

SHORTS



Dulwich Runners AC
Weekly Newsletter
January 5th 2022
www.dulwichrunners.org.uk

These are your SHORTS

Please send your reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com

DEADLINE for submissions etc 17:30 TUESDAY

Wednesday runs from the clubhouse. - £1 fee per run
Changing rooms, showers & bar all open.
Paces and distances to suit all abilities

Tuesday speed work at Crystal Palace Track
- suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Club runs & training
- 4 Fixtures
- 5 Race reports and results
- 7 Club kit
- 10 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:



Wednesday night runs Covid arrangements

Clubhouse bar remains closed, toilets open

There are no further restrictions, so Wednesday evening runs will go ahead. However, we are continuing to be cautious and want to avoid unnecessary indoor contact. For now we will meet outside in the car park. The bar will be closed but the toilets will be open for us. We will keep monitoring the situation and inform everyone when anything changes.- **Ange Norris**

Dulwich Runners AC membership 2021/22

For those of you that did not renew your club membership last year the new membership year started on April 1 so please contact me if you would like to renew.

If you are not sure of your current membership status or have any queries about membership and or EA registration please feel free to contact me.

We hope that you will renew and continue running with the club and look forwards to seeing you all again.
A big thankyou to all of you that renewed this year.

And if you have been "trying us out" and want to join or require further details about us contact me: barry@bg1.co.uk

Club Runs & Training Sessions

Wednesday Evening Club Runs

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

each 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

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

NOTE: £1 club run fee for members and guests

Tuesday Evening Speed - Crystal Palace Track

Tuesday training at Crystal Palace track.

You should arrive at 7pm for a 7.10 start. There will be 2 groups with training until Christmas focussed on cross country and endurance.

If you have not previously done so you must register with Crystal Palace Arena using the form on our website

<https://www.dulwichrunners.org.uk/tuesday>

You will need to reactivate your Crystal Palace membership on your apps and pay online.

Crystal Palace Track sessions

Around 60 from the club are doing the Tuesday night sessions .

If these numbers continue the groups will have to be split into two or three groups to ensure correct recovery for all and sufficient space.

Tuesday Morning Speed - Dulwich Park

Sessions start 11am in Dulwich Park, for anyone available meet by the cricket nets. .

We will 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 for anyone available - Alternating each week between Brockwell Park and Crystal Palace Park, including 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



Surrey League

We compete in the Surrey League and this is the club's main priority. With 4 fixtures in the season details will be in Shorts and on the website with info on start times etc. posted nearer the time. Keep these dates free if possible. Men compete in Division 2 but with good turnouts and performances from our strongest runners, we have a chance to return to Division 1.

Distance

Men's Surrey League races are around 8km, women's races start at 6km in the autumn, increasing to 8km in the New Year. Other races vary from 8km in the autumn to 12km and over for the men later in the season.

Scoring

Surrey League is first 5 women for the club and first 10 men qualify for the scoring team, so it is important we field as many of our strongest runners as possible. Cross country races are suitable for runners of all abilities, and in the men's Surrey League there is now a B team competition where the second 10 runners score.

These races are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits over a wide range of races. Members who have joined recently are encouraged to take part. These are team events and provide a good opportunity to get to know other club members.

Surrey League entry

All men intending to take part should

inform their captains to enable online entries to be made in advance. Race numbers are kept for the entire season. This means that runners should return their numbers to their captains after the race, or take them home, in which case they must remember to take them to the next race. The Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

Other Races

As well as Surrey League there are other cross country races, mostly on Saturdays. It's possible to find a race most Saturdays during the season. eg: the county champs (including Masters), London Champs, 2 South of Thames races, South of England and National champs. Plus others for Masters. See fixture list in Shorts and website.

Which races to go for

Races are from early October until late February. Our main priority is the 4 Surrey League races, and the other 4 races that make up the Ken Croke cross country champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

This season the English National Champs is at Parliament Hill Fields, South of England champs at Beckenham Place Park (tbc). You are encouraged to compete in both these races.

Entry for other races

For most races other than the Surrey League, your captains have to submit entries in advance, in some cases more

than a month before events. Details will be posted in Shorts and by email, requesting interested runners to put their names forward in advance of the deadline given, so please read these carefully.

With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please first check you are free, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

Early season road or trail shoes and as the ground becomes heavier late autumn onwards, cross country spikes or fell shoes are a must. Make sure that you get cross country spikes as opposed to track spikes. Spikes come in different lengths from 6 to 15mm and are screwed in. As the ground becomes heavier longer spikes will be needed, particularly on heavy courses eg: Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions except ice. Cross country shoes can be bought at most running shops and or online. Most offer a 10% discount to those with club or EA membership.

