

It was a trip down memory lane in his definitely last race here in the M55's as he set off level with the runner who he had outkicked in his best ever race in 1988 at the Mitcham 25km as he plummeted ever further down the field then ended up chasing up the hill a Herne Hill runner who had been in his training group in 1973 a but fell a second short as HHH just got the better of us.

A 25th 1:05:01

Tony Tuohy	19:36
Ebe Prill	20:50
Steve Smythe	24:35

The B team were reasonably even matched and were all within a minute of each other. Dave was making his course debut and had a very lonely run on leg three and did well to be fastest while Gary and Ian were reasonably close to their times in 2019 despite being three years older if not wiser.

M55 B 33rd 1:16:01

Gary Budinger	25:15
Ian Sesnan	25:44
Dave West	25:02

The AW report is here <https://athleticsweekly.com/event-reports/new-winners-at-bmaf-road-relays-1039955923/>

Highgate Harriers Open Parliament Hill

20 April

As I'm sure Usain would agree, it seems poor value for money to spend a whole evening just running seconds, so I'm always tempted to enter more than one event. This time a 1500 metre race could be combined with a proper sprint at the unusual 300 metre distance. Only two other DR men have recorded this distance so a chance to feature in Andrea's App. Lloyd Collier holds the record at 40.56 seconds.

Warm up was a jog from the tube and straight out to my 1500 heat. One pair disappeared off and after getting clipped on the first bend I decided to pull to the front of the chasing pack. Still leading them round the final bend I started to flag and got overtaken in the final straight. They thanked me for providing protection from the headwind, so maybe it wasn't the best tactic. Still a few seconds off my PB and the glamour of a sprint yet to come.

I was still getting my breath back when they called the first 300m heat. I chose a kneeling start because I could still barely stand. Luckily I had put a conservative estimate down so I was

racing a V70 and a couple of kids and avoided humiliation, and now claim 3rd best ever DR pace (out of... 3).

Des ran the 5,000 after his international triathlon season and a weekend of snowboarding. He started fast and ended 6th (and first vet) in his heat.

I do recommend track events for a change, the heats are seeded so it's not as scary as it sounds and it would be fun if there were more DRs to support each other.

Joe Farrington-Douglas

1500 heat 3 of 4

6th Joe Farrington-Douglas 4:49.51

300 heat 1 of 3

2nd Joe Farrington-Douglas 46.08

5000 heat 1 of 2

6th Des Crinion (1st M35) 18:27.87

BMAF Relays

23 April

Dave West writes: it's all Gary's fault – he made me do it. A 12-hour day of mostly travelling just to run a long 5km in a country park in the West Midlands. However, Sutton Park, at 2,400 acres, is one of the largest urban parks in Europe and is designated as a Site of Special Scientific Interest, a National Nature Reserve and a Scheduled Ancient Monument so can't be all bad. More importantly, it is to relay running what Parliament Hill is to XC and I've been there twice and never run, although an old Garmin watch of mine has...attached to someone else running a different course!

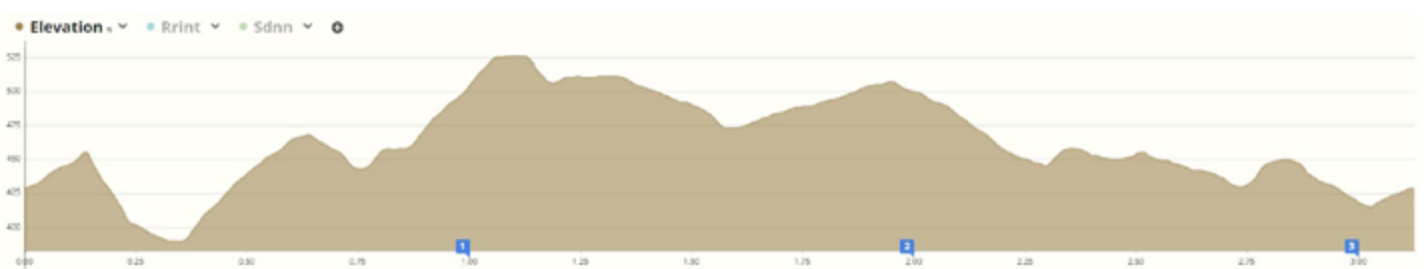
This time I got to run in the M55 B team – average age 63¼. Reflecting that Gary Budinger, Ian Sesnan and Dave West are typically around the 24-minute mark in a Parkrun give or take, team tactics were simple and agreed in advance. Gary would use his 800m speed to take an early lead, handing over to Ian who, lacking a bit of recent fitness, might lose a few places, Dave would then storm through to regain the lead using his complete lack of 800m speed. What could possibly go wrong?

