

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
July 27th 2022  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

These are your SHORTS

Please send your reports, running news etc to:  
[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

## DEADLINE for submissions etc 17:30 TUESDAY

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

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

## In your SHORTS this week !

- 1 General notices
- 2 Club runs & training
- 3 Fixtures
- 4 Race reports and results
- 7 Club kit
- 9 Wednesday night run map.

Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

[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:



## Dear Members

You'll recall that at the most recent AGM there was a discussion about how the club can do more for the local community to fill the void left by the Dulwich charity 10k. The committee has discussed and are proposing that the club make a donation to a local charity or initiative.

We'd welcome suggestions on what local charity/ initiative the club donates to whilst we work out the best way to select from this list.

Grateful if you could send suggestions to [ryan\\_duncanson@live.co.uk](mailto:ryan_duncanson@live.co.uk) by the 10th August.

## 2022/23 membership renewals

**If you have not renewed you cannot compete in any race as a Dulwich Runner or take part in the club champs.**

**any membership queries contact: [barry@bg1.co.uk](mailto:barry@bg1.co.uk)**

Payment by direct bank transfer or contactless on a club night.

Full 1st claim membership £46 includes EA reg. of £16 - 1st claim membership without EA reg £30 - 2nd claim £30

EA reg is £16 and can only be arranged through your 1st claim club.

The club membership year is April 1 to March 31 (the same applies to EA reg.)

**Thankyou to those of you that have renewed**

# Club Runs & Training Sessions

## Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7:15pm...

**time you run** - Contactless payments only

**Meet upstairs in clubhouse, aim to arrive by 7pm to register, pay & sort out which group you'll run with.**

**The usual runs are : long 8-9M, medium 6-7M, short around 5M**

**NOTE: £1 club run fee for members and guests each**

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

## Tuesday Evening Speed - Alleyns School

### At Alleyn's School

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

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](mailto:tpoynton@hotmail.com)

### Track etiquette

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

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

## Tuesday Morning Speed - Dulwich Park

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

## Thur. Mornings - Brockwell & Crystal Palace Pk.

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

## Sunday Morning Runs

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

Longer & faster - 8am from July for marathon training. Circa 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park, check in advance. - Tom South [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

**If interested in any of these runs check in advance with the respective contacts**

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

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

Road & other   Club Champs   Assembly League   Track   Cross Country

Date	Race	Venue
Sep	4 Big Half	(L) London
	7 HHH open ((ft. Stan Allen mile)	Tooting
	8 date tbc Assembly League	Beckenham
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

## 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	completed
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*

## 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.hernehillssportsmassage.co.uk](http://www.hernehillssportsmassage.co.uk)

**Captains:** Men: Alex Loftus [alexloftus75@gmail.com](mailto:alexloftus75@gmail.com) - Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
 Ladies: Ola Balme & Kay Sheedy [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

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

## Dave Clark Mile

20 July

## Golden Stag Mile

22 July

These 2 races comprised our mile club champs. The Dave Clark Mile was a well organized event, with 11 seeded races, starting with the slowest. It is the successor to the SOAR Mile and in line with that tradition, chilled beers were available. Conditions were warm and muggy early on the evening, but improved later.

The Wimbledon track is not in great condition, but Hercules Wimbledon are hoping that Merton Council will fund its relaying next year. The Golden Stag Mile at Finsbury Park track was on a far better surface and attended by 2 club members, Jonathan Whittaker and Becca Davis, unable to make the event 2 days earlier.

Turnout for a club champs event was disappointing with less than 20 in total and only 3 women taking part. Mile PBs were achieved by Ed Chuck, Ade Russell, Rob Emes, Hugh French, Ed Gibson and Becca Davis. There was an impressive debut run from Ed Gibson who sat closely behind the pacemaker before cutting loose in the final lap. Ed Chuck achieved a new mile club record, coming through well in the final lap and finishing one place behind Lewis Laylee.

There were season's best across the board with Rob Emes, Ed Smyth, Hugh French, Becca Davis, Mike Mann and Barrie Nichols all registering significant improvements on their Mark Hayes Mile performances. This was no doubt due in

Becca writes: After missing Wednesday's Club Champs race due to work commitments, I was glad to make the Golden Stag Mile at Finsbury Park. Although I found the whole experience incredibly intimidating, everyone was very friendly and helpful. I didn't expect to see any other DRs, so it was great to see Jonathan just before I entered the start pen. I went off far too quickly - will I ever learn?! - completing the first lap in 1:35/6. I lost a few places after pulling back in the second and third laps but managed to increase my pace in the final stretch. I was delighted to finish tenth (out of fourteen) in 6:36.63.

