



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 Dulwich College 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:



Request for lifts to club champs 10k on Sunday:

Due to the rail strike is anybody taking part in the Ranelagh Harriers Richmond 10k who is driving able to offer lifts please. Start time 9am - email Ebe Prill: ebepriill@yahoo.co.uk if you either need a lift or can offer one. 44 of us are entered so far and entries still open at: <https://register.enthuse.com/ps/event/RanelaghHarriersRichmond10K2022>

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.

You have all been sent renewal email reminders so keep an eye on your inbox.

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

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

Payment by direct bank transfer or contactless on a club night. Bank details in the email. No cash or cheques
Full 1st claim membership £46 includes EA reg. of £16 - 1st claim membership without EA reg £30 - 2nd claim £30
EA reg is £16 and can only be arranged through your 1st claim club.
The club membership year is April 1 to March 31 (the same applies to EA reg).

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 - Dulwich College

one more week until we move to Alleyn's School

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

One more session (Tuesday 28 June) at Dulwich College - Entry via Pond Cottages, SE21 7LE on College Rd. - Turn right in front of main doors, follow path through bushes to track, meet at green pavilion by tennis courts.

Track/facilities not available after this date (redevelopment) - July & August training is at Alleyn's School playing fields and track - details to follow, focus on prep. for club champs races and Assembly League. £2 per session.

Questions, feedback or advice on fitting these sessions into the rest of your training contact:

Tom Poynton (Coach in Running Fitness) - tpoynton@hotmail.com

Track etiquette

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

All members using the track:

- give others plenty of space when overtaking or moving off the track.
- keep to lanes 1&2 whilst running reps, use outer lanes for warm ups, recoveries and cool downs.
- wait between reps off the track (or outer lanes) step onto the track just before they start their next rep.
- act on any instruction from a coach to ensure the safety of others.

Tuesday Morning Speed - Dulwich Park

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

Thur. Mornings - Brockwell & Crystal Palace Pk.

Sessions at 11.00am - Alternating each week between Brockwell Park and Crystal Palace Park, mix of short hills and longer efforts on the grass - followed by coffee. - for all standards and abilities -

Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

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

For later starts 9 to 10am, a longer run from the Dulwich area (10 miles+) around 8-9 min. mile

Contact Tom Poynton tpoynton@hotmail.com

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

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

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
June 26	Ranelagh Harriers Richmond 10k	(S)	Richmond
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
Nov 12	Surrey League XC		tbc
	26 South of Thams XC 5M	date tbc	Lloyd Pk tbc
Dec 17	South of Thams XC 7M	date tbc	Aldershot tbc
Jan 14	Surrey League XC	date tbc	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	
	(enter ASAP: https://ranelagh-harriers.co.uk/events/ranelagh-harriers-richmond-10k/)	
July 10	L - Sevenoaks 7 trail race	
July 20	S - Dave Clarke Mile Night (incorporates the SOAR mile - Wimbledon Pk Stadium, please check if entries open at https://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

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.

Sri Chinmoy Dashing Deer 5K

14th June 2022

Alex Loftus writes: The Sri Chinmoy races in Battersea Park remain among the most popular 5k races in the Club calendar. Although there are one or two obstacles (a mass start, benches, dogs and bikes), the events are well organised, unbelievably friendly, and Battersea Park is a terrific venue – flat, with fairly smooth corners and plenty of space for the mass start. With the Club Champs last year allowing any one of the series to “count” last year, numbers were spread across the different races so it was great to see a large turnout at this year’s Dashing Deer race. With the temperature in the mid-20s, it was a little hotter than it might have been. The blaze of heat also led to the London Plane trees showering pollen, but that didn’t seem to deter the contingent of Dulwich Runners who ran some brilliant times.

Jack Ramm led the field with a stunning time of 15:04, only 2 seconds off his PB set last year, and surely a sub-15 run on a cooler night. Not long after Jack, Andy Bond’s 15:33 placed him 4th, 1st MV40, and with a stunning age-graded result of 93.1%. Ben Howe was 3rd Dulwich Runner over the line, pleased with 15:41, after a (slightly) lighter couple of weeks training. 1 second after Ben, Joe Hallsworth (15:42) smashed 16 minutes for the first time, in his first non-parkrun 5k – a brilliantly paced run. Tom South is powering his way back to full fitness, coming in at 14th overall and second MV45, only a few seconds away from his 5k PB.

Next in were Tim Bowen (16:08), Aaron Wilson (16:22), and Shane O’Neil (16:41), before Tom Shakhli in 16:45 and Rob Emes (16:46). Rob ran what he felt was a generous 16:59 at Battersea last year, so it was fantastic to see him smash 17 minutes in a really well-paced race. Hugh Stobart and Ade Russell also made it under 17 minutes, followed by a group consisting of Kev Chadwick (17:19), Joe Wood (17:20), and Mark Callaghan (17:23). It was Kev’s fourth race in seven days – true commitment!

