



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 !

- 1 General notices
- 2 Club runs & training
- 3 Fixtures
- 6 Race reports and results
- 20 Club kit
- 22 Wednesday night run map.

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

Like us on Facebook @dulwichrunners

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

Connect with us:



Wednesday club runs new start time

Having polled members, as of next **Wednesday 25th May** the club runs will **start at 7:15h**

'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.

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 your renewal email reminder, 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 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.
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	
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

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

There will be a series of seeded races as usual on the Dulwich College track starting at 7.30. Those wishing to take part should contact me in advance so that you can be allocated to the appropriate race. No entries on the day. 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.

World Duathlon Championships

Alicja Furmanczyk writes...Earlier in the year I got into a nice routine of coming to Dulwich Runners Track Tuesday, but lately I missed a few sessions. I had a good excuse though - I was busy travelling and taking part in my first ever race representing Great Britain as an 'Age Grouper' in the World Duathlon Championships in Middle Distance.

My race was 10k run, 60k on a bike and 10k run again. It was set in a picturesque Danish town called Viborg - once a Danish capital, before Copenhagen took over.



A gorgeous town with lots of gorgeous cobbled streets. Gorgeous until you have to run on them - especially if they make you run the same course 6 times...

The race started on a chilly morning but in a cheerful and very friendly atmosphere. We all knew the cobbles were going to slow us down -

personally I felt I really benefited from winter cross country races, or at least that's what I was thinking when trying to avoid falling on a particularly uneven downhill patch.

The bike was 2 laps of a windy course in the beautiful Danish countryside. The views and smooth tarmac made up for the

wind. I saw a French guy falling down off the bike - a scary sight and a reminder of what crosswinds can do (he said he was all right...)

On my post bike run, once I hit the cobbles again, I was in so much foot nerve pain that I had to semi-politely ask my husband to stop cheering me on... But the finish line came and an American competitor became my last overtaken casualty with just 10 meters to the finish - she must have run out of energy and I, on the other hand, after attending Tuesday track sessions knew that this was where my final sprint comes in! Thank you track coaches!



I finished 19th, and 6th in my age group - but unfortunately my age group ended up being the most competitive one. The overall race winner, who happened to be in my age band, was in fact faster than the professionals (she has probably just become a professional due to this win!). There are more championship races for me this year so I'd definitely see you on the track and club runs as I continue training.

If you like cycling on top of your running and fancy giving duathlon a go - go for it. It's great fun and I'm happy to share some tricks and tips, and recommendations on how you could qualify to the national age group team too. I can definitely share some good tips on how not to apply body tattoos...

Sadly no Dulwich top as that would result in a disqualification!

Crystal Palace Sprint Triathlon

15th May

Clare Wyngard writes.... I made an 11th hour decision to enter this race needing in particular to regain fitness on the bike, and running to a degree also, after the 6 week trip to Australia and ahead of the world age group duathlon champs in Romania next month. It's the event I have the longest association with off and on, going back to winning team honours for Dulwich

with Mary Loftus and the late Gill Johnson in 1998 and 1999. It was essentially where I learned the event so it was nice to support it again.

The bike is a particularly good test incorporating 9 laps which, inevitably around CP park, means hills followed by 2 laps of running (and the same hills!). I was really surprised and pleased to win the supervet (over 50) category having only been runner up in the same category exactly 10 years ago! The run was a shade over distance and, thankfully, much more comfortable than the parkrun the day before and over a much tougher course.

1hr-29-04 (8.02 swim (300m), 49.52 bike (20k), 28.08 run (5k), Transitions 2.58)

Green Belt Relay 2022

Ange Norris writes...We had a mixed team, in both the category for the event i.e., some men and at least 2 ladies, and in that some were seasoned GBRers and some were trying it out for the first time. I'm sure a couple of the newbies were wishing they'd never had a weak moment on a Wednesday run with me when they found themselves signing up for the team! However, having said that, initial panic about getting lost was soon forgotten and every single member of our team threw themselves into it enthusiastically and had a thoroughly enjoyable weekend.

For an event that is so logistically challenging and takes the organisers (Stragglers) most of the year to organise, the GBR has very few rules - each team must have 11 runners who all

run each day; and look after yourself and all other runners whilst out on the trails far away from habitation.

Ange Norris writes..We had 11 runners on Saturday but unfortunately Jack Brotchie fell on stage 4. He posted a photo of a cut hand and Sunday he said he felt like he'd been hit by a train and described his big toe as 'looking wild'. With him unable to run, Michelle stepped in (thank you Michelle) but with 12 runners we were unable to win any prize. So, we actually finished second mixed team, but the record books will always say otherwise. It's not important as it's the running in beautiful places, the comradery between teams and the running and supporting your fellow Dulwich team mates.

Stage 2 - Staines to Boveney

1:07:40 (14th)

Ebe writes....Nice flat 9 and a bit miles mostly along the Thames towpath into Windsor. Ran sensibly enough to keep a fairly hard pace. My position didn't change after the initial surge from the start. Finished 14th out of 44, 3rd M50+ but first M60 by quite a margin. Moved team up by 3 places to 15th overall, 6th mixed.