2021/22 Ken Croke XC Championships

For the 2021/22 cross country season, the champs races will consist of 4 men's and women's Surrey League fixtures plus 4 other races. To qualify you need to complete 5 events, including 3 Surrey League races. There are awards for the first 3 men and women and to the winners of the men's and women's 40-49, 50-59 and 60+ age categories.

The qualifying races are shown on the following page.

Contacts

Further information contact your captains at:

dulwichladiescaptain@gmail.com

thomas_south@hotmail.com

chuckedward@googlemail.com

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

2022 Club Champs

We usually issue a complete program of club champs events for the following year in December but are awaiting dates for some so there's a few gaps, those already confirmed are below.

We plan to include one of the Sri Chinmoy 5k June races and possibly one of the 10k's at Regents Park when dates confirmed.

The London Marathon is in the autumn but some are doing spring marathons so we've decided to include 2 half marathons. No suitable 10 mile race found.

No details yet on summer mile races so will consider events such as the SOAR Mile or Golden Stag Mile if they take place. If no suitable seeded races we'll use the Mark Hayes Mile as in 2021.

The champs is divided into short and long events with either 4 or 5 races in total to qualify with at least one from each distance category.

Complete 2022 club champs rules to follow shortly

The confirmed fixtures are:

- 5 February Brockwell parkrun
- 13 March Paddock Wood 1/2M
- 10 July Sevenoaks 7 trail race
- 4 Sept. Big Half
- 2 October London Marathon (or alt. marathon)

Cross Country Fixtures

2022			Distances, Start times etc	
Jan	8	Kent County Champs	Brands Hatch	12k men, 8k women start times tbc
	9	Surrey County Champs	Denbies Vineyard, Dorking	" " "
	15	Surrey League 3 (men)	Richmond Park	8k men and women start times tbc
	15	Surrey League 3 (ladies)	Mitcham Common	" " "
	29	South of England Champs	Beckenham	8k women 2.05 15k men 2.50
Feb	19	Surrey League 4 (men)	Lloyd Park	8k men and women start times tbc
	19	Surrey League 4 (ladies)	Effingham Common	" " "
	26	England National Champs	Parliament Hill Fields	8k women 12k men start times tbc

21/22 Ken Crooke Cross Country Champs

For the 2021/22 cross country season, the champs races are the 4 men's and women's Surrey League fixtures plus 4 other races. Qualifying races are:

- 4 Surrey League races (see fixture list above)
- Nov. 20 - London Champs, Parliament Hill,
- Dec. 18 - South of Thames 7M, Beckenham Place Park,
- Jan. 29 - South of England Champs, Beckenham Place Park (venue tbc),
- Feb. 26 - England National Champs, Parliament Hill

To qualify you need to complete 5 events, incl. 3 Surrey Leagues. Awards for first 3 men and women and winners of men's and women's 40-49, 50-59 and 60+ age categories.

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

Ola Balme is an experienced Sports Massage Therapist and DR club runner. -
 To find out more - 07506 554004 - www.hernehillsportsmassage.co.uk

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

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.

You are welcome to submit running, tri, cycling etc or related stories, anecdotes, past glories, object fails etc.

Last Friday of the Month (LFOM) 5k Hyde Park

31st December 2021

Gary Budinger writes: On the final day of what, let's face it, has been a less than joyful year for most, Andy Bond decided to cheer everyone up (well at least the Dulwich contingent....) by putting in a storming run to set a new

MV 45 course record of 15.54!! Conditions were lovely for walking around and spectating but a number of runners were feeling a bit concerned beforehand due to a fairly strong wind blowing across the park – however once the race was underway this seemed less of an issue.

From a safe distance behind I managed to see Andy storming 10-12m ahead of the field up the first incline. Although he was finally caught by Matt Welsh (a relative youngster) from Belgrave who won in 15.52, Andy recorded a fantastic 15.54 to take the long held record, with the 3rd runner over 40 seconds further back. I am led to believe that everyone else from Dulwich was relatively pleased with their runs – and we all recovered quickly enough to have the obligatory photo shoot at the end.

Cambridge Harriers 7.5 Mile Joyden's Wood

Tuesday 28 December

This was the third time I have entered this excellent low-key cross-country race which is part of the Cambridge Harriers cross-country series. The course is run entirely in the woods just south of Bexley and consists of one short lap followed by three longer laps.

