



These are your SHORTS

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

DEADLINE for submissions etc 17:30 TUESDAY

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

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

In your SHORTS this week !

- 1 General notices
- 1 Club runs & training
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Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Please remember to sign in and pay your £1 on arrival at the clubhouse for the Wednesday run

Like us on Facebook @dulwichrunners

Connect with us:



Wednesday evening runs

The club house will be open including the changing rooms, showers and bar. We are meeting in the bar, although if anyone feels uncomfortable with this, do feel free to wait for everyone outside.
The £1 fee will be, payable by card/device only, no cash.- **Ange Norris**

Dulwich Runners AC membership 2021/22

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

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

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

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

Club Runs & Training Sessions

Wednesday Evening Club Runs

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

Meet upstairs in clubhouse, arrive by 6:50pm to register, pay & sort out which group you'll run with.

NOTE: £1 club run fee for members and guests

each time you run - Contactless payments only

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

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

Tuesday Evening Speed - Crystal Palace Track

Tuesday training at Crystal Palace track.

You should arrive at 7pm for a 7.10 start. Group training focussed on cross country and endurance.
You must first pre-register with Crystal Palace Arena first using the form on our website:

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

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

March 1: 6*1000m off 5 mins

March 8: 2000m at HM pace, 15*200m off 75 secs then 2000m at HM pace.

We will make a few adaptations to this based on runners speed on the night

If any questions or feedback – Tom Poynton (Coach in Running Fitness) tpoynton@hotmail.com

Track etiquette

when at track we are a big group with others using it at the same time, so it's important to act safely and treat them with the same respect that we'd expect others to treat us.

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) and step onto the track just before they start their next rep.
- act on any instruction from a coach, even from another club, 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, including short hills and longer efforts on the grass - followed by coffee. - for all standards and abilities -
Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

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

For later starts 9 to 10am, a longer run from the Dulwich area (10 miles+) around 8-9 min. mile
Contact Tom Poynton tpoynton@hotmail.com

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

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

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

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

2022 Club Champs

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

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

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

No details yet on summer mile races so will consider events

such as the SOAR Mile or Golden Stag Mile if they take place. If no suitable seeded races we'll use the Mark Hayes Mile as in 2021.

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

Complete 2022 club champs rules to follow shortly

The confirmed fixtures are:

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

If you are interested in participating in the Club Championships, please 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



Saturday 15th and Sunday 16th May

Team members wanted

A great weekend of running around the green belt of London. A team event; each team comprises 11 runners who each run a leg on Saturday and a leg on Sunday. Starts at Hampton Court Saturday morning, ends at Kingston at approx. 6 p.m. Sunday,

roughly following the Green Belt, taking in river and canal tow paths, old disused railway tracks, foot paths, woods, fields and quiet roads. Although it is a relay, each leg has a specific start time.

Have a look at the website – www.greenbeltrelay.org.uk

We have entered teams for this for many years and there are lots of you who regularly sign up for it. If you're a Green Belt Enthusiast or a Potential Rookie, email me if you are available and keen or if you have any questions. The legs vary in length from 6 mile to 13.5m and in degree of difficulty. We try our best to give runners legs that are appropriate to their ability.

contact Ange - dulwichchair@gmail.com or speak to me at the club on a Wednesday evening.

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

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

Contacts:

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

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.

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

English Nationals XC Parliament Hill

26th February 2022

Beautiful afternoon at Parliament Hill for the National xc. The English National XC Champs is one of the highlights of the season.

It was a big race of over 1000 finishers.

Clare did well to bounce back. Becca had another brilliant run. Emma in one of her rare xc races this season battled throughout and worked her way to finish strongly. Katie has competed in all the xc races this season and also performed brilliantly. Followed closely by one of our most experienced runners Ange. Yvette is in fine form.

Ola started off too conservatively and was caught up in the bottleneck going down the first hill. Followed closely by Eleanor, who had a good run. Lucy was pleased with her run. Becca D, is getting faster so is Midge and Lindsey who is building up her strength.