Stage 3 - Boveney to Little Marlow

Dylan Wymer writes...A flat stage along the river I took the first 8km very easy, sitting behind a small group to make sure I didn't go off too quickly. Once my legs were moving properly I sped up a little, turning it into a half hour effort in the

sunshine, gradually overtaking a few people but running out of road before my legs felt it much. Overall it was a very picturesque stage, although personally I would have preferred a few undulations for variety.

Stage 10 - Saturday High Beech to Toot Hill

Ange Norris writes..I did this stage once before and I remembered the start and finish but the menagerie of paths across Epping Forest were a blur in my memory before Saturday and still are. It's notoriously the stage where there are jokes about never being seen again since entering the forest. However, I loved it.

Apart from a couple of roads to cross, the whole 9 miles is through the forest or across fields. The terrain wasn't easy; much was hard cracked mud, there was some soft mud too

and many tree roots to negotiate on an undulating course.

The website gives videos to watch to help with navigation and there is some sand and signs but all runners have to run with a map, either a paper copy or on their phone. Indecision at junctions of paths meant I stopped a few times with a couple of other runners to consult the map. An excellent stage and I finished being cheered in by Lucy.

Stage 14 - Cranham to Davy Down

1:06:42 (10th)

Ebe writes....Another 9 miler, this time with a hill around kilometre three, some fast downhill stretches on local roads and then a long section on trail and rutted ground along the river Mar Pyke. Scenic (heard my first cuckoo of the year), but didn't really enjoy it as much as I would have liked while fighting to keep position.

The runner behind me came pretty close after I had to slow at a busy roundabout close to the finish. The last 400m were flat out and I kept ahead by two seconds. Finished in 10th place, 2nd M50+ (Greenbelt Vets only go up to M50), but (unofficial) 1st M60 by 10 years.

Kept our mixed team in 6th place overall/2nd mixed team and increased lead over next team from 7 to 11 minutes.

Very tired afterwards but also very nice to have been back to this (my third Greenbelt).

Big thanks to all involved!



Dylan, Gower, Ebe

Stage 18 - Merstham to Burford Bridge

Dylan Wymer writes...It was, the very little that I saw of it, a beautiful stage along the North Downs Way; however a combination of the terrain and a morning of rain meant that I spent 90% of it either looking at my feet or dodging sagging branches.

Feeling reasonably good, if somewhat sleep deprived after the Night of 10,000 PB's, I set out with the lead group of four. We

were rolling along as a group up until about half way where a very steep decent brought back a recent issue I've been having with my quads and unfortunately forced me to slow down, turning the remainder of the stage into a bit of a survival exercise. Regardless, overall it was an enjoyable (if slightly frustrating) end to an excellent weekend of running.

Stage 19 - Sunday Burford Bridge to West Hanger

Ange Norris writes..When I last did this stage, it started at the top of Box Hill but parking was never easy there so the previous stage was lengthened to finish at the bottom of the zigzags instead. This now means that the first 2 ½ miles are uphill past Denbies to Ranmore Common.

My plan was to have a slow and easy start, which turned out to be a slow, hard and a bit painful start! Once my legs were warmed up and we were on the North Downs Way I relaxed, got

more into my running and my pace increased. By coincidence the 2 other runners that I had stopped to consult the map with on stage 10 were here again, so it was great to chat to them on route and at the end. The path has fantastic views to the south and twists and turns mainly through woods. The going underfoot was tough and there were several half-fallen trees to climb over or scramble under as well as quite a few gates. Another fantastic stage that I finished cheered in by my family.

