



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 payable by card/device only, no cash
Changing rooms, showers & bar all open.
Paces and distances to suit all abilities

Tuesday speed work at Dulwich College Track
- 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:



It's that time of year ! - 2022/23 club membership renewals

If you have not renewed you cannot compete in any race as a Dulwich Runner or take part in the club champs. Thankyou to those of you that have renewed

You all should have recieved your renewal email, so keep an eye on your inbox.

If not 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.)

'Midsummer Relays' - Wednesday 15th June

Keep the evening free for our 'Midsummer Relays' in Dulwich Park.

These have become very popular, so we hope there will be a bumper turn out again after not being able to have them for the last two years.

It's an important evening for the club and we will need both runners and volunteers to help. If you would like to be part of a small organising group, please talk to Ange or Ebe.

Club Runs & Training Sessions

Wednesday Evening Club Runs

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

time you run - Contactless payments only

Meet upstairs in clubhouse, arrive by 6:50pm 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

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

Entry via Pond Cottages, SE21 7LE on College Rd. - Turn right in front of main center doors, follow path through bushes to track, meet at green pavilion up by tennis courts.

Track & grass intervals prep for the Mark Hayes Mile 31 May, 5k club champs races 14 June, 10k 26 June & 1m 20 July (details of these elsewhere in Shorts). Track not available from July (redevelopment) - July & August training to be advised. September its 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 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
May 31	Mark Hayes Mile	Dulwich track
June 9	Assembly League	Battersea Park
14	Sri Chinmoy (Dashing Deer) 5k	(S) Battersea Park
15	Dulwich Runners Midsummer Relays & Fun run	Dulwich Park
26	Ranelagh Harriers Richmond 10k	(S) Richmond
July 7	Assembly League	tbc
10	Sevenoaks 7 trail race	(L) Sevenoaks
20	Dave Clarke Mile Night (incorporates the SOAR mile)	(S) Wimbledon Pk Stadium
Aug 4	Assembly League	tbc
Sept 4	Big Half	(L) London
Oct 2	London Marathon (or alt. marathon)	(L) London or alt.
Nov 26	South of Thams XC 5M	date and venue tbc Lloyd Pk
Dec 17	South of Thams XC 7M	" " Aldershot

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	
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://www.herculeswimbledonac.org.uk/sprint-middle-distance-night)	
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



Saturday 14th and Sunday 15th 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.

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

Beckenham Road Relays - 18 May 7.30pm

Those interested contact your captains either on an individual basis or with complete teams of 3

Mark Hayes Mile, 31 May

The removal of Dulwich College track from early July and the busy schedule of races in June has meant that the Mark Hayes Mile will take place earlier than usual this year on the evening of Tuesday 31 May. Further details on seeding and time of races etc to follow. To take part contact Mike Mann mcmann90@yahoo.co.uk

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, Battersea Pk - Thurs 7 July, venue TBC - Thurs 4 August, venue TBC

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 - Ange Norris & Ola Balme dulwichladiescaptain@gmail.com

Dulwich Midsummers Team Relay & Children's Fun Run

Wednesday 15th June 2022 - Dulwich Park, SE21 7BQ

We are pleased to announce that our popular event open to all levels of ability will return to Dulwich Park this June. This is a really important fundraising event for the club so please run or volunteer if you can.

Children's Race

1 mile

Start time 7:00pm, for ages 4-14 - all children will receive a medal.

Cost £2 (on the day entry only)

For more info contact Hugh French:

hughfrench@hotmail.com

Relay Race

3 x 1 mile

Start time 7:30pm

Minimum age 7

Advance entry: £15 per team

On the day entry: £18 per team

Run Britain license applied for.

Further details from Ange and Ebe.




Online registration is available at:

<https://data.opentrack.run/en-gb/x/2022/GBR/dr-midsummer-relays/>

Prizes will be awarded for winning male, female and mixed (minimum 1 female runner) relay teams.

Please form and enter your own teams you can let your captains know if you want help in forming a team.

