



These are your SHORTS

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

DEADLINE for submissions etc 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start
 £1 fee per run payable by card/device only, no cash
 Changing rooms, showers & bar available.
 Paces and distances to suit all abilities

Tuesday speed work at Alleyns School track
 track and grass intervals suitable for all abilities

In your SHORTS this week !

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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:



SUMMER WEEKEND EXTRAVAGANZA - DO NOT MISS

Sat 16th July: Dulwich Hash House Brewery Run (starts 2pm, Gipsy Hill Brewery)

Back by popular demand, this third edition of the brewery run follows the success of 2018 for anyone who can remember... This is a social run between several of our local South London breweries, over approx 6 miles. Run between the venues while enjoying a drink or two to refresh yourself - you can also walk or get public transport! Everyone is welcome and can join / leave the run when they want. Soft drinks, wine and spirits will also be available (and we hear the Barry Graham dash may even be back!)

Confirmed route and approximate timings

<https://www.strava.com/routes/2980493228969203812> 2:00pm Gipsy Hill Brewery

Tap Room Location	What3Words	Apx Arr	Apx Dep	Dist to next (km)	Address
Gipsy Hill Brewery	///rapid.storm.names	14:00	14:30	2.4	Unit 8, Hamilton Rd Industrial Estate, 160 Hamilton Road, SE27 9SF
Bullfinch Brewery	///task.earth.slang	14:45	15:15	0.5	Arch 886-887, Rosendale Road, SE24 9EH
Canopy Brewery	///horns.testers.piles	15:20	15:50	2.0	Arch 1127, Bath Factory Estate, 41 Norwood Road, SE24 9AJ
Friendship Adventure Brewery	///frozen.lower.famous	16:00	16:40	0.2	245a Coldharbour Lane, SW9 8RR
Clarkshaws Brewery	///save.talked.branded	16:45	17:10	3.5	Arch 497, Ridgway Road, SW9 7EX
Brick Brewery	///faces.under.fish	17:30		0.0	Arch 209, Blenheim Grove, SE15 4QL

Sun 17th July: DR Summer BBQ (2-6pm, Edward Alleyn Club)

Please join us for a relaxing afternoon of socialising with club mates old and new over a glass or two, and enjoy a sumptuous BBQ in the playing fields behind the Clubhouse. Families are all very welcome too, and children are free.

Tickets £15 Children free

email : dulwichrunnerssocialsec@gmail.com to book a ticket by 12 July.

Bring your sunscreen!!!!

Update on Track Mile Club champs race:

The Dave Clarke Mile on Wednesday 20. July at Wimbledon is open for entries here:

<https://data.opentrack.run/en-gb/x/2022/GBR/dc1mile22/>

We have been assured by the organiser that we don't need a qualifying time to enter despite what opentrack says (only not to advertise it beyond our club).

In case this event fills up we offer the Golden Stag Mile two days later as alternative but please go for the Dave Clarke Mile first.

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 as of Tuesday 5 July

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

With work at Dulwich College we are moving to Alleyn's School to use their fields and track (321m, five laps per mile) - we held sessions there in the past and it's a suitable location. Entry should be via Townley Road.

We are there July and August - ,expect a focus on prep. for club champs and Assembly League races, although I know thoughts will be turning towards the Big Half (4th September) and autumn marathons (not least London on 2nd October) so we can provide some advice and a few tweaks and additions for anyone interested. The cost will remain unchanged at £2.

September we are planning our usual 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 - happy to answer any questions you might have - please contact: Tom Poynton (Coach in Running Fitness) - tpoynton@hotmail.com

Track etiquette

We are a big group and share the track with others so it's important to act safely and treat them with the same respect that we expect to be shown. All members using the track:

- give others plenty of space when overtaking or moving off the track.
- keep to the inside lanes whilst running reps, use outer lanes for warm ups, recoveries and cool downs.
- wait between reps off the track (or outer lanes) step onto the track just before they start their next rep.
- act on any instruction from a coach to ensure the safety of others.

Tuesday Morning Speed - Dulwich Park

Sessions start 11am in Dulwich Park, we meet by the cricket nets. . We use either the grass and or the parkrun circuit - followed by coffee. - Further details Mike Mann mcmann90@yahoo.co.uk

Thur. Mornings - Brockwell & Crystal Palace Pk.

Sessions at 11.00am - Alternating each week between Brockwell Park and Crystal Palace Park, mix of short hills and longer efforts on the grass - followed by coffee. - for all standards and abilities - Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

Runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 mins per mile. - Contact Ola olabalme1@gmail.com

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

Big Half Training – some suggestions

The Big Half takes place this year on Sunday 4th September and is one of our club champs races, so this should be a target race for many of you (I think we have at least 40 members taking part). To aid your training I have set out some ideas that I hope help at least some of you. I'm conscious that there is a broad spread of experience, abilities, aspirations and weekly training loads in the club (which is great) so I've tried to suggest some broad principles and ideas for how these might be tailored to suit you – please do get in touch if you have any specific questions, as I'm happy to help further. Some of this might be a statement of the obvious to you, whilst for others it might be new but I would suggest that:

- The four weeks between the Big Half and the London Marathon means that if you are targeting the latter, then you have time to race the half to the best of your abilities, recover well, do a little bit more training that is unlikely to have much effect, and then start to taper, so do make your training in the weeks before the Big Half more marathon-focused. The rigours of covering 26.2m means that this has to be the priority, and there are still huge crossovers between half and full marathon training. The half should also give you valuable experience of being in a race, wearing kit, taking gels or sports drinks mid-race etc that should serve you well in the marathon.
- Your half-marathon time should give you some idea of what to aim for in a full marathon, but all sorts of factors can influence individual times (weather, sleep in the days before etc) so use your more recent training more generally, as well as the Big Half to consider what sort of marathon time to aim for.