Dulwich Runners Pos 30 - Score 1115

Pos	Name	Gun time	Score
137	Clare Elms	00:35:20	137
230	Rebecca Schulleri	00:37:14	230
370	Emma Ibell	00:39:59	370
378	Katie Smith	00:40:14	378
389	Ange Norris	00:40:25	
455	Yvette Dore	00:41:38	
460	Ola Balme	00:41:43	
516	Eleanor Simmons	00:42:47	
661	Lucy Clapp	00:46:00	
707	Rebecca Davis	00:46:59	
824	Midge Cameron	00:50:22	
835	Lindsey Annable	00:50:42	



Bushy parkrun

Fashionably late to the party - 25th milestone

parkrun started at a time that my running had fallen off a cliff and Friday nights were a few drinks and a late night after choir practice, often not getting to bed until after 1am. The thought of getting up and running for 20 minutes just a few hours later wasn't on my agenda. Sadly, a former neighbour lost a son to a drugs overdose and persuaded me run the Lloyd Park event in 2015 in aid of a charity they'd set up in his memory so that became my first Parkrun. As an aside, the story was turned into a play (based on his last words, "I Love You, Mum - I Promise I Won't Die") and the charity has been hugely successful in improving drugs and alcohol education in schools and more recently juvenile prisons.

Wind forward a couple of years and it was at the South Norwood Parkrun event, where my HR went off the scale and stayed there, that I realised that I needed medical help. Following an operation, and the demise of my choir activities, Parkrun became more of a practical proposition and since last autumn it's become my weekly habit like many in the club. Although I didn't realise it at the time, last weekend's run in Bushy Park was my 25th in total but my debut here. In keeping with being late to the party, I actually missed the start. But this is where it all started and with 1213 finishers, it's a big beast. On a stunning day for running, cold but bright and with no wind, I was looking

forward to running on a dead flat one lapper in glorious scenery.

Like many runners, I have a routine which includes getting all my kit out the night before so I don't have to think too much in the morning. However, on this occasion I decided to change my mind after breakfast and dig out blue shorts and yellow vest; Ukrainian colours, although I doubt anyone else noticed. In the process my barcode wristband accidentally went back in the drawer and I only noticed on the start line waiting for the announcements. No problem I thought, no Parkrun ever starts on time, I've got at least 5 minutes to jog back to the car to get my backup barcode. Not so at Bushy and I was on my way back when the hordes started bang on 9am.

I started the watch and joined near the back. Whilst much of the course follows gravel paths, the uneven and, boggy at times, grass beside it is perfectly runnable in the Inov8 Trailfly shoes I was wearing, but not recommended in the Nike Alphafly. No carbon plate in my shoes though, but "graphene infused" cushioning and outsole and a "boomerang" insole (who makes this stuff up?) with a claimed 25% energy return. Maybe, but my run consisted of short bursts on mostly uneven ground and mud, ticking off the pacers as I went, 34, 32, 30, 28, 26. Never known a 5km fly by so quickly as I focussed on the next runner who looked ripe for overtaking. It's a tough way to run though but I was

pleased to cross the line in 24:59 with a bit of a sprint finish; although as it turns out I needn't have bothered.

The funnel is quite wide and we were being encouraged to bunch up rather than the more usual pleas to stay in order and several people pushed past to meet up with friends. When someone queried it, they were told that it didn't matter as we'd all get the same time in 15 second blocks. That clearly wasn't the case as the results don't show blocks of time. However, the way it is managed means that you will get the time and position of someone, somewhere in the long funnel with you, just not necessarily the time and position you personally crossed the line. A little disappointing for the "home of Parkrun" when other events have narrower or even multiple funnels that work as you'd expect.

Nevertheless, I would certainly recommend a visit to Bushy for this Parkrun. The course and facilities are able to cope with the numbers, it's dead flat and very scenic; however your time may be indicative rather than totally accurate. Using the adage that if it isn't on Strava, it didn't happen, I'm counting the run as 24:59 for 5.05km rather than the 25:10 that I was given officially. I'm also claiming an unofficial (and unplanned) club record for the most runners passed in a Parkrun - 808. Curiously, Mrs W thoroughly enjoyed her day out and benefitted from the finish system to the extent that she now has a shiny new Parkrun PB somewhat faster than she actually ran! **Dave West**

Nationals XC Parliament Hill

26th February 2022

Lindsey Annable writes: This iconic event is a bit of a must do in the race calendar. As it regularly rotates from its London location to more Northern venues, when it lands at Parliament Hill the mandate to compete in it feels even stronger. Preparation as ever had been somewhat patchy. After contracting Covid just before Christmas for a second time, I'd come down with plantar fasciitis despite having hardly run for a few weeks. I ask myself why? Whilst it is starting to improve, training has been limited since the start of the year.

My longest run had been a paltry 6 miles the very week of the Nationals and I'd only managed a handful of speed sessions. Barrie had banked a few more long runs but inevitable filming commitments had played havoc with any regular schedule (the more eagle-eyed of you will have noticed Barrie is sporting a mad-man-looking beard for a part he is playing in a

major Hollywood movie. Well we wouldn't expect any less).