Alex Loftus (17:46) and Eugene Cross continue to come within a second or two of each other, switching places each time. They were followed by James Burrows (17:54) and Grzegorz Galezia (17:56, Age-Grading of 83.2%, 1st MV50 for Dulwich, and 3rd MV50 overall), who broke 18 minutes for the first time, clearly benefiting from a holiday in Naples the week before. Joe Farrington-Douglas finished just behind but made the easy mistake of stopping at the first bollard before crossing the finish in 17:58, still an official (non-parkrun) PB.

Kay Sheedy was the first Dulwich woman to cross the line, in her fastest (and really well-paced) 5k, coming within a whisker of sub-17 minutes in 18:02. Only two weeks after his sub-3-hour marathon in Edinburgh, Harry Lawson (18:07) was followed by Rob Fawn, fresh from swim training, running a season’s best of 18:22. Captain’s Award goes to Sum Mattu, whose training and progress over the last year has been so unbelievably consistent. Sum was rewarded with a convincing 5k PB (first time officially under 19 minutes) of 18:55.

DR Club Champs 2022 - 5K

Sri Chinmoy 5K Battersea Park

#	Date	Event	Meeting	Venue
R1	14 Jun 22	5K	Sri Chinmoy 5K	Battersea Park

Award	Name	AG	Time	AG Res
1st M	Jack Ramm	M SEN	15:04	86.1%
Overall Winner	Andy Bond	M V45	15:33	93.1%
2nd M	Ben Howe	M SEN	15:41	82.7%
3rd M	Joe Hallsworth	M SEN	15:42	81.9%
1st M V40	Tom South	M V45	16:03	88.8%
AG M Winner	Timothy Bowen	M V35	16:08	82.9%
	Aaron Wilson	M SEN	16:22	79.0%
	Shane O’Neill	M SEN	16:41	77.5%
	Tom Shakhli	M V35	16:45	80.7%
	Rob Emes	M V40	16:46	82.1%
	Hugh Stobart	M SEN	16:48	76.8%
	Adrian Russell	M V45	16:59	82.8%
	Kevin Chadwick	M V40	17:19	79.3%
	Joe Wood	M SEN	17:20	74.2%
	Mark Callaghan	M V45	17:23	82.1%
	Alexander Loftus	M V45	17:46	80.3%
	Eugene Cross	M V40	17:48	76.9%
	James Burrows	M V40	17:54	76.8%
1st M V50	Grzegorz Galezia	M V50	17:56	83.2%
	Joe Farrington-Douglas	M V40	17:58	77.1%
1st W	Kay Sheedy	W V35	18:02	83.0%
	Harry Lawson	M SEN	18:07	70.9%
	Rob Fawn	M V40	18:22	74.1%
Captain’s Award	Sum Mattu	M V35	18:55	69.9%
	Austin Laylee	M SEN	19:10	67.0%
1st M V60+	Eberhard Prill	M V60	19:44	80.5%
	Hugh French	M V45	20:15	70.3%
2nd W	Yvette Dore	W V50	20:30	80.5%
	Edward Smyth	M V40	20:40	66.0%
	Mark Foster	M V55	21:02	73.1%
3rd W	Emma Ibell	W V50	21:02	78.9%
	Martin Double	M V45	21:07	67.0%
1st W V50	Michelle Lennon	W V55	21:16	82.2%
	Emma Benyon	W V35	21:50	68.4%
	Neville Webb	M V65	22:32	74.9%
	Joseph Brady	M V55	22:56	66.9%
	Mike Mann	M V70	23:34	78.1%
1st W V60+	Ros Tabor	W V70	26:13	83.7%
	Andrew Murray	M V65	26:54	64.2%
AG W Winner	Claire Steward	W V70	27:05	78.1%
	Ameet Patel	M V55	27:13	57.5%



Racing at Battersea for the first time in the MV60 category (and coming second overall in his age group) Ebe Prill (19:44) had a good race on reduced training. Hugh French (20:15) also ran well and will soon be back to sub-19 minute form. Yvette Dore (20:30) was second Dulwich Woman over the line (1st WV50 overall), continuing her excellent season, although feeling the heat. Ed Smyth (20:40) was followed by Mark Foster (21:02), with the latter building pace for the fell-running season. Emma Ibell was 3rd Dulwich Woman over the line and second WV50 overall.

Martin Double (21:07) was just ahead of Michelle Lennon (21:16), followed by Emma Benyon (21:50). Neville Webb (22:32 and first MV65 for Dulwich) showed a return to near previous form, following a recent spell of injury, and

Joe Brady (22:56) had another strong performance, following his Assembly League run. Mike Mann’s time (23:34) was very similar to a 5k on a similar course at Battersea Park back in April. Ros Tabor also continues her return to form, winning the WV70 category with 26:13 (Age-Grading 83.7%) and only just shy of her recent times at Victoria Docks. Andy Murray (26:54) was next in after Ros, followed by Claire Steward (27:05) and Ameet Patel (27:13).