DULWICH RUNNERS
MIDSUMMER RELAYS AND
CHILDREN'S FUN RACE
DULWICH PARK SE21 7BQ
Wednesday 15 June
Children's 1 Mile Race - 7pm
Relay Race (3 x 1 mile) - 7.30pm
Children's Race £2 (entry on the day, ages 4-14)
£15 per relay team in advance
£18 per relay team on the day (subject to availability)
Further details at:
www.dulwichrunners.org.uk/midsummersrelays
Enter online at:
<https://data.opentrack.run/en-gb/x/2022/GBR/dr-midsummer-relays>

@dulwichrunners    

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.

2022 Assembly League - Race 1 Beckenham Place Park

5 May 2022

Steve Smythe writes just in case no one has written a proper report here's my unproper observations...I think this was the best men's team we have ever fielded in the 40 plus years of Dulwich's existence. We certainly had our most dominant league performance since we entered the league 29 years ago.

Shame it was in a race that won't even get on Power of 10 owing to the organisers apathy at organising the event properly and no other men's club in the league took seriously but on this showing, we would have beaten them even if they had!

And if it means we get turn-outs like these in more important future fixtures like Surrey Leagues or even better National or Area events, then it's worthwhile.

The league was first run in 1976 and looks like I was the only one running this year who competed in that first league season (as a schoolboy of course and probably three-quarters of my then opponents then are no longer with us).

Over the years I can claim overall league team victories in three different teams (My original club Cambridge Harriers, then Roans (a team of ex pupils from my former School in Blackheath) and then Dulwich and with such a long league association and close on a 100 league appearances I have been a little frustrated by the organisation in recent years especially after also doing the results for a long time.

In my view previous recent league events at Beckenham have been a bit of shambles with unclear and dangerous courses and once one measured incorrectly in miles instead of kilometres resulted in the number of laps being changed mid-race and lots of very confused and frustrated runners.

This year, they used the newer Beckenham Assembly League course (with a bumpy thick grass start replacing the usual narrow downhill road) which was a slight risk and there were a few turned ankles in the tight, wooded sections but overall, it was mostly well marked and a relative success.

Mostly, as Ed and Jack missed a vital turn in the last kilometre which Ed was able to make up for with a burst of speed to catch up the runner who had called him back but certainly didn't wait for him and Ed won by a second with Jack third.

A marshall or sign there would have helped but as someone from another club pointed out - if any runners knew they probably would be leading, and given past problems why didn't they find out what the course was on the warm-up or look at the course earlier - it has been used every Saturday in the parkrun since July (when it is organised properly) Many of the other local clubs had done a recce of the route so they knew the course and the dangerous bits in previous parkruns.

Worth noting the course parkrun record is 15:58 but that is the flat two lap grass circuit no longer used and here Edran 15:46 despite his detour and probably not being fully

flat out until after his extended loop.

The consensus is the old parkrun course was around 40-45 seconds quicker for athletes of Ed and Jack's pace. Lot more for people further back. (I'm optimistically claiming five minutes at my pace but it's probably between a minute and 75 seconds).

Andy ran 17:25 when he won the parkrun in November and the quickest ever parkrun time on this new course by anyone is just 16:41 but a great race with fellow club athletes saw Andy - the first over 40 - run 16:15 and edge Rob Armstrong, who was only four seconds down on his fastest parkrun 5km at so much easier Dulwich and with four in six we won the team contest very easily.

Very close behind the B team was led in by 2:29:42 marathon runner Ben Howe (who beat the other 2:29:42 marathoner competing here by over seven minutes).

Second claimer Jack Brotchie made his Dulwich debut and unusually has not run a parkrun for over five years.

The B team was competed by Aaron Wilson and Joe Hailsworth who are two others improving fast and sure to further strengthen our ever-improving men's team next winter.

Alex Winchester and Josh Pewter were too others in the top 30 who made their club debut and it was good to see the likes of Fred Bungay and Buzz Shephard return from injury and they are bound to get much faster when fitter.

The women were not at the same strength as the men and though no team results were known as per very early Wednesday morning, it looks like we were a solid second behind a very strong Kent AC.

Kay Sheedy started relatively gently and worked her way through to the top five while there was a good club debut for 2:55 marathoner Alexandra McClelland while Becca Schuller and Yvette Dore had runs that were superior to their parkrun PB's.