After a pretty poor run in the London Champs in which I had been soundly beaten by Clem Dixon from Cambridge Harriers, who organised this race and was running in it, my first goal was to beat him. My second goal was to get round in under 60



Yvette Christiana Katie Andy Gary

This really is a well organised, friendly, and cheap to enter event – with an average of around 180 runners – down from pre-covid days but still enough to make it an enjoyable race atmosphere

2	Andy bond	15.54	MV45 course record
54	Katie Styles	20.23	Course PB by 11 secs.
65	Yvette Dore	21.02	1st timer this course.?
81	Neville Webb	21.56	
83	Christiana Campbell	21.59	
116	Gary Budinger	24.48	One of my slowest runs after a flu bug – but managed to get around.!!

minutes as I had in the last time I did it three years ago. Most of the undulating course is on muddy, gravelly paths with the first three-quarters of a mile being steadily uphill. I soon got ahead of Clem and got into a good rhythm which was encouraging. Less encouraging was the fact that the new Garmin I had got for Christmas was set for heart rate not time and distance so I had little idea of my pace and overall time.

With a small number of runners the field gets fairly spread out after the first lap. I overtook three runners who were struggling after too fast a start, but failed to gain on a group about 200 yards in front of me. When the timekeeper told me I had been going for 43 minutes at the start of the final lap, I knew that sub-60 wasn't going to happen. However, I was pleased with my run and managed to be three minutes quicker than Clem. This is a race I would thoroughly recommend. Plenty of variety under foot, well organised and Cambridge harriers make us very welcome at their delightful clubhouse.

31 Hugh Balfour 61.19
53 finishers



Lamberhurst New Year's Day 10k:

Clare Norris writes: A gorgeous morning at Bewl reservoir on New Year's Day brought a turnout of nearly 200. The 10K went through very muddy woods and the hill caught me by surprise. But I felt I ran well despite the mudfest. 4th woman back out of 76, in a time of 43.27- though the other 3 women were at least 30 seconds ahead. Entries for Bewl 15 open this week which is on 3rd J

Project 20: Week 12

Old Man Dreams of Speed

WEEK 12

Erdinger Alcohol Free Beers Drunk: 0

Canobie Hill Reps: 0

Chuck-Land Reveries: Several

New Running Shoes: 1

Longest Run: Boxing Day 13.1 muddy miles

Park Run: 22.26 (15 seconds slower than last week).

SANTA BRINGS ME RUNNING SHOES

My week in Chuck-Land was quite something, and I strongly recommend it. If you ever have a couple of hours free, just put your foot on the accelerator, and launch yourself into the Land of Chuck. It's a land of pure speed, blurring lines, and flying through space. My mind has travelled to the future of speed, and my body, I'm hoping, will catch up one day, soon.

I was pleasantly surprised to find myself to find myself at park run on Xmas morning. I sized up the competition. Multiple medal winner Michelle L and stalwart, Graham L were chatting at the start line. I made sure to avoid them as I didn't want to get too friendly with the competition. I chanted, "I am Ed Chuck" a few times, until people started to stare at me. I stared back at them more intensely and loudly and said, "Yes I am ED CHUCK. THE REAL ED CHUCK. I AM SPEED"

The crowd around me dispersed.

We were off.

I had some go faster running shoes and set off a bit faster than usual for 200 metres.

I was ahead of the competition!

250 metres in Michelle L comes past me.

A mile in Graham L comes along side me. I refuse to chat to him. This is a race!

There must be some sort of fault in these go faster trainers I

think to myself, but then something unusual happens. On the last lap I am able to elbow Graham L in the guts, briefly winding him, and am able to push on; and then I see multiple medal winner Michelle L. Many

years ago, I used to race alongside Michelle L, but I haven't seen the back of her head for years, as she is too fast for the likes of me.

I start believing. I enter CHUCKLAND, full throttle. 200 metres to go and incredibly I can still see Michelle L ahead. I try and push

the go faster trainers again, and boom, I'm alongside her.

"How's the Xmas shopping going Michelle?"

"I haven't done it..." she replies gamely.

"Go", she says.

And with a ruthless finish I shove past her blocking her way

into the cordon finish.

On my way home I think.

I love Shorts, and I love my running club. One day I dream that

Steve Smythe will replace his A4 fridge poster of me with an

A3 framed one.

I think, why do we run in a club? I think it's not really the stuff

you see in the running magazines. I get a bit philosophical.