If you are targeting just the Big Half, then hopefully the following points should help:

- Most people find that, on top of a regular interval session and a long run, some sort of running at about 10 mile pace in the c6-8 weeks before a half-marathon works well.
- A lot of words and phrases such as tempo, lactate threshold, training zones and intensities and heart rate are banded about in relation to this – these can be useful, but can also be overly-complicated and confuse more than they enlighten, so I have not covered these here (perhaps another time!).
- But essentially, we're talking 5k pace plus c25-40 seconds per mile (less for the speedier runner, more for the less-speedy). This should feel fairly hard but a pace that you can sustain for about an hour, so slightly slower than what you'd do at a Tuesday interval session, but not by too much.
- If you are new to this, then start with something relatively light and gradually build up. This can be done through longer reps (a mile or more with recovery of about a couple of minutes), or a single run. Some people prefer one or the other, but alternating between the two can also work well.
- Some examples of these are a single run of 3m, gradually building up by a mile or so to say 6-7m, and longer intervals, starting at 3*1m, then 3*2k, 3*3k, 3*2m then 3*4k (if you don't mind mixing up imperial and metric measurements!).
- All of these runs should start and finish with some gentle easy running and ideally some of the drills we do on Tuesdays.
- Thursdays are a popular day for these, but it doesn't have to be then, and you might prefer, or need, a little bit more recovery time after a Tuesday interval session.
- Alternatively, Wednesday club runs can be used for this if you can get the recovery right from the previous day's session – alternatively they can be a really valuable time on feet conversational run.
- Recovery is generally (and again this varies) more important as you get older, and there is many a wiser older runner who keeps on getting great results by sensibly spacing out their harder sessions in a way that works for them. You may find that doing two harder sessions a week (plus long run) is too much – so instead you could do three harder sessions a fortnight (plus long run) for example.
- You can also do these sessions at Parkrun – but just run at your 10m pace rather than flat out, and you can then do a bit extra if that's what the plan calls for, chasing down the slower runners on their final lap.
- Wherever you run these sessions, please do try to do so safely – somewhere traffic-free such as a park would be great, as stopping for traffic can really affect your running, and you don't want to be tempted to take silly risks when crossing a road. Somewhere flat is ideal, but if there are some undulations, a bit of rough ground or bad weather then that should still work so long as you keep the effort constant and adjust your speed accordingly. Locally, there are lots of pretty decent loops of about a mile or so (not least the main carriageway in Dulwich Park) that tick these boxes.
- It would be great to get people to run these sessions together, so let me know if you want to help organise some groups. I should be able to provide some more advice tailored to your own circumstances.

DULWICH RUNNERS 2021 FIXTURES

Further info about races will usually be here in SHORTS and or announced on a Wednesday club night. Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

For further info about events in Shorts, how to enter etc, contact your captains:
 Alex Loftus alexloftus75@gmail.com Ed Chuck chuckedward@googlemail.com
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Road & other Club Champs Assembly League Track Cross Country

Date	Race	Venue
July 20	Dave Clarke Mile Night (incorporates the SOAR mile) (S)	Wimbledon Pk Stadium
22	Golden Stag Mile	Finsbury Park
Sep 1	date tbc Assembly League	Beckenham
4	Big Half (L)	London
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

Golden Stag Mile - Finsbury Park

Friday 22 July 2022

This year our club mile champ are split between the Dave Clarke Mile at Wimbledon and this fall back option at Finsbury Park. With the Dave Clarke Mile now closed for further entries you can still enter the Golden Stag Mile online until Thursday 21 July 23:59. Races start at 6.30pm. Open to all abilities

Enter at: <https://data.opentrack.run/en-gb/x/2022/GBR/gsm22/>

from 10 minutes to 4 minutes and everything in between. In previous years they had a podium and prizes for every race. Please note that if you run both the Dave Clarke Mile and Golden Stag Mile your time in the Dave Clarke Mile will count towards the club championships!



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	completed
June 26	L - Ranelagh Harriers Richmond 10k 9am	completed
July 10	L - Sevenoaks 7 trail race	completed
July 20	S - Dave Clarke Mile Night (incorporates the SOAR mile - Wimbledon Pk Stadium, please check if entries open at https://data.opentrack.run/en-gb/x/2022/GBR/dc1mile22/	
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

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

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, Victoria Pk - Thurs 7 July, Victoria Pk - Thurs 4 Aug date tbc, Beckenham

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.



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

Ola Balme is an experienced Sports Massage Therapist, Reflexologist (reflexology enhances wellbeing) and DR club runner. For more details - 07506 554004 - www.hernehillsportsmassage.co.uk

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

Race Reports & Results

Want your race results and reports in SHORTS ? please email them to barry@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

Sevenoaks 7

Sunday 10 July

Ebe writes: 25 of us made it to the scenic setting of this 7 mile off road race in Knole park that is part of our club championships this year.

The last time we ran here was in 2019 on the traditional, demanding two lap course. This time the course was even tougher and the weather hotter. The first edition after a Covid enforced break of two years was held in the same beautiful area of the park but on a complicated looking multi-lap course that included more elevation but was around 300 metres shorter (by most strava posts) than the old course. It was generally well marshalled except at the very start, when the front bunch missed the first turn uphill and had to quickly loop back. Despite this, Andy had a flying start and great run, much recovered from his short bout of Covid two weeks earlier. He was our first runner in and that under 40 minutes.

By his account his race felt like a solo time trial for most parts as the leading three had gone soon and the next one was a minute behind. What a time trial though Andy! It won him the overall M40 trophy by quite a margin. Fred was next with an excellent 8. place and men's captain Alex showed his quality also on this terrain with a strong 18. position; both under 45 minutes. Joe raced well, coming in in 30th, followed over a minute later by me in 39th. I had one of my better races, finishing second M60 overall and missing first by ten seconds.