Green Belt Relays photos: <https://photos.app.goo.gl/5ZtBbz6MShgPK9NeA>

	#	Stage	Dist. miles	Diffi culty	Runner	Stage Time	Stage Pos	Team Pos After Stage	Mixed Team Pos After Stage	Mixed Team Time Diff
Day 1	1	Hampton Court	12.7	6	Clare Norris	01:35:45	16	16	8	25:36
	2	Staines	9.6	3	Ebe Prill	01:07:40	14	13	6	32:42
	3	Boveney	11.2	5	Dylan Wymer	01:09:01	3	7	3	37:31
	4	Little Marlow	11.8	10	Jack Brotchie	01:22:11	3	5	2	45:28
	5	Great Kingshill	13.5	10	James Burrows	01:32:02	8	5	2	59:22
	6	Chipperfield	8.5	3	Katie Smith 1 st F	01:05:13	7	5	2	1:07:11
	7	St Albans	11.6	7	Andrea Ceccolini	01:30:40	20	7	3	1:23:51
	8	Letty Green	10.7	4	Lucy Pickering	01:23:48	17	7	3	1:44:12
	9	Dobb's Weir	10.2	7	Mike Williams	01:07:39	7	7	3	1:46:42
	10	High Beach	9.0	6	Ange Norris	01:13:15	15	7	3	2:00:47
	11	Toot Hill	7.5	3	Shoko Okamura	00:58:49	14	7	3	2:08:38
Day 2	12	Blackmore	10.8	6	Clare Norris 1 st F	01:20:03	12	6	2	2:26:36
	13	Thorndon Park	6.6	2	Andrea Ceccolini	00:47:13	12	6	2	2:30:27
	14	Cranham	9.0	4	Ebe Prill	01:06:42	10	6	2	2:38:08
	15	Stone Lodge	9.4	6	Shoko Okamura	01:22:01	26	6	2	2:59:17
	16	Lullingstone	13.1	10	Mike Williams	01:31:11	8	7	3	3:09:29
	17	Tatsfield	10.5	7	James Burrows	01:07:43	6	6	2	3:14:00
	18	Merstham	9.6	9	Dylan Wymer	01:02:54	3	6	2	3:16:32
	19	Burford Bridge	8.4	7	Ange Norris	01:08:02	12	6	2	3:08:28
	20	West Hanger	6	1	Michelle Lennon	00:42:55	14	6	2	3:15:51
	21	Ripley	8.4	2	Katie Smith	00:59:40	12	6	2	3:26:01
	22	Walton Bridge	7.1	1	Lucy Pickering	00:54:20	25	6	2	3:40:56

Euro Masters Non-Stadia Championships, Grosseto, Italy,

May 13-15

Ros Tabor had her best run since her hip operations and finished fourth W70 at 5km in 26:25 (two and a half laps on a flat race circuit) - her quickest since February 2020.

Andy Murray ran all three races - 10km Friday night (very hot), 5km Saturday morning (warm) and half-marathon Sunday morning (reasonable at start but getting hotter by finish).

He was steady in all his events and got the bonus in the 5km that he was in the three quickest British M65's and they gained a team medal behind Italy and Switzerland.

He was in control throughout including the half marathon which was a mostly flat course taking in a rural area around the Airport and then took in a circuit of the historic Old Town.

It was well policed but there was an absence of marshalls and signage and quite a few runners strayed off course.

Second claimer Clare Elms also did the three and made history by becoming the first woman to ever win three individual golds at the Championships.

The 10km did not go to plan as a very narrow and chaotic start led to her being held up and then not sure if anyone was ahead from her age group she went through the opening kilo at faster than world record age group pace and then suffered for the start and the heat and she almost came to a halt on the second lap and at the finish her lead had been shrunk to just 40 seconds from Swiss Doris Koller.

The 5km though only 14 hours later was less stressful as it was just for W55 plus athletes (including Ros) and though it meant she couldn't race the younger athletes, she was able to see the opposition and pulling away on the second half won by 33

seconds from Italy's Manuela Massa.

Just as in the 10km, she was quicker than the W50 champion.

After her 10km experience she was keen to enjoy her half-marathon and after following Cathryn Brady through some fast opening kilos she pulled away easily mid race and eventually won from the Irish woman by just under four minutes and felt under control the whole race.

It was a good quality event as the athlete who had beaten Clare into second in the same event in Portugal in 2016 - Maria Castro Solina of Spain - was only fourth here.

Apart from the three individual golds, Clare won a team W55 gold for Britain at 10km and a silver at 5km and then a W40 team silver in the half-marathon - older athletes can move down age groups to a younger team to make up a three and joined the W40 and a W65 to take silver behind Italy with Ukraine being a very popular third.

Steve Smythe

Day 1

10km: M65: 22nd Andy Murray 58:06

10km: W55: 1st Clare Elms 41:09 (& Team gold)

Day 2

5km: W70: 4th Ros Tabor 26:25

5km: M65: 24th Andy Murray 26:56 (& team bronze)

5km: W55: 1st Clare Elms 18:41 (& team silver)

Day 3

HM: M65: 25th Andy Murray 2:05:59

HM: W55: 1st Clare Elms 1:27:48 (& W40 team silver)

Whitstable 10K

2nd May 2022

To be in the Whitstable 10K you need to be quick. Fortunately for me, given my injuries, not quick on the road but quick on the keyboard. For the last few years this event has sold out within hours of entries opening. This year, despite increasing the number of entries, was no exception and I and Belinda only got in thanks to be reminded by Jo Quantrill that entries were about to be taken. Quite why its always full is a bit of a mystery as a very similar event held in Herne Bay, later in the year, can normally be entered on the day.

Having said that it's a very well organized event with nobody from the organising club (Canterbury Harriers) allowed to take part as they all volunteer. Result is enthusiastic marshalls who know what to do. I'm not somebody who needs a new T shirt but the designs, which are followed through in a medal, are also very attractive.

Last year we started in waves to comply with COVID regulations

but this year it was to allow more entries. The system worked well although it meant that starting in wave 2 I was overtaken by nearly all the field of 649 runners which was somewhat depressing.

Belinda and Jo started in wave 1 with Mike Fullilove. Mike unfortunately had to pull out at the half way mark as he injured his achilles but Belinda in her first proper run after a two month lay off due to nasal surgery stormed to a run above her expectations.