The evening finished with drinks at the Magic Garden Pub, ahead of the Midsummer Relays the following day.

Dashing Deer

14th June 2022.

Kay Sheedy writes: Despite very hot and sunny conditions, there were some excellent performances from the ladies team for the second race of the Sri Chimnoy 5K summer series in Battersea Park.

I'd been hoping to try and get as close to 18 minutes as possible, and started the first lap well with some fairly consistent splits, however the 4th km let me down as usual, and I didn't quite have enough in my legs at the finish. Despite that, I was very happy to get a PB performance and 7th place overall in the ladies u/50 category (18:02)

Next in for the ladies and taking the 1st V50 prize was Yvette Dore, who has been in remarkable form all season and recently achieved a fantastic sub 20 at Dulwich Park. Yvette had a strong start and despite feeling dehydrated in the heat, she held on well to finish in 20:30.

Buckden Pike Fell Race 6k/ 486m

Billed as a short race in the English National Fell racing championships we ventured up to the village of Buckden in Upper Wharfedale. Traveling over 200 miles without a map and shamefully following 'townie' sat nav routing through the dales we arrived in the small village to the sounds of Skipton ukulele society banging out Bob Dylan tracks, just in time to catch the women's race.

Turning towards Buckden Pike we witnessed Hannah Russell descend the precipitous final decent in a blurr of legs to win in a time of 37 11. The overriding thought was how is that possible? However undaunted we unveiled our Dulwich runners vests amidst the elite of the fell running world and spying no one from south of Sheffield we 'warmed up' by half clambering up a little of the first hill and sliding back down..

In perfect weather we set off crossing a near empty Bucken beck... Mark then tried to perfect the crawling technique as we ascended for a brutal km of climbing. There followed a short section of some near 'normal' running to be then followed by yet more should I crawl or walk up this? Pressing hard against knees there was the relief of a levelling off on flag stones catching some runners before the half dreaded decent...

Easy at the start .. what could go wrong... felt like we could fly down... only to hit the inevitable tipping point where veterans swept past. Then the long ride home via a non-sat nav leisure drive down the valley..

Emma Ibell took second prize in the ladies V50 category and finished with an official 5K road PB of 21:02, which was in fact 41 seconds quicker than her previous race.

Completing a clean sweep of the podium for the ladies V50 category in 3rd place, just a few seconds behind Emma, was Michelle Lennon with a seasons best time of 21:16.

Next in was Emma Benyon, who had a strong run to finish in a season's best time of 21:50 and 17th place overall in the ladies u/50 category.

Christina Dimitrov also found the hot conditions tough going and despite not feeling well and having to stop a couple of times, she still managed to finish in an excellent time of 22:51, and 18th overall.

Ros Tabor achieved the highest age graded performance of the night out of all the Dulwich ladies and her time of 26:13 was the fastest in the V70 category. Not far behind Ros and completing the line up was Claire Steward, with an excellent time of 27:05, a seasons' best and second placed V70. Well done to everybody who ran!

A grand day out as they say. Cannot wait to go back. Dulwich fell running team is a go!

Alex adds: After a slightly disappointing run in the "middle distance" around Lower Borrowdale Skyline, I was hoping for a better race in the Yorkshire Dales (what could go wrong in 4 miles?) From the pretty village of Buckden, the route climbs the vertiginous slopes of Buckden Pike, levelling off slightly for about half a mile, before the steepening descent back to the village. The mass start always catches me out a bit, but this one

quickly spread out on the steeper section. Tucking in behind Chorley legend Darren Fishwick, I passed about 15 runners on the way up, knowing at least that many would pass me on the way back down. Sure enough, after the first quarter of a mile of descent, a huge wave of runners thundered past. Oh, the ignominy! A final inelegant hop over a stone wall took us back to the finish at Buckden village fete, where the egg throwing contest (!) was just getting under way.

While Mark and I had been bravely running our own races on Buckden, the current star of the long distance fell running scene, Finlay Wild had smashed the course record by 12 seconds. Clearly needing more of a challenge than the 6k course, he'd taken the train from Fort William to Oxenholme, and cycled the last 50 miles over the dales, before cycling back that afternoon. I have little doubt that – given the right conditions – the Dulwich team could give Wild's Lochaber AC a good run for their money in next year's British Champs.

Times

1 Finlay Wild Time 30: 39

128 Alex Loftus 43:07

226 Mark Foster 55:07



Mark - Alex

Assembly League

Victoria Park 3.5M

June 9

SS belatedly reports the results took a while to sort and still no known official team results (and nb individual results will never appear on Power of 10) but the men won easily again despite a very high standard of competition.