The one runner I had pegged as the M60 to do battle with (and overtook on the final downhill to the finish) turned out to be an M55 whereas the real contender was ahead of me right from the start. You just can't see anymore nowadays who is 60 :)

I also managed this time to stay ahead of Andy Scott, who said he started too fast and payed for it in the heat. Nevertheless he had a good run in 44. place, followed by Justin in 50. position. Justin usually comes flying past me in the later stages of a race when fully fit but is only coming back to race form.

He was closely followed by Alicja as first woman for Dulwich in 51. place and 4th woman overall in under 50 minutes. This excellent performance was also 2nd W35 and anchored the female team prize for our club, together with strong runs from Katie and Claire as 6. and 9. W (69. and 76. overall). A consistent race by Yvette saw her finishing as 11. woman in 83. place, well ahead of our next man Mark in 97th, who found the hills as tough as the heat on the day. He put a speedy finish in from what I saw. Michelle secured first W55 prize with a good run in 100. place (16. W) and that after focusing on a long cycle trip recently. She has vowed to put all her effort into running again so all bets are off come the next races.

Hugh and Robert raced together (at least when I saw them on the course) and finished well in 109. and 113. position, Hugh being ahead in the end along the long drawn downhill spine of the course, improving his time from 2019 by a lot. Robert was closely followed by an ever improving Becca in 114. place (20. W) in what surely is one of her strongest races to date. A contender for the captains award if she hadn't got it already this year for her parkrun at Crystal Palace.

Instead, the award goes to Claire Pepper in her convincing debut here in 125. place (27. W).

Mike had a great race and won the first M70 trophy in a well paced effort, finishing in 143. place ahead of many younger legs in well under one hour.

Club stalwart Barrie had a good steady race in 167. position, being 2 minutes faster this year than in his previous Sevenoaks7 in 2015. He was closely followed by Dave in 168. place who is coming back from a spell of Covid.

Ameet would in all likelihood out-sprint most of us if it came down to the last 50 metres. As it is a hilly 10.9k he did a respectable 187. place finish. As did Lindsey in 192. position on a day that got hotter by the minute.

Jo hasn't raced much this year and hence was some minutes down on her last race here in 2015, but got around well in 207. place according to form. Andy and Ros, back from the world masters in Finland, brought up the rear for our lot, finishing nicely together in 220. and 221. position out of 268 runners. Ros gave a hint of her ever improving form (after double hip surgery) in coming 3rd W65+ overall, with 2nd claim Dulwich member Jo Quantrill, here competing for her first claim club SLH, securing second W65 in 128. place.

Many of us stayed on for the presentations at the club house and enjoyed a spot of late post-race breakfast on the terrace. I heard with interest that Sevenoaks had offered free places to runners from The Running Charity, an independent London based charity, harnessing the power of running to support young people who are experiencing homelessness or manage complex needs' (from their mission statement). Several took part and amazingly the fastest time of the race (36 min chip) was run by one of their young men. He didn't win on gun time because for some reason he started very much behind. But I remember him flying past me in great style in the second half of the race.

Altogether an enjoyable event (and a few fallow deer could be spotted too. It's a deer park after all).

Result table with Championship awards:
time is chip time, position by gun time; age grading will be adapted to reflect difficulty
(one can find the overall standings in our DRastic app, link to downloads here:

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

	Pos	Name	AG	Time	AG Res
Overall Winner	4	Andy Bond	M V45	39:19	84.9%
1st M	8	Fred Bungay	M SEN	41:36	72.1%
2nd M	18	Alexander Loftus	M V45	43:52	75.0%
3rd M	30	Joe Farrington-Douglas	M V40	46:25	68.7%
1st M V60+	39	Eberhard Prill	M V60	47:46	77.3%
1st M V40	44	Andrew Scott	M V40	48:11	64.9%
	50	Justin Siderfin	M V45	49:18	68.3%
1st W	51	Alicja Furmanczyk	W V35	49:24	69.6%
2nd W	69	Katie Smith	W V40	51:05	69.6%
3rd W	76	Clare Norris	W V45	51:51	70.3%
1st W V50	83	Yvette Dore	W V50	52:22	73.1%
1st M V50	97	Mark Foster	M V55	53:35	66.5%
AG W Winner	100	Michelle Lennon	W V55	53:37	75.8%
	109	Hugh French	M V45	54:16	60.5%
	113	Robert Tokarski	M V40	54:34	59.2%
	114	Rebecca Davis	W V35	54:35	63.2%
Captain's Award	125	Claire Pepper	W V35	55:11	62.2%
AG M Winner	143	Mike Mann	M V70	57:44	73.9%
	167	Barrie John Nicholls	M V65	1:00:31	66.0%
	168	Dave West	M V60	1:00:45	62.9%
	187	Ameet Patel	M V55	1:02:54	57.7%
	192	Lindsey Annable	W V50	1:03:10	63.7%
1st W V40	207	Joanne Shelton-Pereda	W V45	1:06:12	56.3%
1st W V60+	221	Ros Tabor	W V70	1:07:46	76.2%
	220	Andrew Murray	M V65	1:07:47	59.5%

7Oaks7

10th July 2022

Dave West writes: Knole Park is great place to run and I'm fortunate to live close enough to be able run there fairly regularly. Home to about 350 Fallow and Sika deer, it is crowned by Knole House, one of the glories of Tudor England, now in National Trust ownership and worth a visit. One useless fact is that is that it was also the filming location for the Beatles "Strawberry Fields Forever" promo film (videos hadn't been invented) in 1967.