Results were up before we had left the finish area to enjoy the May Day festivities. Rebel Runners were getting a mention for the noisiest supporters. They obviously carried on all day as Chris and I went to a restaurant at 8.30 and a large party of Rebel Runners were in full swing. The other club with a large number of runners was Central Park Athletics.

Roll on next year and hope we can get in.

117 Jo Quantrill (2nd Claim) 47:18 (1st V65)

139 Belinda Bell 48:17

582 Bob Bell 71:36

Centurion Thames Path 100 miler

May 7 2022

Terence Baker and Gower Tan

Terry writes - Gower and I successfully ran the South Downs Way 100-miler, also organised by the faultless Centurion Running, in June 2022 in a time of 24 hours and 41 minutes, but we missed out on obtaining a much-coveted "100 miles, One day" belt buckle for dipping below 24 hours.



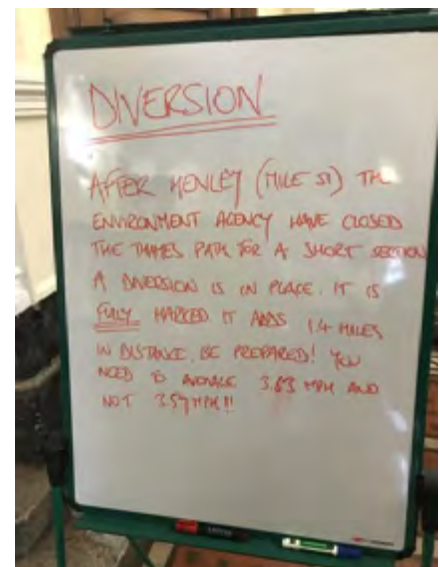
Unfinished business, obviously, so on May 7 we again lined up for another 100, this time the Thames Path, which snakes along the glorious River Thames from Richmond in London to Oxford, that "sweet city with her dreaming spires; she needs not June for beauty's heightening."

Our training had been wildly different. Gower has had an exemplary year following the SDW with, among others, the completion of the arduous Marathon des Sables in Morocco in October, the "4X4X48 Goggins Challenge" comprising a four-mile run every four hours for 48 hours in March and a 3:02:35 PB in last month's Boston Marathon, the marathon that defines all others.

I, meanwhile, have hobbled around on a painful knee, pitifully making up the sixth member of a Dulwich AC scoring team of six at the Kent Cross County Championships and doing some 20- and 30-mile runs on my own in case each time out was a disaster.

What I do have is almost 50 years of experience, but still it was with some trepidation and a well-wrapped knee that I said good morning to Gower at Richmond Town Hall, where numbers and tracking devices were attached and we all took a deep breath.

That breath become shorter when Race Director, James Elson, told the 287 runners assembled along the Thames that due to the Environmental Agency having the night before closed a bridge over the weir at Henley (Centurion Running itself found this out by chance on Facebook, by the way), we'd all in fact be running ~102 miles. The diversion was 2.5 miles, but cuts off one mile of the Thames Path so in total adds an extra 1.5 miles to the race route, or as he put it, just an extra 1.5%!



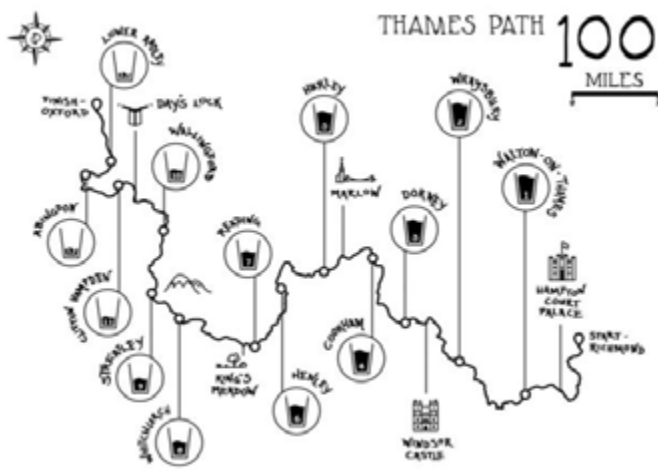
It was already warm as James completed the race briefing. For those who don't know him, James is not only a consummate professional, Race Director, unflappable, no nonsense and, in Centurion Running has created an amazing community and the UK's leading series of 100 and 50 mile events –

he is also a bloody good ultra runner. Anyone who has completed a loop of the Barkley Marathons must be.



The call to start and klaxon came at 09:30 on the dot to follow the river to the finish line, a river I did not realise meandered quite so much.

It is quite beautiful, though, we runners moving through Hampton Court Palace, Shepperton, Runnymede and Windsor, among the route's first locations, with our war being won on the running tracks of the riverside path, not on the playing fields of Eton.



I ran with Gower for the first 10 miles, but he was a flash in and out of the first checkpoint, and I was left with no illusion he was there for business. I sent a message to Francesca, my wife, who was tracking me, to say, do not worry if Gower is ahead of me. I am running my own race.

