



These are your SHORTS

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

DEADLINE for submissions etc 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start
£1 fee per run payable by card/device only, no cash
Changing rooms, showers & bar available.
Paces and distances to suit all abilities

Tuesday speed work at Dulwich College Track
track and grass intervals suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Club runs & training
- 3 Fixtures
- 6 Race reports and results
- 13 Club kit
- 15www Wednesday night run map.

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

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

Like us on Facebook @dulwichrunners

Connect with us:



Mid Summer Relays Wednesday 15th June

NB – there will not be a run from the Club House that night so please either run or volunteer to help

1 mile children's race – 7 p.m.

3 x 1 mile relay – 7.30 p.m.

Use the link to enter - <https://data.opentrack.run/en-gb/x/2022/GBR/dr-midsummer-relays/>

Entries for children's race are on the day only.

Entering as a Dulwich Runner

There has been some difficulty using the Opentrack site, we apologise for that.

- If you have put your own team together

DO NOT enter Dulwich Runners, as each team's name needs to be unique.

Use your own team's name, (with DR in brackets at the end) and team code.

- If you do not have a full team

Email your interest to Ange at dulwichchair@gmail.com and we will put together some teams.

Any issues/questions contact -

Email Ange at dulwichchair@gmail.com



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 7:15pm...

time you run - Contactless payments only

Meet upstairs in clubhouse, aim to arrive by 7pm to register, pay & sort out which group you'll run with.

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

NOTE: £1 club run fee for members and guests each

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

Tuesday Evening Speed - Dulwich College

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 | Victoria Park, Hackney |
| 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 | Victoria Park, Hackney |
| 10 | Sevenoaks 7 trail race | (L) Sevenoaks |
| 20 | Dave Clarke Mile Night (incorporates the SOAR mile) | (S) Wimbledon Pk Stadium |
| Aug 4 | 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

Mark Hayes Mile, 31 May

This is your final chance to enter next Tuesday's Mark Hayes mile. Make sure you enter by Sunday 29 May with details on your recent 5k times as we need to allocate runners to a series of seeded races. Races start at 7.30pm, slowest race going off first. Make sure you arrive in good time to register and warm up. There will be a collection for Karine's family (card only) and we aim to take as many payments as possible before the races. Presentations take place around 8.30pm. Drinks afterwards at the Alleen's Head. 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, Victoria Pk - Thurs 7 July, Victoria Pk - 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.

Night of the 10k pbs

14th May

Ed Chuck writes.....After three years this fantastic event returned on Saturday, on a gorgeous late spring day. While the weather no doubt swelled the crowds and made the atmosphere even more festival-like, I doubt anyone running it welcomed the 22/23C conditions. We had three DRs taking part - Polly, Jack, and myself, and we were heartily supported by a whole host of DRs who had come down for the afternoon/evening.

First up was Polly, who was running in the absolute worst of the heat in the first women's race at 4.30pm. Going through 5k in c. 18.51 Polly kept things under control to close out the second half in c. 19.20 (although I don't know how in control it would have felt!) to finish in 38.11 - fulfilling the Night-of-the-10k-pbs moniker with a time a minute 20 faster than her road best from 2020. How difficult the conditions were was borne out by a third of the field (12 out of 37 starters) not completing the race.

Jack was next up, and was in the race paced for 30.30 to 31.00. Jack and I had hoped to be in the same race and to run together, but the vagaries of the seeding and the density of guys looking to run between 30.15 to 31.15 had led to some of us being shunted above. Were it not for the heat, this race would have been ideal, with a clutch of runners who should have been able to hold paces between the pacing lights.

I had cautioned that with the heat, there was no point going hell for leather, having myself experienced a heat induced blow up at the Surrey 10,000m champs in 2019. Jack took this on board and tried to dial in to the 31.00 minute pace, and through 3k looked good.