The park itself is a Site of Special Scientific Interest which didn't prevent the water company from digging a mile long trench for a new water main and churning up the "Gallops" with heavy machinery. Although it appears to have recovered well, the damage has made the park trustees very jumpy and resulted in a lot of a negotiations to even be allowed to hold this event and various other XC fixtures over the winter. The outcome was a change to the traditional two lap course with the start over now over 20 minutes away from the race HQ and the race being compressed into a smaller section of the park leading to one of the most tortuous courses I can recall and sleepless nights for the organisers no doubt. To their credit, the marshals and course marking were nigh on perfect and it went off without a hitch.

My own Garmin and a bit of "Strava stalking" suggests that it was a little short at just under 6.8 miles but with about 150 feet more elevation than the old course and with less respite. Looking at the proposed course map provided in the pre-event info, it's clear that the race took a shorter route near the steep descent on both occasions which probably accounts for the less than advertised distance. A move from May to July also means that it's likely to be hotter, although it now starts at 9am rather than 10:30 as previously which does help a bit. Registration and number collection is from 7-8am driven in part I suspect by that long trek to the new start. That does mean that it is now impossible to get there by public transport which rather negates the benefit of the eco-trophies and medals, but the organisers deserve every credit for overcoming a lot of difficulties and putting on any event given the barriers they have had to overcome with, it seems, just one error when laying out the pre-measured course.

I've run this event about half a dozen times but not since 2008. I was first introduced to it in 2002, when it was a club championship, and broke 45 minutes that year when the first Dulwich Runner home was Steve Smythe in 41:26. Along with me, only Barrie-John Nicholls, Andy Murray and Ros Tabor also ran the latest edition some 20 years later. 268 runners took part of which 26 were Dulwich Runners (one second claim).

A combination of the early start, the warm day and a recent (thankfully fairly mild) bout of COVID meant that I really didn't have the lungs or the long runs in my legs to push the hills. We were straight up a hill from the off and it continues to climb for almost two miles. I settled into a steady pace with Mike Mann

Lindsey Annable adds: Well done to all who ran on Sunday at the Sevenoaks 7. The new course seemed even tougher than before but Dulwich were well represented in the prizes as has happened many a time the club has competed in the event. DRs have a strong history with the race and I recall first running it in 2005; considerably faster than this year I might add, as probably many a longstanding member of the club will say.

After the race Barrie and I wandered up to Knole House (yes up yet another hill unfortunately) to support our hosts the Sackvilles. Lord Sackville is a keen supporter of the community himself and even started the race one year

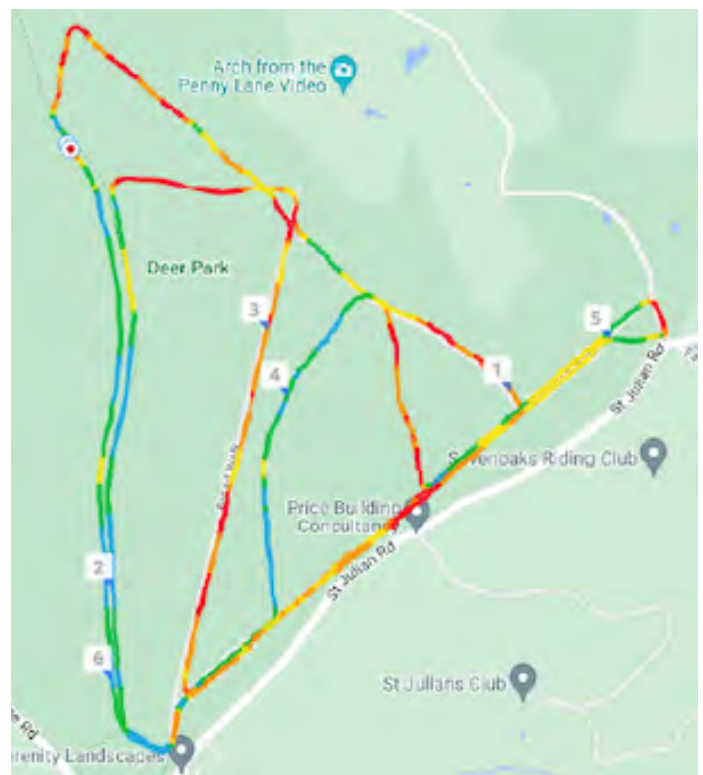
although we can't remember exactly when. We had a coffee and a bite to eat in what used to be the old brewery for the estate and then walked round the main courtyard of the house. We have been inside the house before but very tired legs and rising temperatures caused us to pass on that this year. Having missed the club photoshoot we happened on a few costume items



disappearing off into the distance and no other DR in sight. There is a sharp drop just before two miles where I managed to overtake a lot of people before a faster section along the Gallops and another inevitable steep climb where Barrie-John came past me for the first time.

For the remainder of the race we were nip and tuck, with me gaining a little on the downhill and BJ being slightly faster on flatter sections with very little in it otherwise. The net result was that we paced each other up the relentless uphill tarmac sections and past a lot of other runners who were flagging in the heat; many walking. I knew that if it was left to a sprint finish, BJ would win so decided to push on at the last water station (hoping that he'd grab a drink) and try to gain a gap on the last steep downhill. In the event, I got a bit of a gap but it wasn't long before he cruised past covering that last, slightly downhill three quarters of a mile at under 7:15 pace. Something I can't currently sustain.

Overall, I was fairly pleased with the run, given that COVID has knocked about a minute off my Parkrun times with a bigger impact on hills. Having BJ for company was definitely a positive as we pushed one another round what was a pretty tough course. Feedback from other club members was definitely positive and hopefully their stories will appear elsewhere in Shorts; there were even some prizes!