Immediately from the beginning, my knee gave me no trouble, although the calf on that left leg gave me more uncomfortableness than did the right's.

One thing we learnt at SDW was that time built up severely at checkpoints, of which there were 12. In the latter half, I was very brief in my visits, and the Centurion Running volunteers make that speedy transition possible.

We now also know where England's most beautiful houses and properties are, magnificent piles in front of lawns sweeping down to calm waters patrolled by swans. As some of you might know, my (Terence's) other passion is birding, and I saw 42 different species along the course, including Marsh tit, four Cuckoo (heard), Reed warbler, Green woodpecker and Red kite.



I (Terence) felt no injury or cause for concern along the entire course, just tiredness, even after taking a tumble in the dark at around mile 70. The course tape pinned to trees (a section admirably done by our own Rob Hollands) reflected in headlamps and made navigation not a fraught experience, although one runner who suddenly appeared said he'd become lost and had been running around the centre of Reading for an hour, which I think would have destroyed me.

The checkpoint at Reading (58 miles), just after the first drop-bag stop at Henley, was where Gower's friend Sarah kindly waited for me, made sure my headlamp battery was stored safely and even, along with a stranger, lifted me back on my feet after my 10-minute sit down on the grass proved not to be the most sensible strategy.

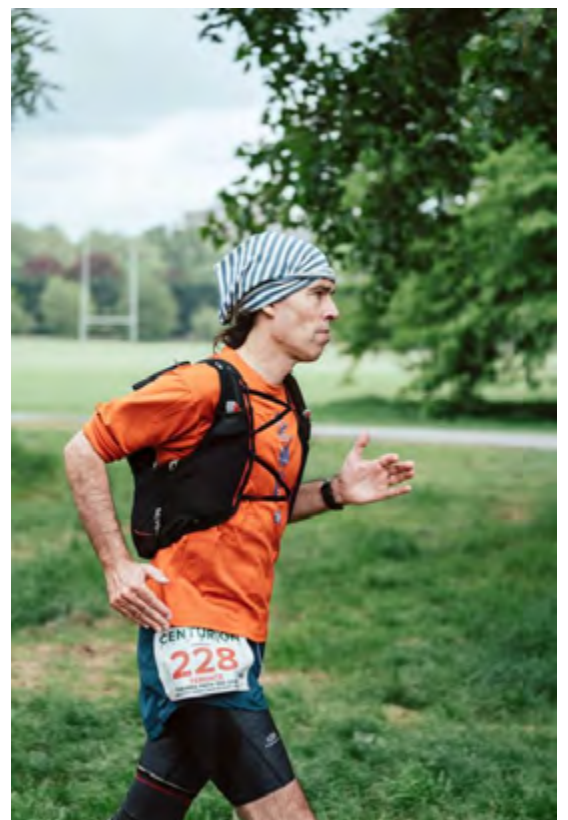
I ran the second half much more efficiently in terms of economy of time at checkpoints and making sure any walking was in power mode, but of course muscles tire and bodies move more slowly.

At Goring, the last of the two drop-bag points, I asked for my bag, then asked where I would leave it when I left, was told I could give it to the person who I was talking to and then immediately gave it back unopened.

Time was of the essence.

Night lasts longer in early May than it does in mid-June, but as the sun rose (the Saturday had seen some welcome cloud cover but mostly sunny and warm) and the mist lifted off the river, I saw that I had left the crowd of seven or so runners I'd accompanied through the small hours and was running on my own.

I had been slowly catching Gower up, but I never did catch him, my attempts at mathematical calculations largely an utter failure as I tried to work out kilometres left, pace, time available and the like.



That maths was made easier when a pacer (allowed after 51 miles) told me I had 17 kilometres to go and I saw I had ample time, and when I passed the last checkpoint at Lower Radley and was told I had 4.5 miles to run, not the five I thought, my spirit soared.

In terms of drama, the run was quite boring, but the scenery was so satisfying.

Those last kilometres were not the fastest I have ever run, but when I saw my first Oxford rowing boar house and one of its dreaming spires through leaf cover, it was only a matter of finding the small gate that led to the last 100 metres across the lawn of the Queens College Recreation Ground.

Gower was there cheering me in, ready with a BrewDog Punk IPA beer.

I finished in 23 hours and 12 minutes and greedily scooped up my prized belt buckle.

Job done! (Terence) finished 89th out of 203 finishers, 147 of which ran in under 24 hours.

Gower adds - my race was really a tale of one half followed by three sixths. After parting ways with Terry at the first aid station, stopping only to top up water, I settled into planned 10 min/mile pace, and remaining under my 11min/mile average target allowing for aid station stoppe, which like Terry I'd learned to keep brief.

It was already clear by 11:00am that it would be a really hot day, the scattered clouds only occasionally giving some intermittent cover to



the increasingly fierce sun. Not Saharan level, but nevertheless the it clearly caught some a little by surprise and torpedoed a few runners entirely. Fortunately I had anticipated this, made the decision to run entirely in road shoes and set up my crew and drop bags with hot weather supplies.