With 41 (33 men, 8 women) it might have been our biggest ever turn out at Victoria Park for us and was certainly our best

1	126	Jack Ramm	16:50	Male	Sen
3	146	Edward Chuck	17:07	Male	Sen
7	158	Robert Armstrong	17:44	Male	Sen
10	139	Andy Bond	17:51	Male	45
19	121	Tom South	18:18	Male	45
20	141	Jack Brotchie	18:24	Male	Sen
34	129	Adrian Russell	19:07	Male	45
46	151	Tom Shakli	19:26	Male	Sen
49	147	Joe Wood	19:26	Male	Sen
57	156	Kevin Chadwick	19:52	Male	40
60	160	Eugene Cross	20:04	Male	40
63	127	Alex Loftus	20:07	Male	45
70	143	Mark Callaghan	20:17	Male	45
76	142	James Burrows	20:22	Male	40
80	152	Joe Farrington-Douglas	20:27	Male	40
83	150	Grzegorz Galezia	20:33	Male	50
89	130	Hugh Stobart	20:48	Male	Sen
105	125	Des Crinion	21:26	Male	Sen
120	133	Andrea Ceccolini	21:45	Male	50
125	144	Jonathan Whittaker	21:55	Male	40
134	155	Max Catterall	22:19	Male	Sen

men's standard with in-form Jack setting a superb club course record for 3.5 miles by some margin and also winning the race in a sprint finish.

Ed, holding back, was third while Rob Armstrong had his best ever club run in seventh with Andy - the first M40 plus runner - was also in the top 10.

The women, who dominated the league in the first few decades of our participation, are now not as strong as the men at the moment and those we have got are not turning out regularly for the club in team competition but those 8 that run did very well led by Katie Smith in 29th.

nb race numbers are included in results below as we are supposed to keep with the same numbers in every league race.

149	157	Justin Siderfin	23:01	Male	45
164	159	Ed Smyth	23:37	Male	40
177	148	Martin Double	23:56	Male	45
178	149	Mark Foster	23:58	Male	55
182	137	Katie Smith	24:02	Fem	40
200	145	Christina Dimitrov	24:40	Fem	35
204	138	Ola Balme	24:48	Fem	55
216	136	Emma Benyon	25:10	Fem	35
229	154	Joseph Brady	26:02	Male	55
237	128	Mike Mann	26:41	Male	70
239	124	Dave West	26:48	Male	60
245	153	Steve Smythe	27:11	Male	60
252	132	Barrie John Nicholls	27:59	Male	65
255	444	Colin Frith	28:18	Male	65
261	131	Lindsey Annable	28:43	Fem	50
262	140	Claire Steward	28:47	Fem	70
269	123	Andy Murray	29:37	Male	65
270	122	Ros Tabor	29:39	Fem	70
282	135	Jenny Bomers	32:03	Fem	35
285	134	Paul Keating	32:09	Male	50

Steve Smythe writes: Disappointed with earlier Father's Day presents - a city trip to Kiev and a do it yourself cremation kit - Gary's wishes come true when presented with a mobile donut and waffle (appropriate) stall.



World Age Group Duathlon Champs, Targu Mures, Romania

12 June

Clare Wyngard travelled to the northern edge of Transylvania to participate in the 60-64 sprint category of this duathlon and I tagged along in the now familiar guise of faithful manservant (writes Mike Dodds). It's an area that's become decently, if not brilliantly, served from London by some budget airlines which duly deliver you into a cheap, cheerful, very picturesque and highly welcoming environment, albeit a little rough at the edges, maybe. This all made for a good 'holiday' over 4 days surrounding the competition which might even encourage a return visit purely for that purpose (something I did not expect to be saying about Romania after my one and only previous visit in 1998!).

The advance race organisation was pretty good with registration, for example, being a straightforward affair in the highly attractive setting of a medieval castle in the centre of this small city. It did rather let itself down, however, after that with the race being a bit of a mess in the end, not to mention a field day for the barrack room lawyers amongst the various team managements. The root of the problems really lay in the staging of the 'sprint' event in the city centre itself, unlike the roughly twice as long 'standard' event (of which more later) which was held on an autodrome around 20km away. To compound this the various categories were scheduled to start from late morning with Clare's wave not setting off until the stroke of noon. This is rather late in the day for any form of multi-sport event. One potential problem immediately springing to mind in mid-June in central Europe would be the weather although this was actually quite manageable in the end, even for the running elements, at around 23 C for the duration with some light rain thrown in.

What did cause problems, though, was the festival of Pentecost with significant numbers of church celebrants set to emerge into the sunlight, garlanded with their pentecostal blooms, the vast majority of them having no idea at all that they would be immediately plunged

into an arena of fast moving athletes, especially on their bike legs, charging around on successive laps. The presence of these hazards did not seem to have occurred to the organisers until pretty much the eve of the event which seemed rather odd given that it is a fixed point in the religious calendar!