The complicated course map – yellow, orange and red are uphill in order of steepness. Blue is downhill and green is flat. The dotted line at the bottom marked "Serenity Landscapes", completed twice, should have been part of the course and would probably have made it the full 7 miles.

in the visitor centre. Not one to shy away from either a camera or costume, Barrie struck a couple of poses donning a crown and encouraged me to follow suit. We then went to look at the conservation centre on site which restores furniture, wall hangings and anything else historical that has seen better days. Contrary to the typical 'don't touch' policy of most historical properties there was a rather regal seat with encouragement to visitors to sit on it. If you did, you were informed you were part of an experiment! The seat comprised different coverings and there was a machine which counted 'bums on the seat' (literally). The National Trust wanted to compare the durability of the various materials in use.



Well worth a stroll up the hill to see the magnificent house after the event, if you have the energy!

Assembly League Victoria Park

7 July

This was the first day of a hot spell but with shadows long in the early evening, there was plenty of shade and it wasn't too uncomfortable. I was close to Graham Laylee throughout, but Becca Davis, who was in our line of vision throughout, had a well paced run, gradually extending the gap ahead of us as the race progressed. Graham had his best run for a while with his pace matching his fastest 5k/parkrun performances this year. I managed to stick close behind, pulling up level on a few occasions, but unable to overtake until just after the final left hand turn before the finish, ending up around 5 secs ahead. Finishing in 25:50, this was my fastest short run for a few years (I don't do many long ones these days!) and my pace was around 30 secs faster than my best 5k times, and almost a minute faster than my June effort at Victoria Park.

No times are yet available but Dave West appeared to broadly



match his June time. Behind him were Assembly League and club champs ever-presents, Ros Tabor, Barrie Nichols, Lindsay Annable and Andy Murray, as well as Claire Steward and Paul Keating.

The final Assembly League event of the summer will be back at the Beckenham parkrun course, probably on 1 September, in which case it is likely to start earlier, probably 7pm, but the date is to be confirmed, so look out for updated information.

Mike Mann

Times estimated and unreliable but more accurate than original draft

Team results not known, women's positions not clear as missing many results - but appears men second on night and still lead comfortably overall.

2	Edward Chuck	17:30	
5	Jack Brotchie	17:42	
8	Joe Hallsworth	17:47	
9	Andy Bond	17:49	1M40/1M45
15	Tom South	18:20	2M45
20	Buzz Shephard	18:26	3M45
23	Adrian Russell	18:36	
26	Fred Bungay	18:43	
30	Tom Shakli	19:10	
31	Andy Inglis	19:13	
37	Joe Wood	19:36	
51	Shane Donlon	20:14?	
2W/54	Clare Elms (2c)	20: 31	1W35-W55+
70	Des Crinion	21:00	
9W?/88	Rebecca Schulleri	21:48	
97	Ebe Prill	22:35	2M60

108	Justin Siderfin	23:17	
113	Mark Foster	23:31	
114	Michelle Lennon	23:34	
125	Katie Smith	24:01	
134	Ola Balme	24:48	
144	Becca Davis	25:24	
155	Mike Mann	26:00	1M70
157	Graham Laylee	26:00	
175	Dave West	28:55?	28:08?
179	Barrie-John Nicholls	29:07	
181	Lindsey Annable	29:33	
186	Ros Tabor	29:43	1W70
195	Claire Steward	30:11	2W70
197	Andy Murray	30:15	
198	Paul Keating	30:34	

BMC Regional Races, Eltham

June 22

5000: 2 Jack Ramm 14:55.51 (Club record at time)
5000: 12 Kevin Chadwick 17:39.88
1500 D: 6 Clare Elms 5:01.7

Kent Champs, Dartford

June 29

3000m: 7th Clare Elms 10:34.68 (Kent Senior women bronze)
10000m: 20th Claire Norris 43:30.91 (Kent senior women bronze)

Silver Starling 5k Battersea Park

28 June

Tim Bowen 15:58
Des Crinion 18:27
Mike Mann 23:47 (1st M70)

Vets AC 5k

12 July

Mike Mann writes: 3 of us took part in this Vets championships 5k in stifling conditions at Battersea Park. I was hoping to match my Assembly League pace of close to 23 minutes for 5k, but it was not to be. I stayed close to John for the first km before pulling ahead.

Mike Mann 23.25
John McGlashan 25.25
Dave West 26.01

Glacier Marathon

third place for Dulwich

03 July 2022

Grzegorz Galezia writes: One of the most fun races I took part in was a 12-hour relay in a salt mine, 250 meters underground. After a few years of pounding "boring" road races, I found a marathon that raised the bar a bit higher. 6,500 feet higher, to be more precise.



The Gletschermarathon in Austrian Tirol starts at the foot of the Pitztal Glacier at the elevation of 1,750 meters and ends in the town of Arzl, at the level of 850 meters. But that doesn't mean that it's all downhill, both literally and figuratively. According to the course profile, you run 250 meters up and 1,000 m down. And as much as I love descents, running down the hill for ca. 40 km puts your quads to a serious test. So I was naturally slightly apprehensive of the never-ending downhills.

The course runs through a huge valley surrounded by majestic mountains, lively waterfalls, cows with bells clanging on their necks. Classic Heidi landscapes, intensified by the intoxicating smell of fresh-cut hay heated by the sun.

I was tipped off about the race by my trusted marathon buddies (the same crew that accompanied me in my first sub-3 marathon last year, following a booze party the night before). We flew to Munich on Thursday to rent a car and drive to the Austrian Alps. Pitztal is not Mount Everest, but we thought it reasonable to have a couple of days to acclimatise, do some hiking and try out the local delicacies - which involved lots of meat, cream, dumplings and noodles. We also made our goal to try the apfelstrudel with vanilla sauce, whipped cream, ice-cream or all of them at the same time, wherever it was available. Also the local beers were great. But our favourite was Zirbenschnaps, a resinous liqueur made from macerated pine cones.