Besides the always exemplary, unbelievably stocked, highly experienced and ever friendly aid stations, my first big boost came seeing Rob Hollands who regularly volunteers with Centurion and was course marking from around Wraysbury at 22mi to Cookham at 38mi, before running back. We met somewhere before Dorney which was the perfect time for a short walk break, chat, advice and general confidence boost and motivation. Feeling strong, I pushed on through Dorney, Cookham, Hurley and to the half way aid station at Henley where I had my first drop bag.



Immeasurably more important than the kit and nutrition contents crammed into my drop bag, I was greeted and flanked by my two gorgeous nephews, sister in law, brother and my 88 year old mum who lives just 400m from the aid station! This was incredibly emotional for me, not only seeing mum who rarely gets out, but thinking about my late dad and the times in Henley, where I was born and used to live.



The first thing I did arriving at the aid station was ask my brother to set his watch for the 12 minutes I'd allotted myself. An aid station marshal had my drop bag ready, and I set about some rapid changes – fresh buff, freshen up wipes, some goto snacks (fresh pineapple, grapes, a marmite sandwich, top up of water and Tailwind from the aid station; Peperami, Cliff Shot Bloks, a Bounty bar and Soreen from my drop bag. To the horror of my sister in law, my bag of Jelly Babies and Cadbury Creme Egg went to my nephews, who were already quite hyper! I hoped their limitless energy would somehow vicariously rub off on me. Instant ice deployed across knees and ankles, photographs and hugs complete, refreshed, I headed off as the timer on my brothers phone buzzed.

The next part of the course was unknown due to the diversion, peeling away from the Thames, over the railway and into a bluebell filled wood north of Henley. Thus far, the GPX file on my Garmin had been absolutely spot on and like for SDW100, it provided something

of a comfort blanket for someone so geographically challenged. While the course is 95% the exact Thames Path, it diverts away from the river several times, in and out of villages and small towns, crosses dozens of bridges where the path runs concurrently down both sides of the river, and the river itself frequently splits into two or three parts with tributaries like the Kennet in Reading that easily throw you off course when you're exhausted (one runner I met at the finish had followed the Kennet and found himself in Reading town centre – not the place to be on a Saturday night)!

Though it had been marked, I missed a sign on the diversion, following two runners down a road the wrong way. Fortunately we hadn't gone too far before realising the mistake and only added a few hundred metres. The diversion also included some small hills, which were actually a pleasant relief on a course that largely flat (more on that later). Back onto the Thames Path past Shiplake, and my GPS kicked back in. I know this part of the course like the back of my hand and was quickly through Sonning and arriving at the Reading aid station at 60 miles, still pacing 11min/mi.

My friend Sarah who also crewed us on SDW100, was waiting with every conceivable piece of kit and nutrition imaginable, in case plan B, C, D, E..... needed to go into action. By now my knees were increasingly sore, but not yet 'terminal'. Sarah sat me down on the waiting chair and promptly handed me a ready opened ice lolly. That is the sign of professional crew!! She told me Terry and my tent mate from MDS, Rob, were both about an hour behind. Then followed a planned sequence: fresh socks, shoes (identical to the pair of 4%'s I'd just wrecked over the prior 60 miles), buff change, more anti chaffing cream, Ibuprofen gel for bruised ribs, fresh shirt, Heinz Tomato soup (warm, not hot), empty a can of ice spray on knees, 2 more instant ice packs, Ambrosia rice pudding, another Bounty bar. More Cliff Shot Bloks replenished, wet wipes to clean face, mouth wash to lessen the sugar eating into my teeth. Head torch out and on, jacket on, gloves on. 20 minutes up, time to go! Ready to face the night shift.

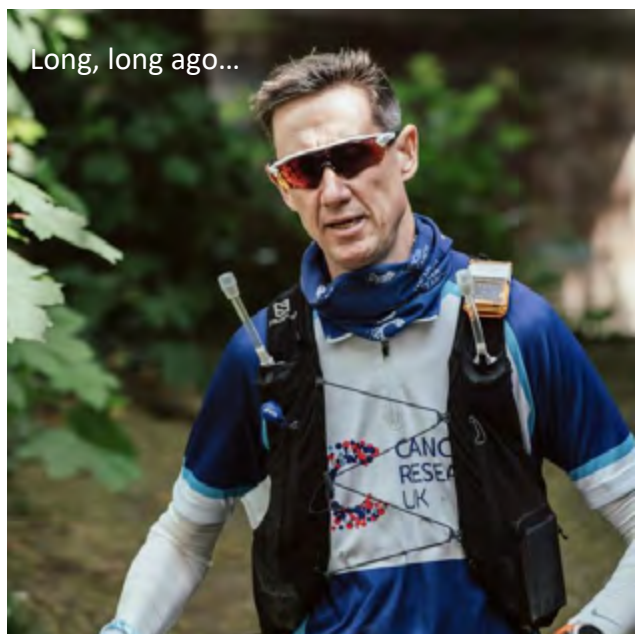


It is now 8pm. I'd fallen just 3 places outside of the top 50, one of my many pre-race delusional targets but still on for an even more delusional sub20 hour finish. Oh how things were about to change. In this kind of event, the splits you really care about are only how far to the next aid station. Pangbourne is 8 miles away and I'd also recce'd the section all the way to Goring, so knew exactly the terrain ahead. My plan had been to make up some of the time with Sarah on the road sections through Tilehurst and Purley, however by the time I got back down to the Thames again at Mapledurham Lock, my left knee was creaking and pace had rapidly slowed with walk breaks every couple of minutes. The course tightly hugs the river here, along a grass path that wasn't rock hard and providing some relief.