With the beautiful sunshine on the Saturday morning we felt justified in our decision to take part. Parliament Hill with a bright blue sky is truly a sight to behold. The great camaraderie between teams is also a real one-off as participants travel from far and wide to a venue that is on our doorstep. I was pleased that the women only had to run 8km as the course was really challenging with gloopy mud and a huge puddle thrown in for good measure. I took the run at a steady pace anxious that it was going to be really tough given my lack of mileage. I have to say I really enjoyed it - obviously I was not working hard enough!

Barrie wasn't quite decked out in appropriate footwear, wearing trail shoes which had very little grip in the inches of mud. As he showed his shoes to the team, Ed sagely advised they were 'totally inappropriate' which were very true words indeed. Barrie still enjoyed the course and took it as a training run, being proud to be the only DR man in their 60s taking part.

After a quick shower we were torn between trekking over a mile to the

Pineapple pub as the evening temperature dipped or heading to the nearby famous Magdala pub which has reopened recently. The pub is newly refurbished and used to be the regular DR watering hole after the Nationals. Despite the refurbishment it still features the bullet holes on the front walls as a grim reminder of the murder Ruth Ellis committed there, for which she later hanged. The Magdala got our vote particularly as it was also opposite the train station and we figured it was worth checking out again for future post-race drinks.

The bar was busy but not uncomfortably so and we were fortunate to get a seat right in front of the screen for the second half of the rugby. We can report that there was a fine selection of craft ales and beers too! As time was ticking on after the England victory, we decided to head for dinner at a family-run Italian restaurant across the road. After delicious pizza and pasta we were finally homeward bound, coinciding with some very happy and boisterous rugby fans en route.

Yet again a great event and a big thank-you to all the supporters dotted around the course whose encouragement was really welcome as we battled the mud and hills.