The lift to the glacier was closed due to avalanche hazard, and getting there on foot took a few hours' hike, so we reasonably satisfied ourselves with seeing the glacier only from a distance. Instead, we took a cable car to Riffelsee and had

a lovely walk around the lake, climbing a few mountains and crowning it all with the compulsory apfelstrudel.

On Saturday, after a morning hike, we went to PitzParkWenns to collect our bibs and dig into the free unlimited pasta party buffet with a really good selection of pastas.

On the marathon day, a bus picked us up at 6:15 and transported us to the start line in the mountain village of Mandarfen. The weather forecast was beautiful, too beautiful. 32 degrees - great for leisurely hikes in shady forests, but probably not for running a marathon in an exposed valley. The start was at 8, which offered some welcome morning freshness, but unfortunately, the weather forecasters were right this time. Soon, despite the high elevation, the heat wave hit the valley to reach the forecasted temperature levels.

Having drunk a morning coffee in a cafe by the start line, consumed the prescribed gels, done a superficial warm-up and taken the usual pre-race photos, we started off. My tactics for the race was "all or nothing" - start fast and see what happens. After a hasty uphill loop around Mandarfen, the downhill extravaganza began. I started off running ca. 20 seconds per km faster than my recent PB pace (3:45 min./km). The words of wisdom about taking it easy in the first 32 km went out of the window right at the start. With downhill running I expected my lungs would be OK and I didn't anticipate any "wall", but the main question was how long my quads would hold up. After 10 km, my right thigh went quite stiff and started to hurt. Then my right calf followed suit. The left quad and calf soon joined in. After 30 km or so a 3 inch blister (which I realised later) appeared on the side of my left sole and I started to feel cramps in my feet. Apart from that, my legs felt great.

I was mistakenly convinced that the main hills were at the start of the race and that then the course was nearly all downhill. Well, I was wrong. There were two long uphills at km 25 and 30. Plus there was lots of smaller undulation on the way, which didn't even appear on the course profile. But the worst was to come at the end. The organizers treated us to a sadistic 5 km loop around woods, residential areas and sports grounds, going up and down gravely, narrow, rooty paths. It's not what you expect having thrashed your quads for 2 and a half hours, when the temperature



exceeds 30 degrees. Naturally I slowed down, but not drastically. My time was quite good, but I wasn't sure what my position was as towards the end the marathon runners blended with half-marathoners, relay runners, and 10km and "fun run" participants. From the beginning I tried to stick close to the front of the pack and have the leader in sight. By km 25 I overtook a runner who, I thought, was third. But I wasn't sure of that.

After the S/M loop you had to run one last brief downhill, chuck a surprising "U-ey" and cross the grassy finish line at the Gruabe Arena. The MC running the event could see the runners approaching the finish area ahead of time so it was extra fun to hear your name shouted out when you were crossing the line. The organizers also arranged a real-time finish photo - which was printed out on the spot and handed in to you nearly simultaneously with your medal! It turned out that I my predictions regarding my position were correct. I came third, losing only 5 minutes to the winner. Plus I took the second place in M50 category (the winner was also M50).

Having grabbed a glass of beer and a piece of cake I collapsed on the grass in shade, took off my shoes and proceeded to replenish liquids with low-alcohol but very flavourful Schneider Weisse and stuff my face with the abundance of wonderful Austrian cakes.

My friends crossed the finish line 6 beers later. They took their time but I didn't envy them spending 5 hours in the sizzling sun. We had to wait for the award ceremony a bit but we were patient - you don't often end up on the podium in an international marathon. Having collected the trophies we devoured a pizza washed down with proper beer and proceeded to the Blindsee lake, which we already checked out the day before. It was the best idea ever - a swim in an amazing turquoise lake surrounded by huge rocky mountains. Our battered legs appreciated the feeling of weightlessness in the lovely refreshing water.

All in all, the Glacier Marathon is a great race: for 50 Euros you get a quality T-shirt, pasta party buffet, free entry to an aquapark offering natural ponds with a view of the Alps, unlimited amounts of free beer and cakes at the finish line, free photos and, last but not least, unforgettable views on the way.

It is also a very green event - all the cups along the course and at the finish line were reusable, the medals were made of plywood and the trophies were cut out of lovely-smelling pine wood.

3rd Grzegorz Galezia: 2:51:14

Ultra-Trail Snowdonia (UTS) 50

"Beyond brutal. Beyond beautiful." - Abridged version – full version with many more pics link below

<https://tinyurl.com/av8h22dn>

Saturday 2nd July, 2022

It is worth taking a second to offer a bit of history and context for this event. Back in 2015, founder and race director Michael Jones was spending long days in Eryri / Snowdonia training for the legendary UTMB® (Ultra-Trail du Mont-Blanc) often wondering why there was no event in the UK like the international profile ultra-trail races he had participated in abroad. Taking the plunge and fast forward to 2017, he launched UTS: an instant success in its inaugural event. This year for the first time, UTS was badged as a UTMB World Series event, further raising the profile, while simultaneously gaining significant new investment and support. We know how challenging it is to stage a small community relay in Dulwich Park – cannot imagine how challenging it must be to organise something on this scale.



[...]

Preparation for each of us had ranged from less than ideal, to plain crazy. Gower was still repairing injuries sustained during the Thames Path 100 and also following a tumble during a training run along the North Downs. Christina had missed big chunks of training and preparation following Covid; this was compounded by a hectic work schedule leading up to the race that saw her almost abort before even getting to Llanberis, a succession of cancelled trains across the UK adding to the pre-race stress. Meanwhile Andrea had either misplaced his diary when signing up for races or taken complete leave of his senses - having completed the incredibly challenging Lavaredo Ultra Trail 120k, another UTMB World Series race the prior week!