Pangbourne couldn't have come soon enough, with a warm welcome and I climbed up the stairs into the Adventure Centre where the aid station was located. Terry's mate Gary, an experienced ultra runner was there, along with his pal Andy on his first 100 miler. We swapped a few words and they both headed out. I knew the sub20 was out the window. I was sure I'd banked enough in the first two thirds to go sub24, but equally knew that ~76 miles is

the highest statistical DNF point on a 100 mile ultra. Goring aid station and final last drop bag is only 4.8 miles away. Mentally this was important because a) I had a friend who was volunteering on the night shift there and b) I had painkillers in my drop bag. Right now, that is all I wanted.

Although Goring was less than 5 miles ahead, this was the most technical and hilliest part of the course. There is a steep hill up through Whitchurch, then after the bridleway takes you back down to the river, there are continual ups and downs through a wood strewn with tree roots waiting to catch you out in the pitch darkness as you bat the swarms of insects attracted by your headlamp away from your face. There is one really big hill first sharp down, with wooden stairs and then back up. This is where the wheels came right off (or more to the point my knee buckled).



Now in real pain, I crawled into the Village Hall at Goring to be greeted by “Hi Gower! Great to see you, amazing time...what can I get you?” My friend and long time ultra-runner Eileen was just the friendly face I needed. About 10 other weary runners were dotted round the chairs in the aid station, volunteers buzzing up and down, grabbing drop bags for, handing out pasta, hot soup, salted new potatoes.... you name it. All the stuff you want and need 70 miles into such crazy. I opened my drop bag and pulled out my medical kit with a smorgasbord of carefully marked pills. Co-codamol (a mix of codeine and paracetamol) was the strongest drug I felt safe running with, having never taken painkillers

during a run. Even though I’d never taken this before, such was the severity of pain, I didn’t need convincing. I ate some food first and washed down the two pills with guzzles of Coke. More instant ice, all on the left knee, a final buff change, Tailwind and water replenished, into the bathroom to brush my teeth (you cannot imagine the difference that makes), quick toilet visit, jacket zipped up, pack back on. Race face with gritted teeth.

As I grab a peanut sandwich and walk out I should back to Eileen, “...how far to Wallingford?” “Less than seven miles, Gower” she replies. “Thanks everyone....” and with that I’m gone, back into the darkness. It is now well past midnight and I can see my breath in the air. Like the 20 mile mark in a marathon, this is where the real race begins.

I can only describe the next 30 miles as a complete slog. 100% will power. Starting with alternating one minute run and power walks, occasionally stretching the run section until the pain became unbearable, transitioning into a Camille Herron style shuffle and back to a walk.

Repeat. Repeat. Repeat.

The 6.7 miles to Wallingford done. I’ve finished $\frac{3}{4}$ of the course. Don’t think it. Don’t go there. Don’t. Stop it. Only a marathon left. Sh1t. Why did I have to think that. You should NEVER think that. Especially not 75 miles into a 100 miler. Counting marathons is terrible

and a gremlin you shouldn't let enter your mind. But its too late. Lets just quit here. No shame in DNF-ing this far.

There comes a point when you have to make a decision. However that point stretches, seemingly endlessly, as parts of your brain fight one another. I pull on every emotion I can, the people I'm running for, my personal reason for running. I think about my dad, my eyes welling up. The short out and back to the Clifton Hampden aid station passes in a flash. Some part of my running brain is still functioning, working overtime. I know if I stop now, never mind sit down, it would be game over. As you get into the business end of Centurion events, the aid stations and additional crew access points, are located closer and closer together. This is very much intentional and another reason why the only thing you focus on is the distance to the next one.

The morning call of birds is ear-piercing. I wish Terry was with me to list the names of my noisy neighbours, who are by now my only company for much of the time. The mist is rising over the river but I'm way too zoned out to appreciate it. By the time I reach Lower Radley, the final aid station, it is full daylight again. I grab a final sandwich and hear some good news: "Less than 5 miles to go". "My Garmin says 4.5, so I can round it down to 4", I reply. "Well actually it's 4.56, so just walk a few yards that way and you can round down!" The banter is hugely appreciated and 4 miles is less than 5 miles. A LOT less at this stage.