Crystal Palace Canter 5k

This month's canter took place in damp but fairly still conditions. Mike Mann

Clare Norris 23:01

Hugh Balfour 23:54

Mike Mann 24:33

Dave West 24:41

Jo Quantrill 25:42

Lindsey Annable 26:27

Clare Wyngard 30:27

**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

252 RanPos

Gen

24 24 Tony Tuohy 21:31

Brockwell , Herne Hill

264 Ran

Pos Gen

1 1 Lewis Laylee 16:33

8 7 Jonny Hough 19:50

29 28 Stephen Trowell 21:12

36 33 Mark Foster 21:38

39 35 Lee Wild 21:47

105 77 James Gordon 24:59

125 86 Martin Wagner 26:06

190 62 Ros Tabor 29:10

Bromley

572 Ran

Pos Gen

316 215 Peter Jackson 28:42

Bushy

1213 Ran

Pos Gen

405 336 Dave West 25:10

Burgess

456 Ran

Pos Gen

81 5 Shoko Okamura 22:03

389 121 Stephanie Burchill 31:51

Charlton

175 Ran

Pos Gen

11 11 Jonathan Whittaker 19:53

37 33 Stephen Smythe 23:08

Chichester

191 Ran

Pos Gen

4 2 Sam Jenkins 20:58

Clapham Common

613 Ran

Pos Gen

7 6 Shane Donlon 18:08

Crystal Palace

306 Ran

Pos Gen

3 3 Andy Bond 17:02

259 151 Bob Bell 33:30

Riddlesdown

103 Ran

Pos Gen

37 30 James Wicks 27:25

Dulwich

419 Ran

Pos Gen

1 1 Thomas South 16:15

10 9 Tom Shakhli 17:19

19 17 Matt Wood 18:39

21 19 Steven Kendall 18:49

24 22 Mark Callaghan 18:54

41 37 Rupert Winlaw 19:52

54 48 Robert Tokarski 20:41

65 57 Olivier Montfort 21:03

74 5 Victoria Read 21:17

82 70 Ajay Khandelwal 21:37

98 83 Alistair Clarke 22:21

104 89 Martin Kelsen 22:32

107 9 Naomi Crowther 22:36

110 11 Christiana Campbell 22:39

134 107 Rob Mayes 23:21

136 108 Jamie Robinson-Nicol 23:23

174 31 Teresa Northey 24:46

Peckham Rye

289 Ran

Pos Gen

15 12 Cameron Lund 19:49

43 33 Tommaso Bendoni 21:23

Shorne Woods

205 Ran

Pos Gen

8 1 Kim Hainsworth 21:19

South Norwood

113 Ran

Pos Gen

19 3 Laura Vincent 23:24

55 12 Hannah Harvest 27:46

DULWICH RUNNERS KIT

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



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



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

Socks only £5



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



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



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

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

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



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

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



College Hoodie



Micro Fleece Jacket

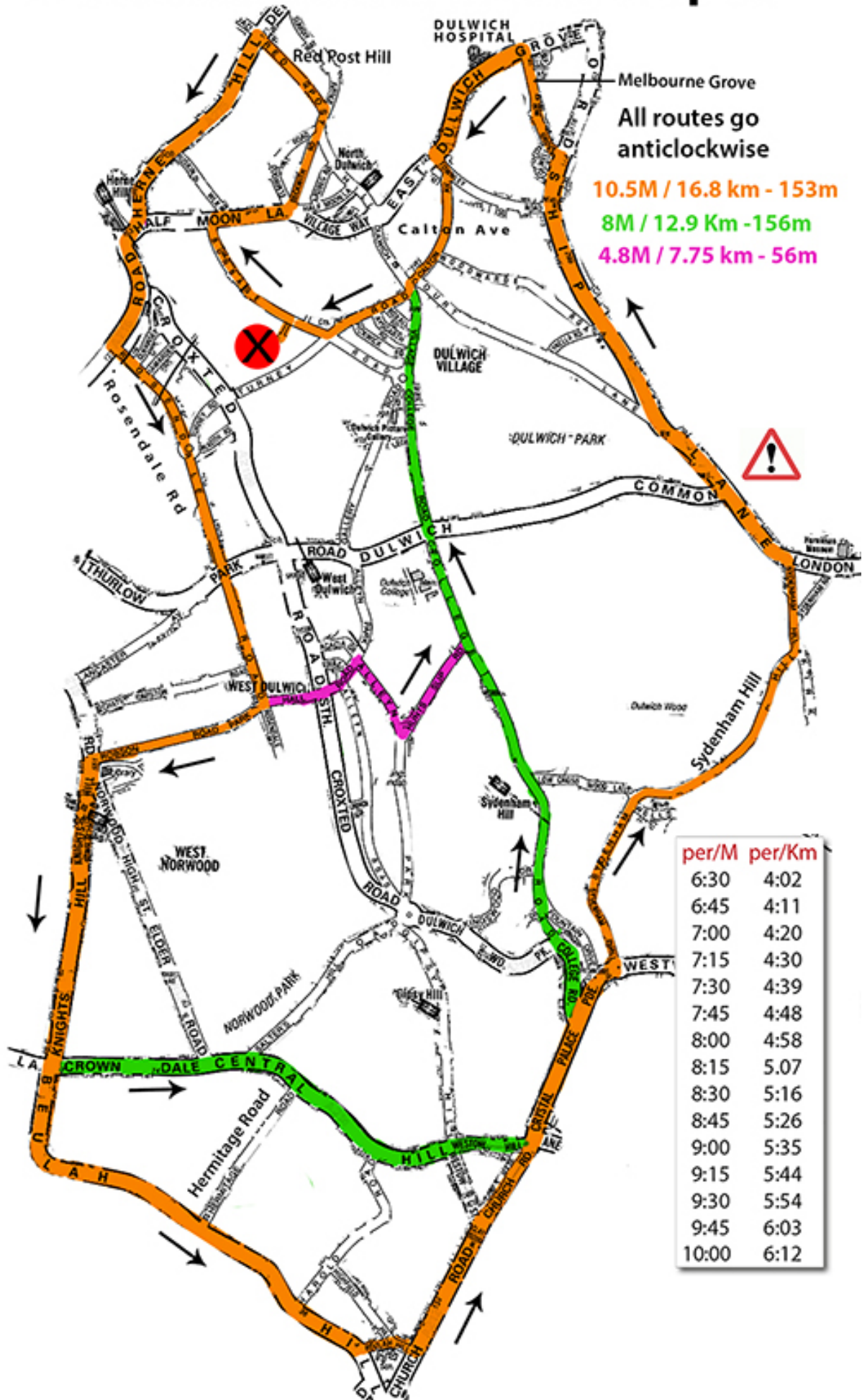


Showerproof
Team Jacket



Pro Mid Layer
1-4 Zip Top

Dulwich Runners Winter Map12



All maps on Strava (you don't need an account)
<https://www.dulwichrunners.org.uk-wednesday-night-routes>