Jonathan writes: I opted for the Golden Stag Mile for the Club

## DR Club Champs 2022 Dave Clarke Mile

Award	Name	AG	Time	AG Res
1st M	Edward Chuck	M V35	<b>4:22.40</b>	86.9%
Overall Winner	Andy Bond	M V45	<b>4:43.32</b>	89.0%
2nd M	Fred Bungay	M SEN	<b>4:45.13</b>	78.3%
3rd M	Ed Gibson	M SEN	<b>4:46.28</b>	77.8%
1st M V40	Adrian Russell	M V45	<b>4:52.29</b>	83.8%
AG M Winner	Rob Emes	M V40	<b>4:57.66</b>	80.5%
M Captain's Award	Jonathan Whittaker	M V40	<b>5:14.42</b>	76.5%
	Des Crinion	M V35	<b>5:14.44</b>	73.9%
	Joe Farrington-Douglas	M V40	<b>5:18.49</b>	75.8%
1st W	Rebecca Schuller	W SEN	<b>5:42.46</b>	74.3%
2nd W	Lucy Mordaunt	W SEN	<b>5:44.29</b>	73.1%
	Hugh French	M V45	<b>5:49.73</b>	70.9%
	Edward Smyth	M V40	<b>5:53.42</b>	67.2%
1st M V60+	Eberhard Prill	M V60	<b>5:57.69</b>	77.5%
3rd W	Rebecca Davis	W V35	<b>6:36.63</b>	65.5%
	Mike Mann	M V70	<b>6:49.51</b>	78.5%
	Barrie John Nicholls	M V65	<b>7:29.89</b>	66.4%
1st M V50	Ameet Patel	M V55	<b>7:32.32</b>	60.3%

part to the poor state of the Dulwich College track, though the Wimbledon track was only marginally better, but probably mainly because the Mark Hayes Mile fell much earlier than usual in the outdoor track season. Andy Bond finished comfortable overall winner with an age grading of 89%, while Jonathan Whittaker on a return to racing following a long spell of injury won the men's captains award.

My 6.40 target was always rather ambitious and although I was on track after one lap, fell behind in the middle 2 laps before picking up the pace in the final lap.

There will be probably a final opportunity to compete in a mile race at a HHH open meeting featuring the Stan Allen Mile on the evening of 7 September. Mike Mann

Champs having enjoyed the event in 2018 where I had even made the podium in one of the races. The organisers put on another good show with a wide range of abilities welcomed, loads of fans and a good track to run on. I was in race 9 with a group of runners who had predicted a time around the 5:10-5:20 mark - I had put down 5:14. I started off slowly and was last after 200 metres but managed to pick up the pace in the following laps to place 6th at the bell. Despite my best efforts I didn't really have much extra pace and had to be content with 6th out of 14 finishers. I was pleased to accurately predict my time of 5:14.42 as well!

## World Athletics Championships

Andy and I went to the World Athletics Championships in Eugene. The men's marathon was on 17 July, and Asics, the championship sponsors, organised a 5k race to coincide with the start. We had to be in our pen by 6 am, watched the start at 6.15 , and then 5 minutes later our race started on the same course. The marathon was three 14k laps. Our 5k was a shorter loop which we had to be able to run in 31 minutes to avoid clashing with the marathon runners completing their first lap as we used their finish.

We were started by Deena Castor US marathon bronze medalist in Athens 2004. There were nearly 1000 runners so it was congested at the start but it soon spread out and we were both able to run each k progressively faster. After our finish we watched the men on their first lap, unfortunately not including UK's Chris Thompson. Then we jogged back to our hotel and watched the finish on TV.

Andy Murray adds: We were in Eugene, Oregon to watch the 10 days of the World Athletics Championships, held in the newly-built Hayward's Field stadium, which features good viewpoints and comfortable seating. Eugene developed as a timber processing town, also with an elegant university campus. The downtown centre is not too exciting but features a number of murals and there is a high quality farmers market. Most athletes were housed close to the track on the Oregon University campus, which also had a lot of public access, so were more visible than normal.