I guess - whether you believe in god, or are an atheist - or as in

the case of Lloyd Collier, a Jedi, we run to experience something

bigger than ourselves, the edge of reality, or the ultimate nature

of things. Pushing each other in the running club, revelling in

each other's accomplishments, can put us

into contact with such mysterious and wonderful things. But it

was, I admit still nice to beat Michelle and Graham, even though

they were just out on a relaxing easy festive run!

Ok. Ok. Enough arm chair philosophy. Yes, I am distracting you

from the fact I was actually slower this week for the first time 5

weeks. I know, I know. Sorry. Please accept my apologies. I am

working to rectify this and ran far on boxing day (my longest

run in a year), as a penance.

The other thing I love about running is that whenever I'm out, I

have the good fortune to spot Dulwich Runners. This last week

I've bumped into Huw B outside Tesco's on Lordship Lane, Tom

S in the Woods, and Shane blasting it in Dulwich Park.

Hope to see more of you out and about and wishing you all a

merry New Year!

Bromley

448 Ran

Pos Gen

64	52	Nicholas Brown	21:57
148	114	Dave West	25:10
276	190	Peter Jackson	29:48

Cabinteely

90 Ran

Pos Gen

35	24	Joseph Brady	26:57
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Batemans Bay

92 Ran

Pos Gen

4	4	Alexander Dodds	18:27
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Beckenham Place

216 Ran

Pos Gen

2	2	Tom Shakhli	18:52
107	24	Hannah Harvest	28:13

Charlton

122 Ran

Pos Gen

33	30	Stephen Smythe	24:33
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Dulwich

414 Ran

Pos Gen

5	3	Thomas South	16:22
13	11	Steven Kendall	17:25
33	27	Rob Fawn	19:12
59	49	Lee Wild	20:30
65	53	James Auger	20:46
71	59	Chris Cooper	20:56
76	63	Robert Tokarski	21:17
84	69	Stephen Trowell	21:40
87	9	Yvette Dore	21:45
89	72	Austin Laylee	22:00
97	12	Emma Ibell	22:15
114	15	Catherine Buglass	22:53
124	18	Lucy Clapp	23:16
134	104	Graham Laylee	23:41
135	21	Naomi Crowther	23:42
188	40	Belinda Cottrill	25:15
196	139	Michael Dodds	25:46
229	56	Clare Wyngard	27:23
230	57	Hannah Little	27:26

361	216	Ajay Khandelwal	32:31
373	222	Bob Bell	33:38

Eden Project

352 Ran

Pos Gen

41	3	Laura Vincent	21:28
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Gladstone

155 Ran

Pos Gen

13	2	Becca Schulleri	21:00
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Hilly Fields

141 Ran

Pos Gen

5	5	Joe Farrington-Douglas	20:16
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Burgess

248 Ran

Pos Gen

26	22	Hugh Balfour	21:36
29	25	Martin Kelsen	21:51
232	97	Susan Vernon	41:50
238	113	Chris Vernon	48:30

Maidstone

351 Ran

Pos Gen

15	2	Kim Hainsworth	21:01
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Milton Keynes

510 Ran

Pos Gen

42	39	Joe Sheppard	22:18
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Old Deer Park

127 Ran

Pos Gen

12	11	Jonathan Whittaker	21:29
80	17	Lindsey Annable	29:57

Lowestoft

361 Ran

Pos Gen

112	16	Carys Morgan	25:59
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Pegwell Bay

152 Ran

Pos Gen

9	9	Michael Fullilove	19:23
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Peckham Rye

135 Ran

Pos Gen

1	1	Andy Bond	16:34
5	5	Adrian Russell	18:05
8	8	Wander Rutgers	19:34
10	10	Michael Nogas	19:54
36	26	Matt Webb	22:57
68	13	Madi Robinson	26:27

Royal Tunbridge Wells

148 Ran

Pos Gen

4	3	Lloyd Collier	21:48
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South Norwood

106 Ran

Pos Gen

29	26	Eugene Cross	25:20
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Southwark

179 Ran

Pos Gen

140	92	Paul Keating	30:51
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The Old Showfield

135 Ran

Pos Gen

3	3	Edward Harper	18:26
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Tooting Common

290 Ran

Pos Gen

65	54	Jamie Robinson-Nicol	23:23
104	79	Ian Sesnan	25:29
237	80	Selina Wray	33:47

Whitstable

331 Ran

Pos Gen

13	2	Michelle Lennon	21:17
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Wimbledon Common