The B team of Clare Norris, Katie Styles, Michelle Lennon and Eleanor Simmons also did enough I suspect to finish as second in their section just ahead of Becca Davis who was another who surpassed her past parkrun form.

Further back there was quite a large contingent of Dulwich over 60's with the age group wins of W65 Jo Quantrill and W70 Claire Steward standing out along with the sprint finish of Bill Nighy lookalike Barry-John.

Second claimer second woman Clare Elms was the first over 55 athlete - male or female - by close on a minute.

1 Edward Chuck 15:46
3 Jack Ramm 15:52
5 Andy Bond 16:15 (1 M45)
6 Robert Armstrong 16:16
7 Ben Howe 16:19
10 Jack Brotchie 16:30
15 Aaron Wilson 16:46
16 Joe Hallsworth 16:49
17 Tom South 16:55

18 Adrian Russell 17:01
22 Alex Winchester 17:06
24 Fred Bungay 17:10
25 Josh Pewter 17:22
30 Hugh Stobart 17:39
34 Jon Phillips 17:49
39 Kevin Chadwick 18:01
40 Harry Lawson 18:03
41 Buzz Shephard 18:04
49 Joe Wood 18:32
50 Joe Farrington-Douglas 18:33
53 Andy Inglis 18:44
54 Eugene Cross 18:47
2W/56 Clare Elms 18:48 (2nd claim)
59 James Burrows 18:52
5W/84 Kay Sheedy 19:47
86 Andrea Ceccolini 19:49
94 Ebe Prill 20:01 (2 M60)
8W/98 Alexandra McClelland 20:18
10W/105 Rebecca Schuller 20:30
115 Ross Rook 20:45
18W/120 Yvette Dore 20:53
123 Justin Siderfin 20:54
142 Clare Norris 21:28
138 Martin Double 21:37
140 Ed Smyth 21:40
147 Kate Styles 22:03
160 Michelle Lennon 22:13
169 Eleanor Simmons 23:22
176 Becca Davis 23:40
181 Steve Smythe 24:02
183 Mike Mann 24:09
190 Graham Laylee 24:44
191 Barrie_John Nicholls 24:46
192 Jo Quantrill 24:50 (1 W65)
195 Ian Sesnan 24:53
199 Dave West 25:07
212 Paul Keating 27:23
218 Claire Steward 28:25(1 W70)

1993

The first ever Dulwich appearance in the league came 17 years after it started and was in April 1993.

It was a 3-mile road circuit at Beckenham finishing on the hill on the main road on Beckenham Hill Road and we had four in the top 12 led by Steve Smythe (14:55), Colin Doran (15:03) Fred Thompson (15:06) and John McGlashan (15:19). Dave West (16:39) and Gary Budinger (19:29) were the other two runners still in action now who competed 29 years ago. Gary was absent this time though but the rumour he was still trying to finish an earlier midweek 5km or had spotted a free bar elsewhere is untrue.

In the September fixture on the same course Steve again ran 14:55, Andy Murray 16:14 and Dave 17:21 and Gary 17:47. There was no women's team event then (it started in 1994) but two women led by Gill Johnson (17:27) competed in the September fixture.

An all-time Shorts list printed after April 1996 revealed Ray Foley (who joined us briefly second claim) was our fastest with a 14:34.

Of current members in this 93-96 period, Steve Smythe ran 14:53 Steve Williams 15:51, Tony Tuohy 16:01, Dave West 16:02, Duncan Hussey 16:10, Andy Murray and (youngster) Tom South 16:14, Alison Fletcher 16:52 (the quickest women's time) Ian Sesnan 16:56, Bob Bell 16:58, Gary Budinger 17:16, Chris Vernon 17:17, Andrea Pickup 17:37, John O'Byrne 18:59, Clare Wyngard 19:41, Sue Vernon 20:11, Ola Balme 20:15, Stephanie Burchill 21:53 and Ron Searle 27:43.



Guisborough 3 Tops Fell Race

Saturday 30 April

Alex Loftus writes. Naively, I'd assumed that if I could just get to Guisborough from my parents' house in Macclesfield (four trains and three cycles), the running might be the easy bit. Oh, the naivety of the London-based runner... The race started up a steep, narrow bridleway, with the pace slowing nicely as we squeezed through various gates. After reaching Guisborough Moor, the route heads straight back down to the bottom again, following tight twisty single tracks through dense forest. I have a lot to learn about descending and found myself generating something of tailback as I daintily tiptoed downwards.