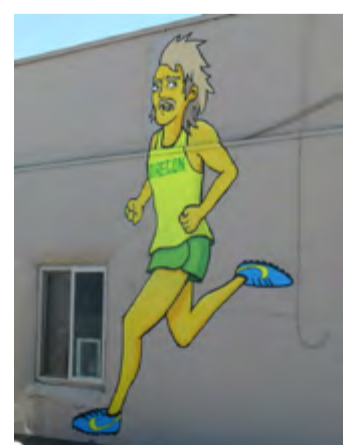
The US loves sporting traditions and local Steve Prefontaine, who broke national records from 2000 to 10000 metres but died young, is still a track and field hero. Across the Willamette river from town is the Alton Baker park, which features four miles of bark path known as the Pre Trail. This was where we did our morning runs, often seeing Ugandan, Ethiopian and local runners. Just beyond the park was a football stadium (Oregon Ducks) and roads used for marathon and walks, which we watched bits of.

About 150 of us had booked with British company Track and Field Tours and about a third of us were in a hotel within walking distance of the stadium. Our seats were high up at the high jump/finish end with a good view of most events and fortunately shaded from the hot sun. Many US successes meant an enthusiastic crowd and we enjoyed the British medal performances plus hurdle and pole vault world records at the end.

Andy Murray

Ros Tabor 27:00

Andy Murray 27:31





**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.**

### Banstead Woods

190 Ran  
Pos Gen  
18 17 Tony Tuohy 20:27

### Beckenham Place

289 Ran  
Pos Gen  
1 1 Adam Teszke 17:52  
140 25 Claire Barnard 27:21

### Brockwell

209 Ran  
Pos Gen  
2 1 Tom Skinner 16:35  
3 2 Jon Phillips 17:07  
5 4 Aaron Wilson 17:16  
23 2 Kay Sheedy 20:12  
24 18 Andrew Inglis 20:13  
40 31 Mark Foster 21:31  
48 39 Stephen Trowell 22:23  
58 5 Ola Balme 22:50  
74 58 Michael Mann 24:10  
78 10 Teresa Northey 24:14  
87 15 Lucy Clapp 25:08

### Bromley

409 Ran  
Pos Gen  
245 189 Peter Jackson 28:38

### Burgess

379 Ran  
Pos Gen  
165 132 Martin Kelsen 25:25  
312 85 Stephanie Burchill 32:35  
369 112 Susan Vernon 44:05

### Bury St Edmunds

184 Ran  
Pos Gen  
12 10 Justin Siderfin 20:50

### Charlton

156 Ran  
Pos Gen  
1 1 Andy Bond 16:08

### Church Mead

99 Ran  
Pos Gen  
35 3 Lindsey Annable 28:34

### Crystal Palace

246 Ran  
Pos Gen  
2 2 Robert Emes 17:40  
35 35 Paul Hodge 23:17  
109 89 Michael Dodds 27:10  
113 92 Eugene Cross 27:29  
117 18 Clare Wyngard 27:40  
141 29 Joanne Shelton Pereda 28:55

### Dulwich

298 Ran  
Pos Gen  
5 4 Adrian Russell 16:10  
38 1 Lucy Mordaunt 19:21  
43 36 Ed Gibson 19:29  
52 44 Chris Cooper 19:59  
54 45 Kevin Chadwick 20:03  
67 56 Mark Read 21:07  
71 7 Victoria Read 21:30  
72 59 Lee Wild 21:34  
97 79 Ben Boxall 22:47  
104 12 Laura Denison 23:07  
298 108 Claire Steward 51:27

### East Grinstead

144 Ran  
Pos Gen  
63 57 Dave West 27:35

### Hastings

308 Ran

Pos Gen  
31 28 Nicholas Brown 21:19

### Hilly Fields

187 Ran  
Pos Gen  
52 37 Edward Smyth 24:17

### Newport

258 Ran  
Pos Gen  
7 7 Sam Jenkins 19:24

### Peckham Rye

199 Ran  
Pos Gen  
42 4 Claire Pepper 22:24

### Preston Park , Brighton

365 Ran  
Pos Gen  
2 2 Harry Lawson 18:01

### Southwark

358 Ran  
Pos Gen  
5 5 Tommaso Bendoni 18:14  
247 164 Paul Keating 29:28

### Tooting Common

418 Ran  
Pos Gen  
39 32 Austin Laylee 20:46



## Dulwich Runners

For the latest results, personal and club records, leaderboards and runners' stats, championships standings and awards, please go to:



[app.dulwichrunners.org.uk](http://app.dulwichrunners.org.uk)

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



Feedback and requests **Andrea Ceccolini**

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



## SUSTAINABILITY AND RUNNING SHOES

On Saturday 8 July we donated 30 pairs of used trainers to [Care4Calais.org](http://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](http://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