They accordingly tried to tweak the courses to avoid the main hazards with some knock on effects of changing the requisite lap numbers and messing around, rather too liberally, with the various distances. Sprint duathlon fans will know that these are ideally 5km run, 20km bike, 2.5 km run. There will usually be some discrepancies at the margins but, in this case, athletes were, very late in the day, having to get their heads around large numbers of laps, difficult enough to cope with in themselves, resulting in around c.5.8 km for the first run and 18km for the bike.

The final run remained a pretty faithful 2.5km but with some tweaks to the route such that at that late stage some of the younger, faster age groups were so tired and confused that they were coming into the finish on the sorts of times that would be world record pace if they had genuinely run the requisite distance! The same was true, in proportion, higher up the age categories – in essence participants of this level of experience should know their capabilities and relate this to their timing devices – but the changes had to be notified so late that not everyone had received the emails and the briefings at the start were not really up to scratch.

All in all it was rather messy with a crazily high rate of disqualifications at first, tempered, eventually, by some reinstatements according to the legs on which mistakes had been made. Fortunately this did not affect Clare, helped by our both having at least some notice of the 'new' numbers of laps and, though



I say it myself, by my benchmarking of the times she was taking to reappear at various stages and, with fingers firmly crossed, my shouted advice to her on that basis. In addition, neither the bike nor running courses posed challenges out of the ordinary – although the sheer numbers of laps made for tight turns in both and the former did involve some steep inclines and cobbles – so her performance levels should have matched her known race form of late. They certainly did at least this and probably exceeded them overall. The opening run, for example, of 31-27 equated roughly to 27-07 for the proper 5k distance with the final run equating to 28-00 which was arguably the stronger performance under the circumstances.

All of this came together to deliver a result of 5th (out of 11) in her age group and, just as importantly, 2nd GB athlete, helped, albeit, by a disqualification ahead of her so she will now be invited to repeat it all again in Ibiza next April!

As for the standard event on the previous Friday our club colleague – in fact our neighbour in the newly established 'DR Little Bornes cluster' – Alicja Furmanczyk won a fantastic bronze in the 35-39 age group. We were delighted to be able to witness her moment of glory on the podium that evening in the grounds of the said medieval castle.

Clare Wyngard 60-64 Age Group, sprint 1-31-39, 5/11 (run 1, 31-27, T1 1-18, bike 43-54, T2 1-03, run 2, 14.00)

Dulwich Runners Midsummers Relays

Jonathan Whittaker writes: Dulwich Runners' Children's Fun Run and Midsummers Relays made a welcome return to Dulwich Park after a 3 year absence. A large number of volunteers from the club either helped organise and market the event in the weeks up to the day or put their trainers to one side to help with the evening's tasks from registration to marshalling to riding a bike whilst whistling to using Andrea's personally developed app to handing out the prizes. Ange says that there is a drink behind the bar for you all!

The Fun Run saw 48 children complete the 1 mile lap of the park, with Elena Oliphant (winner in 2018) securing her second title in 5:44 and Alfie Bryan first boy home in 5:53. Again special thanks to Hugh French for really championing this race and helping to organise the event. There was some really promising performances and some of the kids even took part in the team relay for a race double!

The relays saw 85 teams of 3 runners complete 1 mile laps of the park, with excellent representation from a mix of other South London running (Beckenham Runners, Crystal Palace Fun Runners, Dulwich Park Runners, Herne Hill Harriers, Kent AC, Orpington Road Runners, Petts Wood Runners, South London Harriers) and triathlon (Crystal Palace Tri, Windrush Triathlon) clubs alongside groups of friends and family. Following the usual fast and furious start, Daryl Cyprien of South London Harriers set the early pace with the second best run of the evening in a superb 4:50, with Andy Bond next over the line in 4:53.

The second lap saw Kent AC's Rob Sesemann blast the field away in a time of 4:37 for the best run of the night. Dulwich second claimer Jack Brochie ran a terrific 4:56 to place the "Hill" in second place for the final change over, with Ade Russell (5:13) keeping Dulwich in contention in 4th. Adrian Lowther ran a measured final leg in 5:01 to secure Kent AC the race in 14:47. Ben Howe (4:53) gradually reeled in his Herne Hill rival Ross Brown (5:04) on the final lap to place second (15:00), with Herne Hill taking a comfortable third (15:05).

Kent AC's mixed team of Richard Giles, Bryony Procter and Calum Fraser (15:37)

had just too much to beat a promising debut from Dulwich Runners' Newbies team of Eve Wilde, Rob Archer and Luca Constante (16:08) and a strong all round performance from Windrush Tri's team of James Naldrett, Sophie Roberts and Simon Sowerby (16:21). Eve actually recorded the fastest run on the night in 5:26, but because Una English had run a different leg to initially declared she received the prize on the night. MyVAR review the next day identified the issue, and Eve will be receiving a prize at a forthcoming club night. Rob's time of 5:26 and Luca's 5:16 also showed great potential.