The first checkpoint was back up at the top again. Arriving, I was really lifted by all the cheers of "Come on Loftus". Then I saw that the runner behind me was from Loftus and Whitby

AC. (Oh, the naivety..) Back on the moor, the route continues with amazing views out to the hulking ruins of Redcar and the Tees estuary beyond. The highlight is the ascent of the iconic Roseberry Topping, the Matterhorn of North Yorkshire. Once again, I seemed OK on the up, but less OK on the down and a couple of runners passed me before I was able to tuck in behind someone from Keswick AC for the 3 miles back across the moor. The final checkpoint gave way to a mad flying descent over horribly uneven ground. On exhausted legs, it was all a bit dicey, but huge amounts of fun all the same. I just wish I could fly like all the other runners.

With the finish line in sight, I was just pipped in the last 50 meters by the Loftus and Whitby AC runner. What a race. And what a wonderful start to the fellrunning season on one of the nicest Spring days possible. Thanks to Hugh for bringing us all together. On to Lower Borrowdale for the next race in the series!

99 Alex Loftus	1.28.15
231 Hugh Balfour	1.51.17
234 Holgar Betz	1.51.53

Ranelagh Harriers Richmond Half

8th May

I was the club's sole representative at the Ranelagh Harriers Richmond 10k, and hopefully did the club proud, finishing sixth out of twenty three in my age group. I would have needed sub 90, to get a bronze medal, and that is on my 'to do list' along with sub 20 5k (again) and sub 41 10k. With Ebe having moved into the M60 age group, my days of picking up club medals are probably over, but it was nice while it lasted, and I have been picking up some age group firsts in recent 10k's, and hope to continue with this.

It was a great race, perfect conditions, even a bit chilly at the start, which is why I put the arm warmers on, as well as trying to help with a strained bicep from doing some plumbing work. I will try to avoid that, ie. working, in the future! The race is part of the Surrey Champs, and is flat, fast and scenic, and well marshalled and organised.

IF AT FIRST YOU DON'T SUCCEED ...TRY AGAIN.

I made up for a sub par performance at the Paddock Wood Half, a few weeks ago, by hitting my pace and going under my target time of 95 min, with 94:48, for my third best Half Marathon result, and my best for four years.

I was a bit worried I would break down at the half way point like I did last time, but I put that demon to rest. Since the Paddock Wood Half, I have been training with Klaas Lok's 'Easy Interval Method', which I credit with helping me improve my running form, speed endurance and running economy, while keeping me injury free. It's a unique plan that involves no easy runs, but controlled low to medium low lactate interval workouts every time, with long recoveries involving easy running and walking (apart from long runs or long runs with surges). I've also gone from my previous six days per week plan, to five days a week. I think my ageing body needs the extra



rest, now that no single workout is actually really easy, despite the plan's name. Not easy, but definitely not hard, either, and I am finding the workouts a lot easier now my body is adapting to them. The plan has made me really look forwards to racing, parkruns and 10k's mainly, as it keeps me pretty fresh for one hard anaerobic effort per week, ie. in the races, and not in the workouts.

The Ranelagh Harriers Half is a great event. It is organised by another prestigious running club, and has predominantly club runners in it. So that makes my results all the better. 130/322 overall, 115/243 male, and 6/23 in VM60+. Age grade 77.2% (2006/2010 factors - as used by parkrun). Numbers were quite low for a big race, (hopefully they will get more next year, they deserve it), but I did at least always have people ahead of me, to try to keep up with, or go past, and that's all you need.

The best bit of the race for me were kms 11-14, and kms 16-19, where I overtook quite a few runners, just a fantastic feeling, to glide past several runners in their club kit, and feel like I was not struggling, though that came later, near the end, where things got tough, but I just about managed to hold things together, this time! My splits were more or less perfect, with the second half just slightly faster than the first.

So, all in I am really pleased.