The final stretch is along a largely uninspiring concrete path, with several rundown boats and a few final bridges to deal with. Numerous Oxford colleges are out for their Sunday rowing sessions, their coaches barking at them through loudhailers. All a bit of a blur. I'd set my Garmin to the countdown screen and it constantly adjusts to my current pace. 1 mile to go, I'm determined to run it all and pop another two Caffeine Bullets, taking the edge off just enough to

get me to the now visible Centurion teardrop flag, and a left turn for the 100m run across Queens College Recreation Ground and the finish line.

Ahead of the race, I had made much of the fact that I was running from London to Oxford to see my daughter Olivia, who now lives in Oxford. Naturally her friends found this highly amusing. As I turned off the Thames Path and towards the finish line, I could hear Olivia and the host of volunteers and other runners screaming my name. Crossing the line 68th in 22hrs 33min 29sec for the coveted '100 Miles One Day' buckle, Olivia handed me well earned can of Punk IPA.



Andy and Gary had both finished well ahead, while another friend of Terry's Anthony had DNF'd at Henley, but will surely be back to fight another day. We cracked open the tins, dot watching Terry and my mate Rob. A few minutes behind me, Adharanand Finn, author of several great running books finished. I had no idea it was him and we exchanged a few congratulatory words, having cross-crossed many times. Terry was soon finished, in a Herculean time off a very limited training block and we started the celebrations.

After a swift shower in the hotel we'd both booked a few hundred metres from the finish, we grabbed a taxi for the 0.5mile journey to the Head of the River pub, joined by Olivia and a couple of her college friends. Turns out Tristan Stephenson was also there, but he'd arrived over 10 hours earlier and was upstairs sleeping. He won the race in 13hrs 59min 38 – something to aim for I suppose!



Gower Tan	68 overall	16 M50	22hrs 33min 29sec
Terence Baker	89 overall	18 M50	23hrs 12min 41sec

287 starters, 203 finishers (29% DNF)
Cut-off 28 hours



**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

235 Ran
Pos Gen
7 7 Tony Tuohy 20:04

Beckenham Place

340 Ran
Pos Gen
98 77 Joseph Brady 24:50
219 141 Paul Hilton 29:31

Bethlem Royal Hospital

70 Ran
Pos Gen
2 2 Justin Siderfin 21:30
7 6 Nicholas Brown 23:07

Burgess

503 Ran
Pos Gen
92 77 Martin Kelsen 21:26
295 80 Claire Barnard 27:28
451 167 Stephanie Burchill 33:51

Charlton

156 Ran
Pos Gen
63 12 Claire Steward 26:19
72 55 Paul Keating 27:12

Clapham Common

708 Ran
Pos Gen
288 201 Ian Sesnan 25:16

Dulwich

499 Ran
Pos Gen
2 2 Ed Gibson 15:59
4 4 Thomas South 16:27

5 5 Andrew Inglis 16:34
6 6 Hugh Stobart 16:35
9 9 Adrian Russell 16:51
21 21 Eugene Cross 18:03
40 39 Tom Shakhli 18:56
49 3 Lucy Mordaunt 19:24
61 5 Yvette Dore 20:00
64 58 Sum Mattu 20:06
73 66 James Auger 20:23
83 75 Mark Foster 20:56
93 6 Laura Denison 21:12
97 87 Stephen Trowell 21:16
103 92 Olivier Montfort 21:23
105 94 Rupert Winlaw 21:25
110 7 Ola Balme 21:39
120 8 Emma Ibell 21:57
141 121 Ben Boxall 22:32
297 208 Lee Wild 26:58
330 223 Michael Dodds 27:52
379 105 Clare Wyngard 29:08

Folkestone

311 Ran
Pos Gen
22 1 Kim Hainsworth 20:36

Haga

86 Ran
Pos Gen
11 11 Paul Collyer 19:38

Hastings

291 Ran
Pos Gen
96 73 Martin Wagner 26:21

Hilly Fields

233 Ran
Pos Gen
70 9 Belinda Cottrill 24:15
216 113 Bob Bell 36:23

Orpington

156 Ran
Pos Gen
42 35 Colin Frith 24:56

Peckham Rye

209 Ran
Pos Gen
3 3 Tommaso Bendoni 18:34
67 53 Dave West 24:19

Riddlesdown

164 Ran
Pos Gen
24 22 Freddie Vernon 22:52
156 63 Susan Vernon 47:04

South Norwood

152 Ran
Pos Gen
18 1 Emma Benyon 22:45

Sutcliffe

210 Ran
Pos Gen
12 10 Sam Jenkins 18:18
34 28 Ross Rook 20:00

The Pastures

57 Ran
Pos Gen
22 18 Rob Mayes 25:57

Wimbledon Common

465 Ran
Pos Gen
1 1 Andy Bond 16:37



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 18 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 2

14 km / 8.7 miles - 152m elevation gain
 9.9 km / 6.1 miles - 100m elevation gain
 7.4 km / 4.6 miles - 48m elevation gain

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

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

An extra full lap of
 Crystal Palace Park is
 1.75 miles / 2.8 km

