



## 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
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- 10 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:



## Bring a picnic along to the 7OAKS7

After our club champs race in Knole Park on Sunday 9am we plan to have a picnic close to the finish area. So please bring something along or just join in. Weather looks fab.

And still time to enter if you fancy a lovely trail seven miler: <https://register.enthuse.com/ps/event/Sevenoaks72022>

## 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.

## 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 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](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)

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](mailto: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](mailto:thomas_south@hotmail.com)

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

# 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](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
July	7	Assembly League	Victoria Park, Hackney
	10	Sevenoaks 7 trail race	(L) Sevenoaks
	20	Dave Clarke Mile Night (incorporates the SOAR mile)	(S) Wimbledon Pk Stadium
Aug	4	date tbc Assembly League	Beckenham
Sept	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

## 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	
July	20	S - Dave Clarke Mile Night (incorporates the SOAR mile - Wimbledon Pk Stadium, please check if entries open at <a href="https://data.opentrack.run/en-gb/x/2022/GBR/dc1mile22/">https://data.opentrack.run/en-gb/x/2022/GBR/dc1mile22/</a> )	
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](mailto:alexloftus75@gmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
 Ladies - Ange Norris & Ola Balme [dulwichladiescaptain@gmail.com](mailto: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](http://www.hernehillsportsmassage.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.

## World Masters Athletics Championships Tampere, Finland

Andy Murray reports. Ros and I have competed in these and equivalent European championships in the past. Ros has won track medals and I have picked up the occasional GB team medal in xc or road. Heart and hip procedures in recent years mean we are not at our previous level but enjoy taking part and spectating, so entered the cross country this time.



Tampere is a city a couple of hours north of Helsinki, situated between two lakes. A river runs south between upper and lower lakes and many red brick textile and paper mills were built alongside in the 19th century to use the water power. These are now repurposed as museums, commercial or leisure premises.

The main track was in a riverside city-centre stadium, with a grandstand popular with athletes spectating and waiting for their events. With all track and field events held in 5 year age groups, other venues were in use.

Our cross country races were held out of the centre next to exhibition halls. Start and finish of each lap were on a

## Windrush Aquathlon

3rd July

Windrush Triathlon club has organised this low key race in and around Brockwell lido for the last decade or so, writes Mike Dodds. It consists of 10 lengths of the 50m pool followed by a 5km run – which proved to be a shade over distance – around the adjacent park. There were at least 3 DR competitors plus Windrush members Alicja Furmanczyk and Justin Siderfin marshalling and supporting around the course.

Clare Wyngard felt surprisingly good immediately after two

## Bewl 15m

Sunday 3rd July

The pre-race email had the inviting phrase - '15m of immeasurable racing magnificence!' Would this race live up to such a bold statement?

I love a trail race and Bewl is always on my annual racing calendar. Dylan regularly joins me and there are normally some other DRs there. This year it was great to see Clare at the start who was running for the first time.

The start/finish area is in a field on the outskirts of Wadhurst, about 3/4 m from the reservoir; quite significantly up the hill from the reservoir so as you charge off down the hill with initial enthusiasm and energy, it is worth taking note that you will be ending the 15m going back up the hill. The route is mainly around the reservoir, although about 3 miles are along quiet country lanes. Apart from the few significant hills, the route is undulating but the total elevation is not great. However, the course is deceptively hard due to the constantly changing terrain; it is rarely possible to get into pace as you are for ever watching where your feet will land.



playing field and we then ran on a firm but gravelly ski/bike trail on a 1.8k loop through trees and passing some apartment blocks. We ran late in the morning of a 30 degree day and were grateful that the trees shaded part of the loop.

Ros's race was 3 laps for w70s and upward. There were two other GB runners in Ros's age group, so making up a team with her. Ros ran sensibly in 8th place, not fading too much in the heat. At the front of her race four runners (GB/Ger/Ire/Fin) emerged together on to the field with 200m to go, the Finn just heading the Irish woman at the line in 25.10. GB, in positions 4,6,8, were first team.

5.4k W70 XC 30.06.22  
8 Ros Tabor 29.24 ( lap splits 9.09, 19.12) GB team gold.

Andy was in the next race, for m60s and m65s. There were 7 GB m65s, three obvious team scorers younger and faster than the other four including Andy, who faded in the heat and lost a place to the 4th Brit. GBs came 1(28.04), 2,18 (1st team),21, 22,25,26.

7.2k M65 XC 30.06.22  
22 Andy Murray 40.43 (lap splits 9.06, 19.21, 30.02).

Hot weather meant we were only tempted by one public sauna with a lake to cool off in and several lake swims plus of course their waterfront Parkrun. We also watched 800m and 5000m races at the two tracks in use and caught up with past GB teammates.



long days on her feet officiating at triathlons at Eton Dorney and regained the supervet title she last won here in 2016. Meanwhile Tim Bowen and Rob Tokarski were both making their debuts at a multisport event. Unsurprisingly both commented afterwards at how weird it was on the legs having to run straight after a swim.

Tim seemed disappointed with the swim (probably wasn't used to being overtaken) but he made up for this on the run – there's a surprise! - when normal service in the leg department was resumed, duly delivering the fastest run time overall by nearly half a minute. Both Tim and Rob were not ruling out further ventures into the multisport world after their experiences here.

13th Tim Bowen 30-12 (10.40 swim, 18.00 run)  
46th Rob Tokarski 40.12 (13.12 swim, 24.47 run)  
52nd Clare Wyngard 42.31 (12.31 swim, 28.27 run)  
64 finishers

Wonderful views of the reservoir interspersed with woodland paths make the miles slip away quickly. It is very well marshalled, there are 5 water stations and the finish has more free cakes than any other race I know, plus free beer.