**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](mailto:ros.tabor49@gmail.com)



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

**Socks only £5**



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



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

**For all club kit enquiries: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)**



## NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

any questions contact Ros at: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof  
Team Jacket



Pro Mid Layer  
1-4 Zip Top

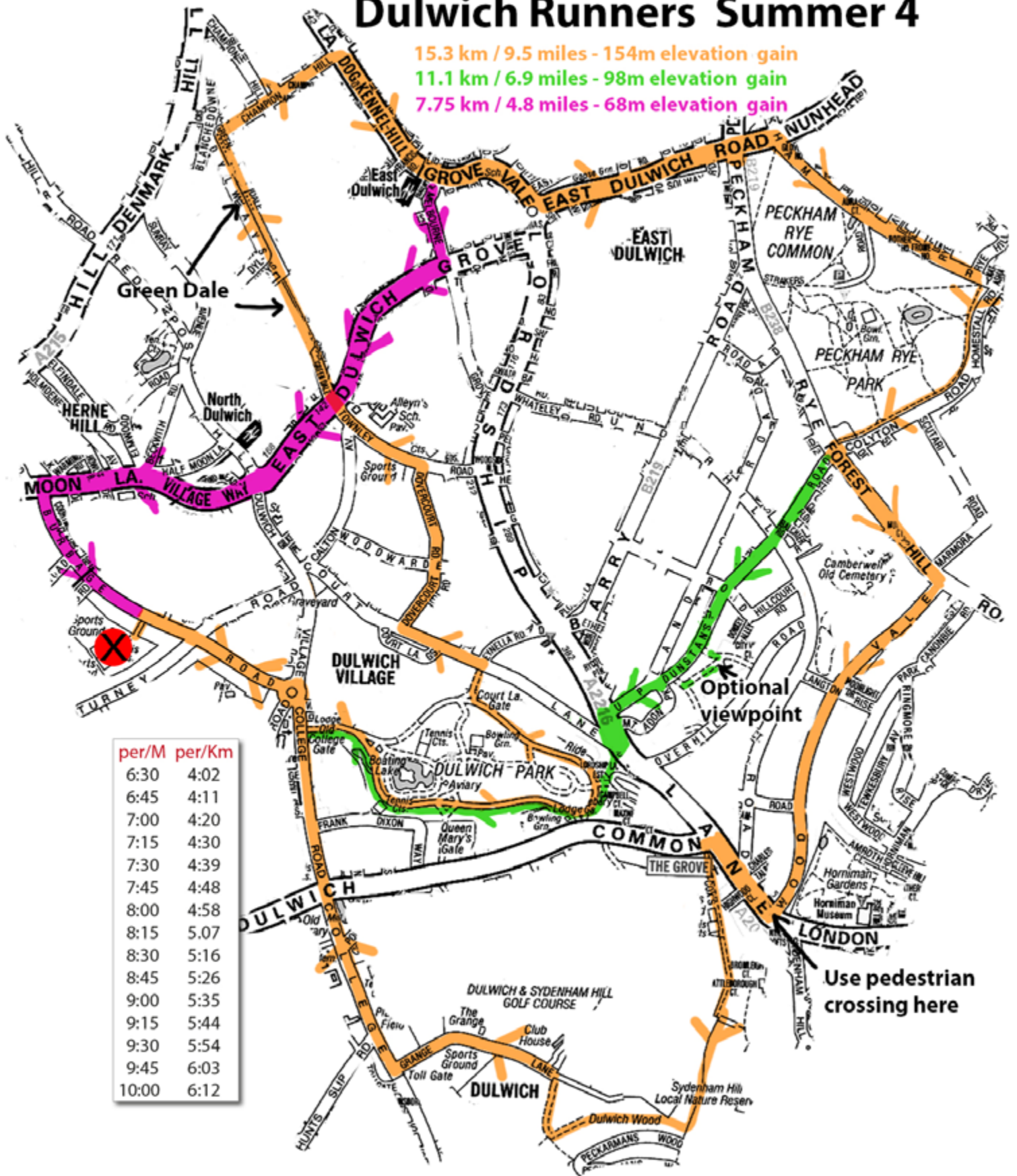


# Dulwich Runners Summer 4

15.3 km / 9.5 miles - 154m elevation gain

11.1 km / 6.9 miles - 98m elevation gain

7.75 km / 4.8 miles - 68m elevation gain



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