Vienna City Marathon

24 April 2022

Following in Eliud Kipchoge's steps

Grzegorz Galezia writes: Spring is marathon time. London is held in the autumn again, so having run Brighton twice and Manchester twice, I picked Vienna as my next marathon destination. The date was convenient, the course is fast and flat, and I haven't run a marathon in Austria yet.

But the main attraction that helped me make up my mind was the fact that a big chunk of the VCM course runs along the Prater Hauptallee, where Eliud Kipchoge broke 2 hours in marathon in 2019.

I travelled to Vienna on Saturday afternoon to save my legs from excessive sightseeing the day or two days before the race. I picked up my bib, tasted some half-vegan-half-meat Rebel sausages, and headed to an Italian restaurant for a pizza washed down with only a moderate amount of beer and wine. As one can expect of Vienna, the start of the race was grand - you don't often get the president of the country to open a marathon or have a Strauss waltz as the start tune.

The course starts in the modern part of the city, by "UNO-City", the seat of the United Nations. First you cross the Danube on the 1km long Reichsbrücke bridge and turn left into the Prater Park. Then you zigzag around the whole of Vienna, passing the Opera House, Schönbrunn Palace, then you run through Vienna's most famous shopping street, Mariahilfer Straße. You pass the Parliament, the University of Vienna and the Votivkirche, to name a few of the many grand buildings, to reach the finish line in front of the City Hall. All in all, quite a comprehensive tour of the grand capital.

The marathon started together with the half-marathon and marathon relay (31 thousand runners in total). As can be expected, the first kilometre was very crowded. But soon, after we crossed the bridge, there was no problem with finding ample space for running.

My plan for the day was to improve my PB (2:56:07). I started a bit aggressively, trying to run every kilometre under 4.07. However, among the trees in the Prater Park and the dense buildings the GPS was all over the place. Nonetheless, as far as I could tell, I ran roughly close to the set pace.

Naturally, whenever there was a downhill, I tried to make the best use of my forte, occasionally speeding up to 3.40 min. per kilometre.

As the half marathon and the relay were happening at the same time, the field was relatively busy but that had the advantage of attracting thousands of spectators - along nearly the whole course - nothing crazy like New York or London but a very lively and responsive crowd.

After the tour of the city, at 28 km, when we entered the Prater Park again and when the half marathon and relay running crowd thinned out, it started to feel a bit lonely. It was motivating to follow the orange dotted line on the road marking Kipchoge's historic run, but my fuel started to deplete, which meant that the real race was just starting. The Prater Park Hauptallee is a straight, 5 km long avenue with no opera houses, grand palaces or other distractions.

The kilometres started to drag on. Eliud's trails didn't console

me much at all, but somewhere in the middle of the never-ending alley, my nostrils were hit by a familiar intensive whiff of wild garlic growing in the shaded part of the park. That was a nice push, making me think of the foraging excursions to Dulwich Woods. I was even tempted to pick some but ultimately concluded that it

would be a bit too show-offy. So I kept treading on, trying to break the distance into smaller chunks, fixing my mind on whatever landmarks I could spot, to make it more manageable.

After 38 km or so it became tough - I slowed down by 15 seconds. I had quite a sizeable reserve but still, my mind was analyzing various crazy scenarios, like pulling out. The running stopped being enjoyable and the drudgery started. By km 40 I thought I left it all out there. But the proximity of the finish line spurred me on. Towards the end I was lucky to get into a duel with a triathlon T-shirt guy running by. We kept overtaking each other to ultimately cross the finish at the pace of 3.41 min./km. Both happy, we gave each other a hearty bear hug.

I collected the obviously grand star-shaped medal with a Swarovsky crystal and then collapsed on the ground and proceeded to the next stage - unbearable cramps in my calves. Not a nice feeling but a fair price to pay for a PB.

The organizers booked perfect weather for the first 3 hours of the race. After I collected my bag, it got really sizzling and the temperature went up to 25 degrees, followed by a sudden storm. But by that time I was replenishing electrolytes and proteins gulping pints of invariably delicious post-marathon beer followed by a respectable size Wiener schnitzel with potato salad.

After that I waddled to my hotel to have a well-earned rest and then headed out to indulge in more of the delicious albeit rather heavy Austrian cuisine. But after a marathon you don't mind the mix of garlic, sausages, meat, mushrooms, cheese redeemed by the light and crisp Gruner Veltliner wine.