Kent AC then secured a clean sweep with their women's team of Sarah Hanley, Clare Elms and Katie Rowland (17:03), proving too strong for Herne Hill's collective of Julia Wedmore, Nikki Surzaker and Lauren Martin (18:01) and Kent's own B team of Clare Oxlade, Genevieve Blanch and Nesrien Sabanchi (18:08).

Moving on from the summary for the media, how did other teams featuring Dulwich Runners get on? Hopefully this is a comprehensive list but apologies to anyone I missed!

Dill Everywhere (5th men, 15:32) featured Andy Inglis (5:19), Jon Phillips (5:06) and Fred Bungay (5:05) enjoying a spicy battle with the Rye Cafe Experience (6th men, 15:36) of Will Cole (5:08), Joe Wood (5:23) and Joe Hallsworth (5:04).

3 men and a relay (13th men, 18th, 17:25) saw Chris Nunn (5:46), Adam Teszke (5:19) and Lee Wild (6:20) run a collection of promising times with no need to find a boat for further entertainment.

The JAC of all trades (17:45, 6th mixed, 21st) team of Andy Scott (5:41), Christina Dimitrov (6:32) and Jonathan Whittaker (5:31) saw Christina and Jonathan on the road to recapturing some of their 2018 form in the shorter distances, after an excellent opening leg from Andy.

Dulwich Team 1 (17:50, 16th men, 23rd) featured Ebe Prill (6:08), Robert Tokarski (5:56) and Grzegorz Galezia (5:44) rounding things off with a well earned break from photographic duties.

It was "Never a Dulwich Moment" (18:20, 10th mixed, 33rd) with the team of Maeve

Lane (6:21), Joe Farrington-Douglas (5:21) stretching his legs beyond his new favourite race distance of 300m and Katie Smith (6:37).

Master App Developer Andrea Ceccolini (5:56) ran in a "Ceccos" (18:33, 36th) Family team with Paolo (6:40) and Bruno (5:55) showing strong potential.

Alex Loftus (05:27) led out the Tupper's Trotters (19:00, 42nd).

Shoko+2 (19:17, 16th mixed, 47th) featured Shoko Okamura (06:58) with a rapid, well paced run from James Gordon (05:34).

Dulwich Spirit (20:18, 8th women, 53rd) and Friends Reunion (20:21, 9th women, 54th) had a close battle to be the first place Dulwich ladies team, with Catherine Buglass (07:03), Clare Norris (06:40) and Emma Benyon (06:35) having just enough to beat Katie Styles (7:09), Anna Thomas (7:12) and a fast finishing Becca Schuller (6:00).

Run for the Road (21:05, 19th mixed, 57th) featured Belinda Bell running a very good middle leg in 06:56. Dulwich Team 2 (21:11, 20th mixed, 58th) saw Cameron Timmis (6:41) provide a good foundation for Christiana Campbell (7:05) returning from injury and Joseph Brady (07:25).

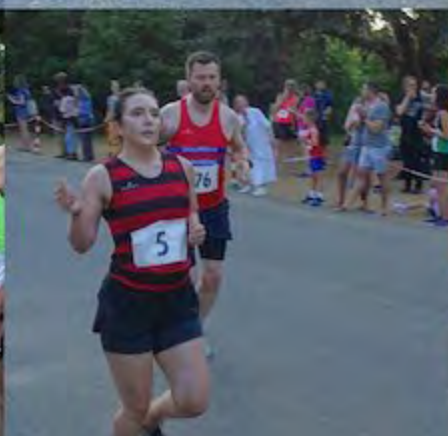
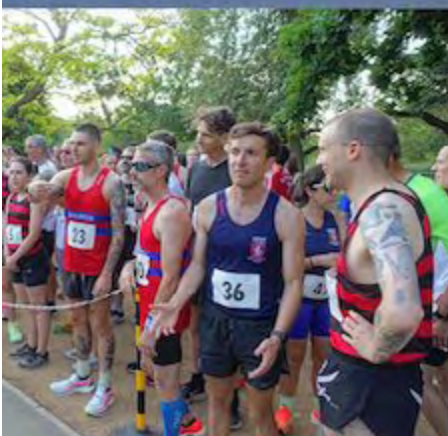
Teresa's Team (22:36, 14th women, 67th) featured well paced runs from Teresa Northey (7:10), Hannah Harvest (07:42) and Claire Barnard (7:44).

Team Participate (23:21, 27th mixed, 71st) saw Jenny Bomers run the opening and finishing leg in 8:32 and 8:51 with Will Hooper ducking just under 6 (5:58).

Lincs Link M65 (23:42, 73rd) had suitably recovered from Grimsby Town's promotion to League Two with Martin Morley, Colin Frith and Steve Williams just holding off a Crystal Palace Fun Runners team at the finish.