The Dulwich contingent had mixed experiences – Dylan was going well for about 10 miles but suffered from his quad seizing and walked/limped the last few miles. Consequently, I overtook him with about a mile to go. Not really a moral victory for me! Clare is unfortunately not in the results yet. She has contacted them with her Strava details so will hopefully be there soon. We ran very close to each other for the first few miles, swapping places a couple of times.

It's interesting that the total field was much smaller this year with 438 finishers compared to over 700 pre pandemic. It attracts a range of running abilities with the winner this year setting a course record of 1:25 and the last runner finishing in 4:11. Due to the smaller field I ran a PW but had my highest finishing position! The answer to the initial question above – yes it would!

59th Ange Norris 2.00.07  
62nd Dylan Wymer 2.00.50  
?? Clare Norris 2.08.05

**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

267 Ran  
Pos Gen  
29 26 Tony Tuohy 19:51

### Beckenham Place

241 Ran  
Pos Gen  
44 39 Paul Hodge 23:17  
69 10 Teresa Northey 24:32  
91 14 Claire Barnard 25:46

### Brockwell

217 Ran  
Pos Gen  
23 22 Mark Foster 21:20  
97 19 Lucy Clapp 25:58  
150 91 Martin Wagner 28:53  
154 49 Sharon Erdman 29:00

### Bromley

411 Ran  
Pos Gen  
285 209 Peter Jackson 28:53

### Burgess

407 Ran  
Pos Gen  
18 16 Charles Lound 19:30  
125 101 Martin Kelsen 24:17  
143 111 James Gordon 24:51  
318 112 Stephanie Burchill 31:33  
331 118 Shoko Okamura 32:10  
396 151 Susan Vernon 40:30  
404 195 Chris Vernon 57:35

### Charlton

139 Ran  
Pos Gen  
17 17 Justin Siderfin 21:32

### Clevedon Salthouse Flds.

215 Ran  
Pos Gen  
185 72 Rhian Stansfield 32:24

### Crystal Palace

164 Ran  
Pos Gen  
24 3 Yvette Dore 21:59

30 4 Laura Denison 22:31  
35 5 Ola Balme 22:44  
43 36 Sam Jenkins 23:41  
155 92 Bob Bell 35:36

### Dulwich

448 Ran  
Pos Gen  
3 3 Andrew Inglis 16:02  
20 18 Mark Callaghan 17:55  
53 46 Ebe Prill 19:49  
69 61 Chris Lawrence 20:26  
82 71 Stephen Trowell 20:56  
101 88 Robert Tokarski 21:53  
108 94 Hugh French 22:07  
110 96 Neville Webb 22:10  
156 122 Ben Boxall 23:38  
274 61 Sonja Jutte 27:08

### Faskally Forest

35 Ran  
Pos Gen  
1 1 Aaron Wilson 18:50  
2 1 Alexandra McClelland 21:56

### Highbury Fields

393 Ran  
Pos Gen  
39 36 Paul Collyer 20:29

### Lloyd Park

161 Ran  
Pos Gen  
45 43 Dave West 26:08

### Maidstone

265 Ran  
Pos Gen  
14 1 Kim Hainsworth 20:26

### Old Deer Park

118 Ran  
Pos Gen  
56 6 Lindsey Annable 25:39

### Orpington

198 Ran  
Pos Gen  
61 54 Colin Frith 26:03

### Peckham Rye

193 Ran  
Pos Gen  
1 1 Joseph Wilkes 18:19  
2 2 Joe Farrington-Douglas 18:44

### Riddlesdown

143 Ran  
Pos Gen  
4 4 Daniel Mann 19:13

### Royal Tunbridge Wells

211 Ran  
Pos Gen  
40 32 Nicholas Brown 23:15

### Southsea

288 Ran  
Pos Gen  
1 1 Andy Bond 16:48

### Tampere

68 Ran  
Pos Gen  
39 25 Andy Murray 27:36  
40 11 Ros Tabor 27:37

### Tooting Common

419 Ran  
Pos Gen  
146 104 Ian Sesnan 24:44

### Trelissick

130 Ran  
Pos Gen  
29 4 Laura Vincent 26:00

### Upton Court

195 Ran  
Pos Gen  
79 60 Michael Dodds 27:30

### Victoria Dock

152 Ran  
Pos Gen  
93 18 Claire Steward 26:54  
108 79 Paul Keating 28:59

## **\*\*SUMMER WEEKEND EXTRAVAGANZA - SAVE THE DATES\*\***

### **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!)

Locations to be finalised, but likely route and approx timings:


2:00pm Gipsy Hill Brewery  
2.45pm Bullfinch Brewery  
3.20pm Canopy Brewery  
4.00pm Friendship Adventure Brewery  
4.45pm Clarkshaws Brewery  
5.30pm Brick Brewery, Peckham

### **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 : [dulwichrunnerssocial@gmail.com](mailto:dulwichrunnerssocial@gmail.com) to book a ticket by 12 July.

**v1**  **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 April 22nd we delivered around 60 pairs of running shoes to ReRun <https://rerunclothing.org/> collector and trail running coach Jude Palmer in the Surrey Hills.

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

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

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

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

Collections Wednesdays at the Club House 6:30 - 10pm.

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

To get involved with our sustainability efforts, or if you have any questions or suggestions contact Andrea Ceccolini

What Can We Do?

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

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

# DULWICH RUNNERS KIT

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



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



Most kit is usually available  
Wednesdays at the club from Ros  
[ros.tabor49@gmail.com](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 Map 1

17.7km / 11 miles - 265m gain

The 'Ten Parks' route

11.8 km / 7.3 miles - 159m gain

8.6 km / 5.3 miles - 106m gain