After earlier successes for the Dulwich women, it could only go downhill for the club's slowest runners of the day. Gary had a hard day out, reversing the original plan on the fly, to hand over in 25:15, Ian then sped off to hand to Dave after cruising round in 25:44. Dave had a largely solo run, catching an M65

after a mile and closing on another M55 runner from Datchet who ran a slower leg time but had too much of a head start on him at the handover. Finishing in 25:02, Dave's run was probably on a par with his better parkrun times allowing for the conditions and he ran fairly even KM splits based on Strava's Grade Adjusted Pace. We could do no more and were 33rd and last in our age category so the tactics very nearly worked but perhaps need "refining" a little.

The course was officially measured at 5.08km with (unofficially) over 200 feet of climb, nothing too steep but lots of small ups and downs and a couple of sustained inclines (see profile). There was also a strong wind to contend with at various exposed points on the course and dragons (the Cheshire variant apparently). Few of the Dulwich Runners I spoke to were totally happy with their performances and all found it tough. Looking at recent 5kms/PR times, most were at least 30 seconds down and many a minute or more slower.

All that remained was an eventful trip home. Issues with our connecting service resulted in us missing the London train and having to spend an hour at Lichfield Trent Valley, which is a mile out of the city and six miles from the River Trent, so slightly misnamed. As a station, it is famous only for a rail accident on New Year's Day 1946 where the express fish train crashed into a passenger service killing 20 people. The numerous enticing arrows around the station take you on a magical mystery tour of both platforms and across footbridges leading to the locked door to the café. Local sources confirmed that there was nowhere else within a mile to get refreshments so not the best place to get stuck for an hour, but Sutton Park was lovely though...



250th parkrun milestone - it took a while!

23rd May 2022

A small but select group of DRs joined me on my 250th parkrun at Old Deer park. I completed my first parkrun in December 2007 so it has taken nearly 15 years to hit this milestone. Back then I'd been in a few wilderness years of chronic injury and thought I'd never get back to running regularly, so hitting 250 had never been on the cards. As one of the smaller events, Old Deer always reminds me of my first parkrun at Wimbledon Common where there had been just 67 runners.

Jo, Claire and Paul made the trek to the South West outpost of DR. It was great to see Jo running, after struggling with injury herself. Paul is also on the comeback trail from injury and posted his third fastest time this year, although forgot to bring

his barcode so it wasn't recorded unfortunately. Claire was pleased to get the VW70 course record as she continues amassing her new age category achievements. Barrie has had a run of strong performances and this week was no different.

I was also joined by quite a large group of parkrun tourists who I occasionally run with. Old Deer ticked the box for a new location as well as being a 'prime' number I am told! Whilst I don't advocate churning out noxious exhaust fumes to travel to new parkrun locations every week, the tourist trail has given the group a shared purpose and new friendships which they all value immensely.

We had hoped to get a DR group photo but Barrie had gone awol on his cool down. Rumour had it that he only pitches up for photos when a celeb is involved so I should have cobbled Vassos Alexander who was running the course with his daughter! Thank you again to Claire, Jo and Paul for their support.

Lindsey Annable

There will be Cake!

Chris Vernon writes: I hope that as many DRs as possible will join us at Burgess parkrun on Saturday to celebrate Sue's 250th run and coincidentally my 350th.

**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.**

Ballina Coast

90 Ran
Pos Gen
2 2 Tim Taylor 18:37

Beckenham Place

249 Ran
Pos Gen
9 7 Sam Jenkins 19:08
175 121 Paul Hilton 30:18
190 52 Hannah Harvest 31:53
192 54 Claire Barnard 31:55

Brockwell

264 Ran
Pos Gen
1 1 Timothy Bowen 17:12
22 21 Edward Simmons 19:51
54 47 Robert Tokarski 22:07
66 8 Christiana Campbell 22:56
96 71 Martin Wagner 24:48
105 76 James Gordon 25:07

Burgess

474 Ran
Pos Gen
1 1 Joe Walker 16:25
54 48 Charles Lound 20:10
91 6 Alice Williams 21:30
114 98 Hugh French 22:21
411 150 Stephanie Burchill 34:06