It's important to mention that the park lap is slightly longer than a mile and not as smooth or flat as a track, so it would be great to see you all at the club mile championships at either Wimbledon Park (Dave Clark) or Finsbury Park (Golden Stag) in July! These races are all seeded so you get to run with people of similar speed and the Golden Stag at least in previous years a podium finish for every race!

full results and some more photos can be found here: <https://www.dulwichrunners.org.uk/results>
Some photos below including our mixed team and mens team prize winners.



**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.**

Beckenham Place

243 Ran			
Pos	Gen		
20	18	Stephen Davies	21:24
51	44	Joseph Brady	24:10
95	77	Colin Frith	26:47
126	23	Claire Steward	28:28

Brockwell

280 Ran			
Pos	Gen		
31	28	Stephen Trowell	21:23
34	30	Lee Wild	21:40
45	41	Cameron Timmis	22:16
47	2	Ola Balme	22:31
138	26	Ros Tabor	27:19
150	109	Andy Murray	27:54
247	88	Sharon Erdman	33:20

Bromley

448 Ran			
Pos	Gen		
276	208	Peter Jackson	29:29

Cannon Hill , B'ham

365 Ran			
Pos	Gen		
65	5	Susan Cooper	22:40

Canons Park

114 Ran			
Pos	Gen		
7	7	Nicholas Brown	22:03

Charlton

127 Ran			
Pos	Gen		
42	38	Stephen Smythe	24:18

Crystal Palace

260 Ran			
Pos	Gen		
20	1	Yvette Dore	21:13
37	4	Laura Denison	22:29
179	44	Clare Wyngard	29:55
180	97	Michael Dodds	29:58

Dulwich

299 Ran			
Pos	Gen		
4	4	Timothy Bowen	17:04
7	7	Tom Shakhli	17:28
12	11	Grzegorz Galezia	18:29
24	22	Rob Fawn	19:51
48	1	Victoria Read	20:53
50	45	Ryan Duncanson	21:02
54	49	Rupert Winlaw	21:22

Hilly Fields

215 Ran			
Pos	Gen		
47	8	Emma Ibell	23:59

Kingdom

60 Ran			
Pos	Gen		
55	20	Ange Norris	41:37

Lloyd , Croydon

Pos Gen			
44	3	Anna Thomas	24:45

Peckham Rye

187 Ran			
Pos	Gen		
4	3	Mark Callaghan	18:58
15	13	Ebe Prill	20:30

Penrhyn

115 Ran			
Pos	Gen		
110	43	Susan Vernon	45:24
113	53	Chris Vernon	54:42

Poole

503 Ran			
Pos	Gen		
52	47	Sam Jenkins	21:09

Riddlesdown

114 Ran			
Pos	Gen		
19	17	James Wicks	23:21

Royal Tunbridge Wells

235 Ran			
Pos	Gen		
1	1	Andy Bond	16:45

Shorne Woods

149 Ran			
Pos	Gen		
27	26	Dave West	26:12

Tooting Common

381 Ran			
Pos	Gen		
137	101	Ian Sesnan	25:15

Wolverhampton

219 Ran			
Pos	Gen		
7	7	Sum Mattu	18:59

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

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

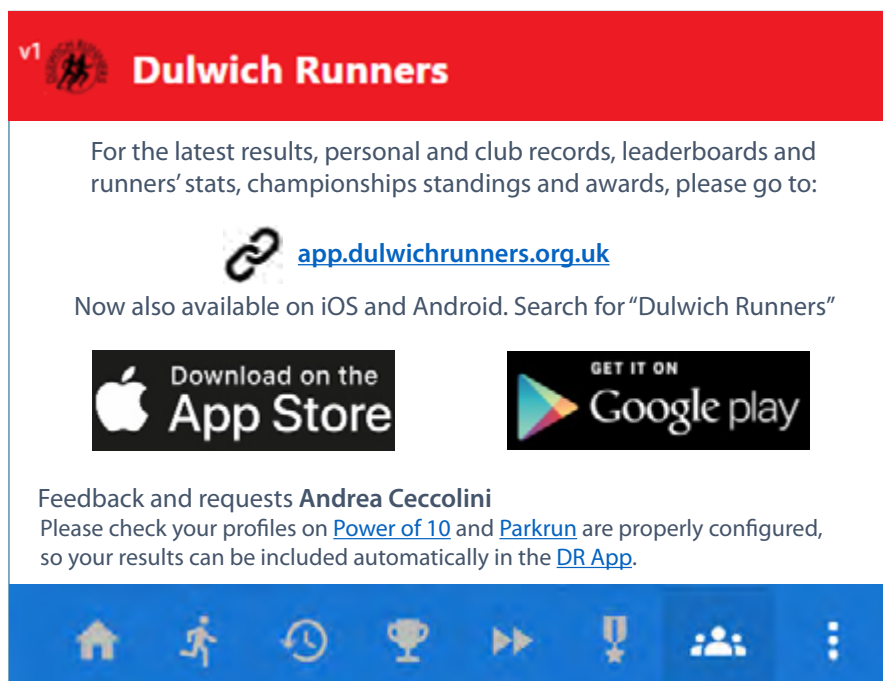
Back by popular demand, this third edition of the brewery run follows the success of 2018 for anyone who can remember... This is a social run between several of our local South London breweries, over approx 6 miles. Run between the venues while enjoying a drink or two to refresh yourself - you can also 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. Ticket price and further details coming soon, but hold the date now for this not to be missed event!