278 Ran

Pos Gen

19	16	Justin Siderfin	21:00
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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 Winter Map 4

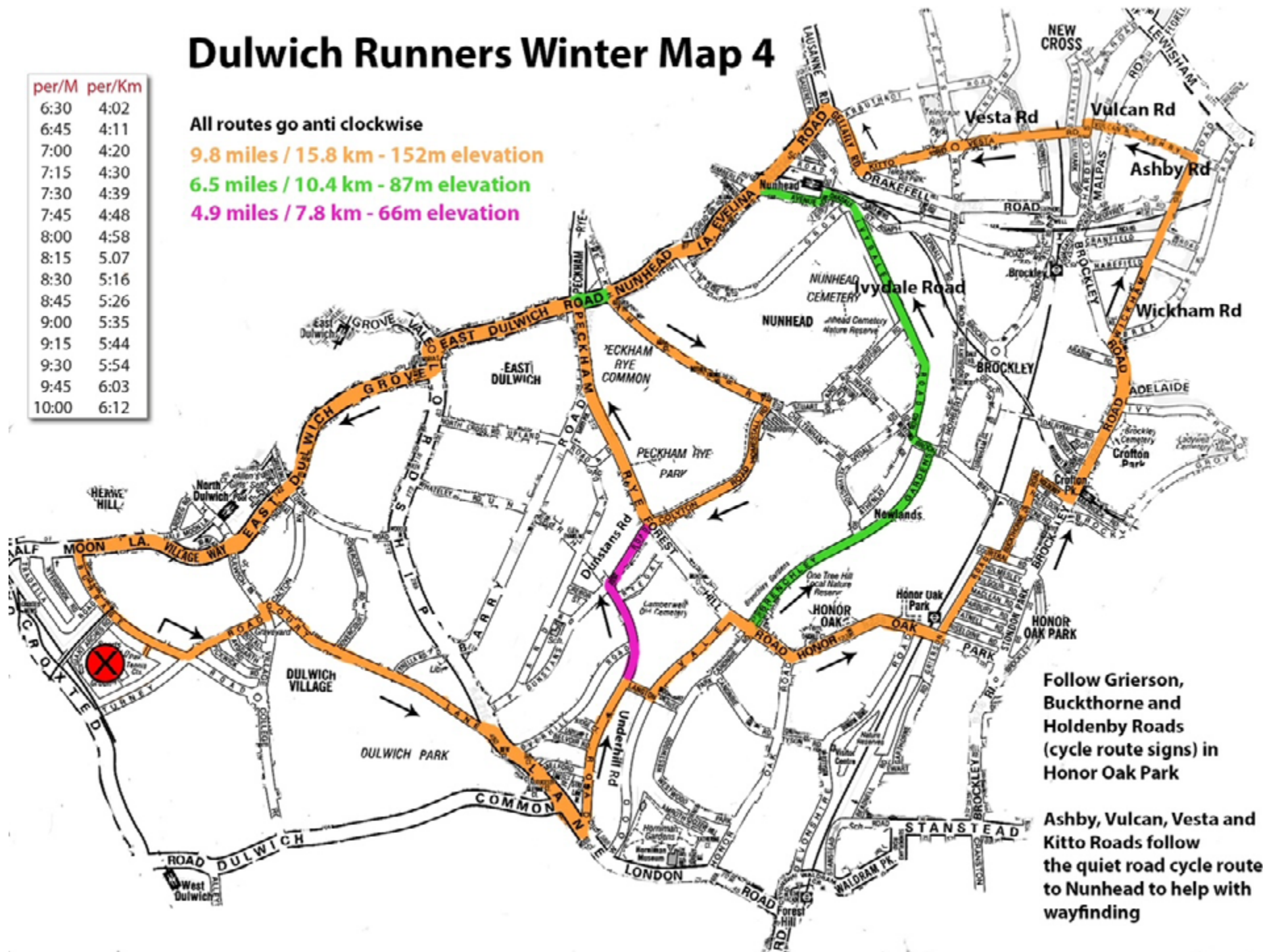
per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

All routes go anti clockwise

9.8 miles / 15.8 km - 152m elevation

6.5 miles / 10.4 km - 87m elevation

4.9 miles / 7.8 km - 66m elevation



Follow Grierson, Buckthorne and Holdenby Roads (cycle route signs) in Honor Oak Park

Ashby, Vulcan, Vesta and Kitto Roads follow the quiet road cycle route to Nunhead to help with wayfinding