All in all - Vienna City Marathon is a very recommendable event. It's really well organized, precisely marked - the km signs were, as announced, placed exactly at 1 km intervals on the right hand side, at the height of 2 meters. The scenic route, the following of the steps of the fastest marathon runner on earth, and the crowds nearly all along the course made it a special experience.

174 Grzegorz Galezia: 2:55:02 (8th in age category)
3,782 ran



Parkrunning Down Under (Or 4 Out Of 6 Ain't Bad, Considering!?)

Mike Dodds writes: As many of you know Clare (Wyngard) and I have just come back from a 6 week spell in south eastern Australia. Needless to say we had 6 parkruns in our sights. Were we successful? Well, not entirely, I'm afraid. A couple of all too familiar problems got in the way of a 'full house'.

Firstly, the weather. You may have heard that February was rather wet in those parts. Well, late March was better but not by much, really. Our first weekend was spent at ex DR Jude and her husband Russ's rural retreat in Laguna, 150km north of Sydney on the fringes of the Hunter Valley wine region. A small parkrun, Nulkaba, was an hour or so's drive away – so practically on the doorstep by Oz standards even factoring in an 8.00 am start.

Jude, one of DRs' fastest senior women in the early 90's, had newly registered herself with the intention of walking her first ever parkrun and, as saintly as ever, drove us there as the weather got more and more ominous. We found it, which was a minor miracle given practically zero visibility and rain coming down with an intensity that frankly defied description. But where was everybody? Quick check on the 'future roster' schedule and there wasn't one for 26 March. Oh no, rookie error! To be honest, though, I was relieved to be safe and sound in a local supermarket at the very time we should have been on the starting line.

Ok, move onto 2nd April. We ourselves had moved 50km or so back towards Sydney and could target Woy Woy parkrun. This was an out and back course alongside a pretty enough section of the spectacular Hawkesbury river. A bit painful for me given the injuries I had arrived with but Jude finally managed her

debut in just over 40 minutes of impressive walking. I don't honestly remember too much else about it but at least we were off the mark. Roll on 9 April!

Enter the next problem, a certain pandemic. We were now on the other side of Sydney and could target Bateman's Bay. Cue a whatsapp from our son on the Friday evening, 'I've tested positive'. Given we had been together celebrating his 29th birthday on the previous Tuesday we pretty much knew what was in store for us. We only had one spare test kit and I'd possibly had a few symptoms so I got to take it. Two clear lines later and another parkrun possibility disappears.

Never mind, Easter Saturday, 16 April, saw us back in Laguna with negative tests under our belts and Nulkaba showing a healthy looking volunteers' roster. We returned to the site and this time we could see more than 3 inches in front of our faces, in fact there were people out there in hi vis, there were teardrop banners, hooray! Turns out this was to be the first running of it in 4 weeks with the course just – but only just – declared 'playable' (and also declared 'snake free' in the briefing, one of the more interesting volunteer set up roles!). I suspect that the vacant weeks had actually been called off at very late notice. Anyway, the three of us slipped and splodged through a pretty ridiculous 5k course. It felt like redemption, though, and to celebrate we stopped off at a local winery on the way home for a tasting. At 10.00 a.m., indeed. Result!

23 April and we were now in a different city in a different state, Adelaide, SA. The parkrun there along the river Torrens is more akin to something you would find in the UK. In other words, to be blunt, people

seem to have heard about it and turn up in their hundreds rather than their scores. This was the highlight for me. A terrific, flat course along a pretty river past iconic city centre sights such as the Adelaide Oval. More than that, I had arrived in Australia with a feeling that, after well over 40 years in this game, the wheels were finally coming off Big Time ever since my whole left side had practically seized up in late January at one of the Dulwich park vets sessions. To get a time in the 20s again, still far from fully recovered but with definite signs of 'green shoots', was a real thrill.

Onto 30 April. Now, why is that date familiar? Ah yes, the last marathon I ever did and the worst. And yes, those two things are connected! On 30 April 2000 a few of us - myself and Clare, the Vernons, Ros and Andy - were in Australia, initially for Russ and Jude's wedding after which we had stayed on for the so-called 'Host City marathon'. This was staged to try out the course for the Olympic race that following September. It started at the North Sydney Oval which, as luck would have it, now hosts a parkrun so this was the obvious choice out of a few possibilities in and around central Sydney.