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

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.

Next collection is Wednesday June 22 2022 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



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



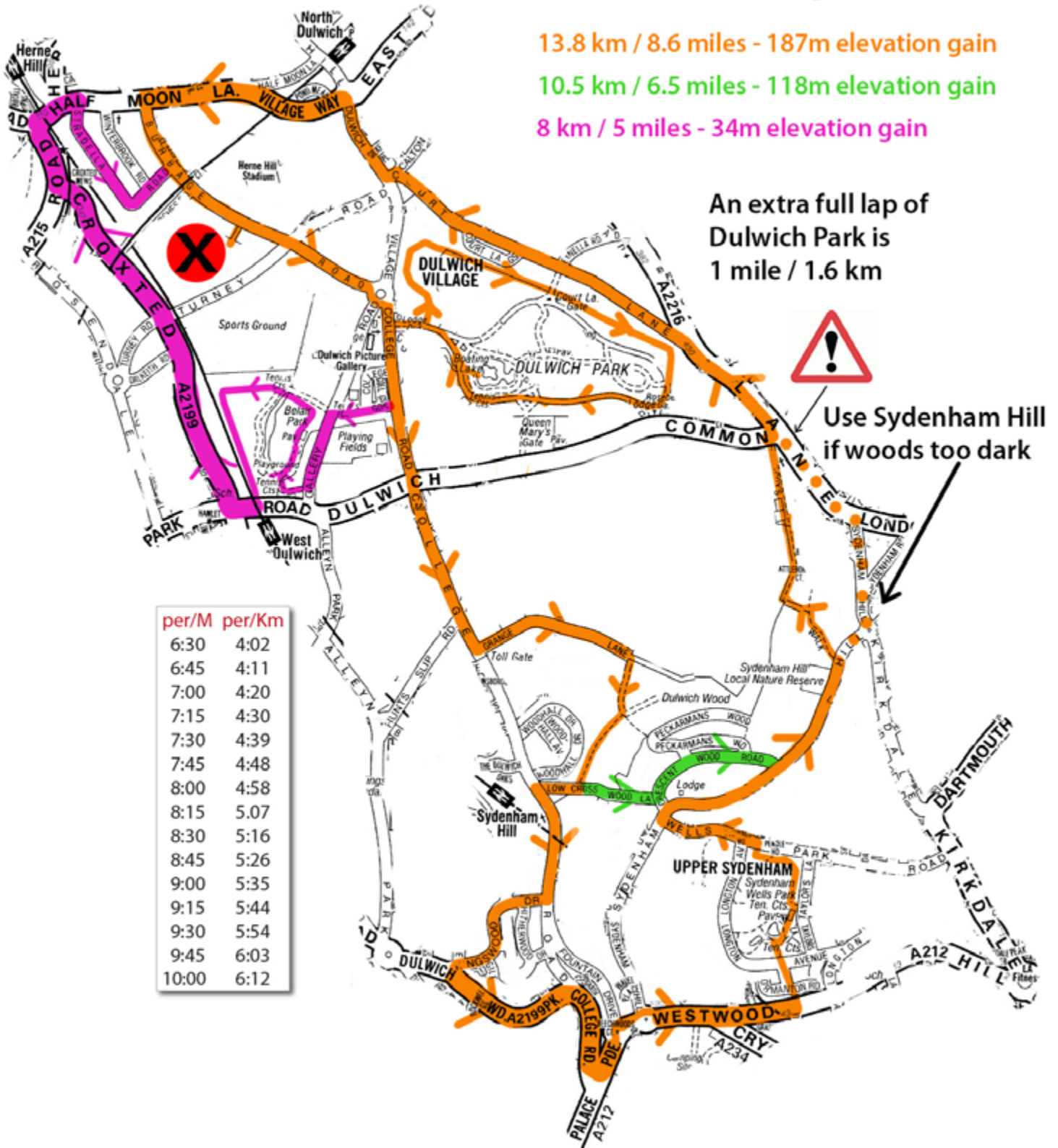
Pro Mid Layer
1-4 Zip Top

Dulwich Runners Summer Map 7

13.8 km / 8.6 miles - 187m elevation gain

10.5 km / 6.5 miles - 118m elevation gain

8 km / 5 miles - 34m elevation gain



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



Use Sydenham Hill
if woods too dark