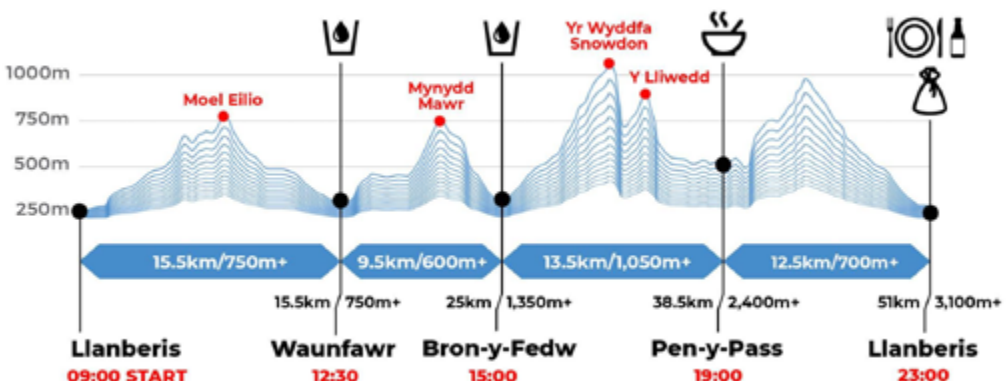
Remarkably, UTS 50k is the 'baby' of the weekend, with a 100k big brother and 165k / 100mi even bigger sister, for those wholly unhinged runners... Next year I hear you say! Never say never. As the 165 got underway at 11am on Friday, with a 50hr cut-off and 10,000m elevation ahead, the buzz in the race village started to build. Watching these runners [starting their race](#) to the backdrop of the mountains, (not quite loud enough) music and red smoke flares, was fuelling our own excitement. Little did any of us know what would happen some 10 hours later.

[...]

As Gower was busily fixing every conceivable part of his legs with some form of tape, Andrea shouts out some ominous breaking news. 'The 165 has been abandoned!' Horrific weather conditions, driving rain, limited visibility, and winds on the mountain peaks at dangerous levels. This did not bode well for our little pootle, and even less so for the 100k runners who were due to set off at 4am. We each finish our last glass of wine, commiserating the poor runners currently being repatriated from the mountains (everyone returned safely) and hit the sack. Tomorrow is another day!

[...]

The [final countdown was approaching](#), phones went away after the last selfies, with smiling faces and optimism still high. Despite the failure of the music, the race began with an incredible buzz. We were [on our way](#)! The route would take us out of Llanberis with a 750m climb up Moel Eilio, then back down to Waunfawr, the first of three aid stations. Next 600m up Mynydd Mawr and down into Bron-y-Fedw aid station. Then the real fun would start, with the double peaks of Yr Wyddfa (Snowdon), then several ridges and back up to Y Lliwedd and down to the final aid station at Pen-y-Pass. Finally after another 700m climb, we would descend back down the tourist route to Llanberis, hopefully still in one piece, for celebratory beers.



None of us really had ambitions much beyond finishing within the 14 hour cutoff. Something around 10 hours would be great, but in truth it is hard to predict much beyond the next kilometre in an event like this. To illuminate that point, a queue and wait of between 5 and 10 minutes to get over this stile two kilometres into the race, was the first of many surprises!

After leaving the short road section out of Llanberis, the first grassy ascent already provided magnificent views and gave the legs a small taste of what was ahead. The first couple of climbs, while steep, were not too technical with the ridges and descents very runnable, albeit with a good dose of caution to avoid boulders hidden in the long grass. Within a couple of hours of running and hiking, the impact of the prior days downpour became apparent, with paths normally firm at this time of year, now resembling Parliament Hill in March, with the added benefit of hidden rocks. Better was yet to come!



[...]

The runner ahead of Gower had joined from the abandoned 165 event, so was undoubtedly far more experienced and would cross this with ease..... In an instant, everything below his waist disappeared into the water, and he then face-planted into the bog. Not being a fan of this open water swimming craze, a slight re-route seemed in order. Taking a path to the right, Gower then proceeded to perform an identical act, however with even less grace. Anything not in a dry bag was now soaked in ice cold bog water, just as the weather was turning and ahead of the more significant next ascent, up to the summit.



[...]

Onwards and upwards. Lots of up, with 62m+ elevation gain per km...the course description talks of 'easy sections of scrambling' – not entirely sure what difficult scrambling entails if this was easy!



Fed and watered, the route now took us to the Snowdon Ranger Path. Almost Alpine in character, this was predominantly loose and rocky, featuring several switchbacks in one part, up the steeper gradients. A runner ahead of Gower slipped and slid down several boulders, catching himself before a less pleasant outcome resulted. This completely unnerved Gower, who lost confidence and remained frozen, clinging to the rocks for a good five minutes, before giving himself a good talking to.

Closer to the summit, the incline backed off as we crossed the train line to join the far busier Llanberis Path to the Snowdon summit. By this point, it was raining again, the wind had picked up and the temperature felt like 1 or 2 degC. With clothing soaked in the bog, it was now very apparent why we were carrying all the mandatory kit. Approaching the summit, a row of people (unsure if runners or not) were huddled in bright orange emergency bivi-bags.

[...]

Our final ascent of the Snowdon massif came via the rocky Pyg Track, consisting of seemingly endless boulder hopping, intermixed with [climbing up waterfalls](#). With the sun now making an appearance, this route became busier with hikers largely heading in the opposite direction.



As we eventually topped out at the 'finger stone', the final descent ran parallel to the railway, along the long Llanberis Path down to the finish. With 3000m of climb in our legs, the boulder hopping and people dodging seemed to last forever, until the slope eased off and gravel sections appeared where you could safely pick up speed and chase the shirt ahead.