The course was pretty nondescript, a few tight laps around a park which itself hovered above the main northern approach to the Harbour Bridge. Each lap involved a long uphill drag amongst shorter descents so to come under 30 minutes again, and with a hangover for company, was probably a better run than Adelaide but didn't feel that way. Just before the finish the heavens opened too, an appropriate enough way to bring the curtain down on this adventure, I'd say!

Banstead Woods

217 Ran
Pos Gen
6 6 Tony Tuohy 19:53

Bath Skyline

268 Ran
Pos Gen
110 20 Katie Prior 25:38

Beckenham Place

221 Ran
Pos Gen
11 11 Stephen Davies 20:56
215 92 Susan Vernon 44:01
216 93 Ange Norris 44:02
220 119 Chris Vernon 53:13

Bethlem Royal Hosp.

64 Ran
Pos Gen
1 1 Andy Bond 17:20

Braunstone

329 Ran
Pos Gen
40 34 Hugh Balfour 22:39

Brockwell

238 Ran
Pos Gen
33 27 Mark Foster 21:07
46 37 Jamie Robinson-Nicol 21:59
50 40 Stephen Trowell 22:11
64 8 Lucy Pickering 23:20
119 86 Martin Wagner 26:08

Bromley

566 RanPos Gen
162 26 Carys Morgan 24:10

Burgess

514 Ran
Pos Gen
27 25 Edward Simmons 19:12
60 53 Robert Tokarski 20:16
201 144 Michael Mann 24:29

Canterbury

101 Ran
Pos Gen
5 1 Kim Hainsworth 21:18

Charlton

167 Ran

Pos Gen
58 44 Stephen Smythe 25:28

Clapham Common

702 Ran
Pos Gen
128 98 Cameron Timmis 22:18

Cleethorpes

159 Ran
Pos Gen
32 28 Colin Frith 24:13

Crystal Palace

344 Ran
Pos Gen
9 9 Sam Jenkins 19:07
16 15 Jonny Hough 19:51
21 2 Yvette Dore 20:51
36 4 Ola Balme 21:58
113 19 Belinda Cottrill 24:54
203 48 Joanne Shelton Pereda 28:38
231 58 Clare Wyngard 29:32
236 150 Michael Dodds 29:39
241 152 Paul Hilton 29:52
295 170 Bob Bell 33:27

Dulwich

391 Ran
Pos Gen
9 9 Adrian Russell 16:53
31 29 Rob Fawn 18:54
52 44 Tom Shakhli 19:55
55 47 Michael Nogas 19:59
83 9 Emma Ibell 21:12
109 88 Rupert Winlaw 22:24
117 94 Hugh French 22:35
153 116 Graham Laylee 23:49

Greenwich

176 Ran
Pos Gen
10 10 Justin Siderfin 21:20

Haga

64 Ran
Pos Gen
13 12 Paul Collyer 20:01

Hastings

327 Ran
Pos Gen
31 28 Nicholas Brown 21:46

Hazelwood

142 Ran

Pos Gen
32 30 Barrie John Nicholls 24:49
42 4 Lindsey Annable 25:53

Leazes

113 Ran
Pos Gen
14 12 Sum Mattu 21:33

Lloyd , Croydon

191 Ran
Pos Gen
7 1 Kay Sheedy 20:31

Peckham Rye

237 Ran
Pos Gen
6 5 Cameron Lund 19:39
15 13 Kevin Chadwick 20:31
27 24 Lee Wild 21:39
115 26 Claire Steward 26:44

Riddlesdown

163 Ran
Pos Gen
40 33 Dave West 24:34
118 81 James Wicks 32:17

South Norwood

148 Ran
Pos Gen
2 2 Eugene Cross 19:12
38 2 Eleanor Simmons 23:55

Sutcliffe

177 Ran
Pos Gen
20 17 Ross Rook 19:59

Weymouth

290 Ran
Pos Gen
122 88 Andy Murray 27:05
123 27 Ros Tabor 27:07

Wimpole Estate

276 Ran
Pos Gen
97 74 Des Crinion 26:28

Wollaton Hall

267 Ran
Pos Gen
70 6 Laura Vincent 23:59



Dulwich Runners

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



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 11 May 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