Clapham Common

652 Ran
Pos Gen
413 121 Shoko Okamura 28:14

Crystal Palace

286 Ran
Pos Gen
110 84 Paul Hodge 25:43
112 17 Carys Morgan 25:46
237 138 Bob Bell 32:03

De Montsouris

27 Ran
Pos Gen
1 1 Lewis Laylee 16:57
15 14 Graham Laylee 25:53

Dulwich

449 Ran
Pos Gen

4 3 Aaron Wilson 16:08
5 4 Joe Hallsworth 16:24
11 10 Robert Emes 17:17
24 22 Andrew Inglis 17:59
26 24 Mark Callaghan 18:15
50 43 Rob Fawn 19:28
52 5 Polly Warrack 19:32
55 7 Lucy Mordaunt 19:47
64 9 Yvette Dore 20:09
84 68 Martin Kelsen 20:57
115 15 Victoria Read 21:55
143 109 Giles Robertson 22:38
175 29 Teresa Northey 23:33
215 156 Gower Tan 24:46

Finsbury

529 Ran
Pos Gen
52 45 Des Crinion 21:29

Hilly Fields

220 Ran
Pos Gen
44 38 Hugh Balfour 22:51

Hasenheide

121 Ran
Pos Gen
2 2 Thomas South 17:07

Hastings

308 Ran
Pos Gen
38 33 Nicholas Brown 22:34

Lullingstone

45 Ran
Pos Gen
7 7 Justin Siderfin 22:52

Leamington

400 Ran
Pos Gen
65 3 Laura Vincent 23:26

Mile End

281 Ran
Pos Gen
4 4 Harry Lawson 18:27

Milton Keynes

413 Ran
Pos Gen

94 75 Joe Sheppard 24:55

Old Deer Park

133 Ran
Pos Gen
37 35 Barrie John Nicholls 24:33
46 7 Lindsey Annable 25:24
55 9 Claire Steward 26:12
63 12 Joanne Shelton Pereda 27:01

Peckham Rye

253 Ran
Pos Gen
24 20 Wander Rutgers 20:41
51 42 Lee Wild 22:32

Rickmansworth

392 Ran
Pos Gen
189 54 Becca Schulleri 28:58

Riddlesdown

141 Ran
Pos Gen
20 15 James Wicks 22:38

Sutton Park

280 Ran
Pos Gen
115 92 Andy Murray 28:21
116 19 Ros Tabor 28:24

Somerdale Pavilion

152 Ran
Pos Gen
14 14 Terence Baker 21:17

South Norwood

119 Ran
Pos Gen
28 2 Eleanor Simmons 23:46

Squerryes Winery

146 Ran
Pos Gen
1 1 Andy Bond 16:28

Torrens

298 Ran
Pos Gen
7 7 Alexander Dodds 18:50
125 21 Clare Wyngard 27:32
158 116 Michael Dodds 29:25



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

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



Feedback and requests:  ceccolini@gmail.com

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



SUSTAINABILITY AND RUNNING SHOES

On April 22nd we delivered around 60 pairs of running shoes to ReRun <https://rerunclothing.org/> collector and trail running coach Jude Palmer in the Surrey Hills.

This was the result of our first phase of this campaign, that we started in March.

A big Thank You to all the Dulwich Runners who donated their beloved shoes.

Giving a second life to our old shoes, by donating them to people who can use them every day, will help reduce carbon emissions and air, soil, and water pollution. And it will make a lot of people happy!

ReRun will sell shoes that can still be used for running, for a small amount on their website. Or will otherwise donate them to people in need, including refugees and people in developing countries, who can use them as normal shoes.

We will continue to collect used shoes on most Wednesdays at the Club House.

The next collection is on 27 April 2022, 6:30 - 10pm.

Please wash your shoes, tie each pair together using their laces.

To get involved with our sustainability efforts, or if you have any questions or suggestions, contact: ceccolini@gmail.com

What Can We Do?

While we wait for big brands to use more durable and sustainable materials, and to take responsibility for the recycling of their shoes when they reach end of life, we can:

- Use our shoes as much as possible (obvious)
- Return them to manufacturers or shops when we buy new ones (when such a scheme exists)
- Donate our old shoes to someone who can use them, for running or as normal shoes

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

Socks only £5



Bufs-snoods - only £6
An ideal face covering!



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



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 E

15.0 km / 9.3 miles - 121m elevation gain

12.7 km / 7.9 miles - 117 m elevation gain

8.5 km / 5.3 miles - 62m elevation gain

All routes anti clockwise