A final short section of tarmac, a last minute detour only advised on the start line, back past the Royal Victoria Hotel, over the bridge straddling Llyn Padang and Llyn Peris, into the race village at the National Slate Museum, onto

the red carpet to the cheers and awaiting beers!



[...]

Gower Tan	08:43:24	150 th overall	12 th M50
Andrea Ceccolini	09:50:24	283 rd overall	29 th M50
Christina Dimitrov	10:50:43	374 th overall	12 th F35

~700 starters, 551 finished

Banstead Woods

176 Ran			
Pos	Gen		
10	9	Tony Tuohy	19:50

Beckenham Place

248 Ran			
Pos	Gen		
51	45	Paul Hodge	23:28

Bexley

283 Ran			
Pos	Gen		
78	66	Dave West	25:46

Blackpool

200 Ran			
Pos	Gen		
7	2	Kay Sheedy	19:55

Brockwell

207 Ran			
Pos	Gen		
10	9	Edward Simmons	20:09
33	6	Ola Balme	22:09
41	27	Neville Webb	22:51
57	11	Lucy Pickering	24:03
154	86	Martin Wagner	28:40

Burgess

341 Ran			
Pos	Gen		
101	79	Martin Kelsen	23:27
200	130	Andy Murray	27:07

Charlton

178 Ran			
Pos	Gen		
95	67	Paul Keating	27:29

Clapham Common

504 Ran			
Pos	Gen		
97	84	Cameron Timmis	22:29

Cleethorpes

165 Ran			
Pos	Gen		
52	46	Colin Frith	24:13

Crystal Palace

203 Ran

Pos	Gen		
31	1	Yvette Dore	22:19
91	9	Joanne Shelton Pereda	27:05
121	22	Belinda Cottrill	28:34
186	122	Bob Bell	36:53

Dulwich

350 Ran			
Pos	Gen		
2	2	Adrian Russell	16:34
7	1	Katie Rowland	17:56
29	25	Tom Shakhli	19:38
32	27	Rob Fawn	19:48
43	35	James Auger	20:17
67	55	Lee Wild	21:08
68	56	Robert Tokarski	21:13
72	9	Clare Norris	21:28
132	105	Ben Boxall	23:45
133	106	Graham Laylee	23:49
219	52	Teresa Northey	26:58
291	173	Ebe Prill	30:58
321	115	Laura Vincent	32:54

Edinburgh

344 Ran			
Pos	Gen		
1	1	Aaron Wilson	16:48

Haga

124 Ran			
Pos	Gen		
17	15	Paul Collyer	21:18

Hilly Fields

168 Ran			
Pos	Gen		
29	4	Emma Ibell	22:27

Lullingstone

41 Ran			
Pos	Gen		
15	12	Ed Gibson	26:12

Peckham Rye

200 Ran			
Pos	Gen		
4	4	Mark Callaghan	19:04
107	29	Claire Steward	27:10

Riddlesdown

142 Ran			
Pos	Gen		
32	5	Ange Norris	24:44

Riverside

415 Ran			
Pos	Gen		
179	136	Michael Dodds	26:38
317	107	Clare Wyngard	32:29

Rutland Water

183 Ran			
Pos	Gen		
4	4	Chris Lawrence	18:55

Sandwell Valley

91 Ran			
Pos	Gen		
2	2	Sam Jenkins	19:34

Seaford Beach

249 Ran			
Pos	Gen		
30	27	Nicholas Brown	22:31

Shorne Woods

173 Ran			
Pos	Gen		
89	70	Peter Jackson	30:06

Southampton

646 Ran			
Pos	Gen		
14	12	Tommaso Bondoni	18:42

South Norwood

130 Ran			
Pos	Gen		
1	1	Andy Bond	18:21

Sunny Hill

78 Ran			
Pos	Gen		
8	8	Des Crinion	20:54

Sutcliffe

138 Ran			
Pos	Gen		
70	14	Ros Tabor	26:23
107	31	Stephanie Burchill	30:46

Tooting Common

431 Ran			
Pos	Gen		
154	112	Ian Sesnan	24:34



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 **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](#).



SUSTAINABILITY AND RUNNING SHOES

On Saturday 8 July we donated 30 pairs of used trainers to Care4Calais.org.

Over the past 3 months we donated a total of more than 90 pairs of used trainers, as part of our program of making Dulwich Runners' activities more sustainable.

Thank you to everyone who gave away their used shoes - they will make a difference to many people in need.

In this way we also allowed our shoes to be used, probably, for several more years, instead of ending straight away in a landfill.

We'll resume the collection of used shoes at the clubhouse in September. Please contact me if you have any questions. - Andrea Ceccolini

"Delivering the trainers to Care4Calais.org collector Vivienne Riddoch, in Bromley"



DULWICH RUNNERS KIT

Vests	£18 each
T-shirts short sleeved	£20 each
T-shirts long sleeved	£22 each
Socks	£5 pair
Bufs-snoods	£6 each

Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



DULWICH RUNNERS' SHORTS - All sizes available
Traditionally cut either 'racing' style, or slightly longer – Both styles are a bargain £15.



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

Socks only £5



The Beast from the East!
It's always on the way!.. be prepared..get yourself a bobble hat £15



! Available now!
Women's "Racer Back"
vests - £25

For all club kit enquiries: ros.tabor49@gmail.com



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces & hoodies.

Just click the link to the Dulwich Runners shop and purchase directly.

<https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html>

any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof
Team Jacket



Pro Mid Layer
1-4 Zip Top

Dulwich Runners Summer Map 2

14 km / 8.7 miles - 152m elevation gain
 9.9 km / 6.1 miles - 100m elevation gain
 7.4 km / 4.6 miles - 48m elevation gain

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

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