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



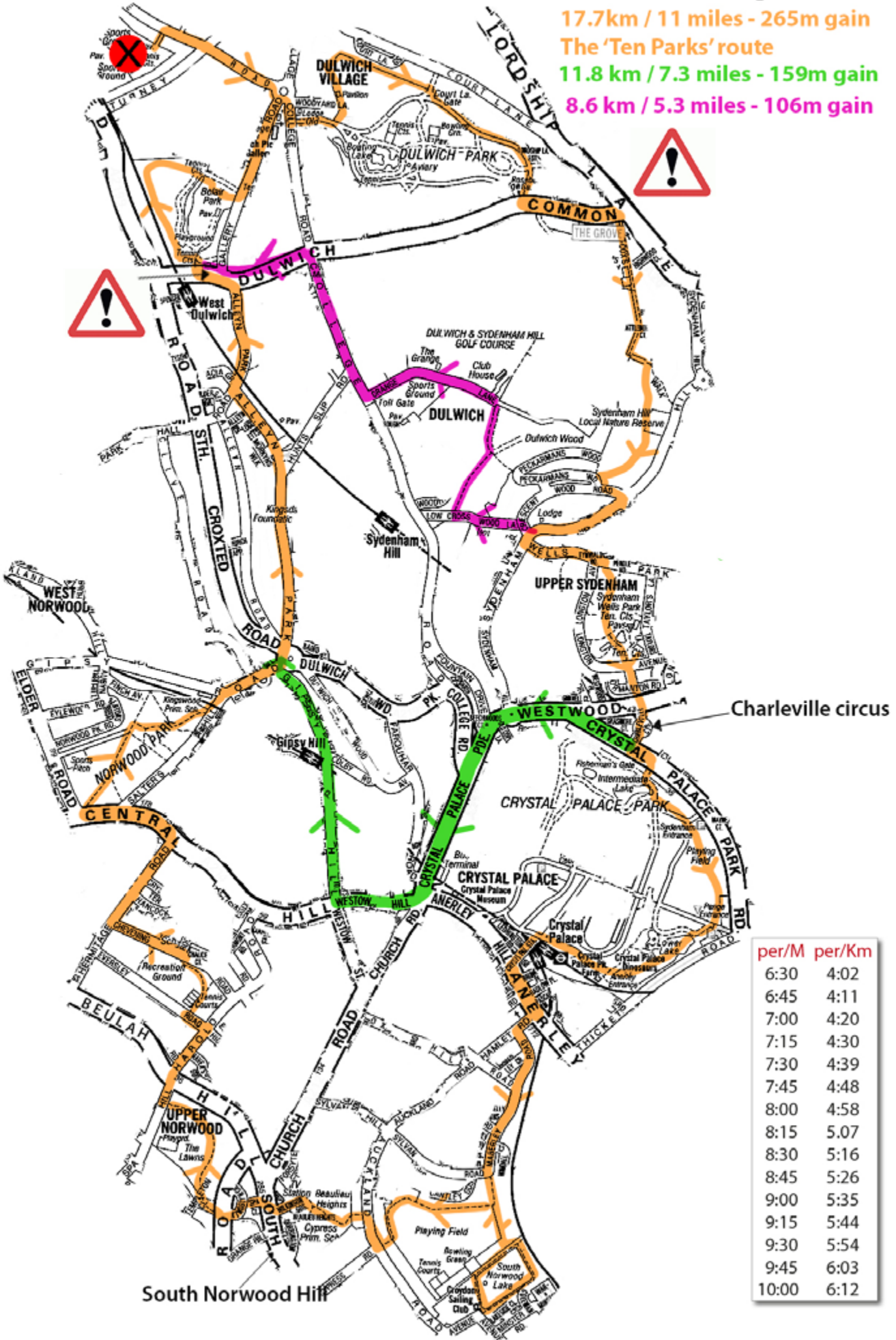
Showerproof
Team Jacket



Pro Mid Layer
1-4 Zip Top

Dulwich Runners 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



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