But then the brow furrowed, and he lost a second or so from the pacing light each lap. It's never a nice feeling to drop out of a big event, but shortly after halfway Jack did the sensible thing, and rather than flay himself to finish in maybe 32.15-30 (as a third of the field did) he ducked out (as did another quarter of the field.) I did a very similar thing at Walthamstow last year, and had few regrets after.

Seeing the effects of the heat on race 4, I was even more certain that I had no interest in the bullish 29.30 and 30.00 pacings for my race. I felt in reasonable shape, but I knew that 30.30 was not really on the cards, and the best that I could reasonably hope for in the conditions was 31.00. I resigned myself to

running my own race, even if that meant being at the back.

So to the start. From the gun I trotted round a conservative lap (76s - slowest of the race), and didn't get involved in the jockeying for position ahead. The second lap was a little better, little quicker, and I found I wasn't far off Nick Torry, and decided that if whatever pace we were doing was good enough for him, it'd do for me too. I shadowed him for maybe 8-10 laps, putting in 73-74s laps, and feeling ok. It was warm but there was a breeze down the back straight that helped.

I got to 5k in 15.25 and felt OK - like I felt I could grind out what I'd done before again. I then had to weigh up whether to try to push on, or whether to hold back. Some of the chaps ahead started to come towards me and weren't looking in such great shape, so I decided against pushing on.



Jack Ramm

After another 4-5 laps of still moving through the field this proved the right decision as the stitchy/crampy stomach feeling I get when on the edge started up, and for the 5th mile I had to slow a bit to avoid a blow up. With a mile left I decided to hold station until the last 800, and when the bell rang I had enough to finish with a 68s lap for my fastest lap of the race, finishing in 30.51 for a 15.26 second half, and a track 10k pb.

Aside from the relief of coming home in one piece, it was nice to execute a plan. 10k on the track is (for me) one of the hardest races to get right - you have to pick a pace early, and if you get it wrong, suffer the consequences for what seems an interminable number of laps.

The support at this event is however unlike anything else that club runners will find over 5-10k track races, and the encouragement on the home straight helps so much during the wasteland of laps 4-20.

On the men's side we have the potential to have at least 5-6 guys hit the qualification time for next year, and Kay has already run a qualifying time for the women's race. For anyone with the opportunity to run the event, it really is a must do - both to race in, and also to get really up close to watch the elites in the evening races - there is no better vantage point than lane 4.

European Masters Champs Non-Stadia Grosseto Italy

13-15 May

Andy Murray reports. Thank you to Steve Smythe for his support at the event and report to Shorts last week. Congratulations to Clare Elms who managed to race 3 times in 3 days in warm conditions and win her age group in them all.

Ros and I have entered this event in the past - it is held every two years in various European venues - Ros gaining individual and team medals and me the occasional team medal. Any registered GB master can run for the team.

The races this year were in Grosseto, southern Tuscany, and were over 10k, 5k, half marathon Friday to Sunday. Daytime temperatures were in the mid-twenties, warmer than we had been used to here. After running only the 10k at the last champs in Madeira and not winning a medal Andy decided to maximise his chances by running all 3 races. However a trapped femoral nerve had meant no running for half of March and limited long runs after that, so the plan was to get round mostly. Ros was on a slow comeback and had run some Parkruns, so entered the 5k.

The 10k for m/w 35+'s started at 6pm on the Friday evening and was over two laps of an urban course starting near the event Technical Information Centre (TIC - a registration/presentation hall plus outdoor cafe area). Athletes in championships have to enter a call room before each event, to ensure they are entered/kitted/chipped correctly, and in this case it was the road area before the start line. Volunteers were ready to check us but no start lists arrived so we were all allowed in unchecked. An overloud PA system mainly played music before the start and we were set off in about 20 degree heat towards the first turn, which headed us south with a warming following breeze. Andy started steadily, catching two of the other slower GB m65's after about 1k, overtaking one with the other pulling away.



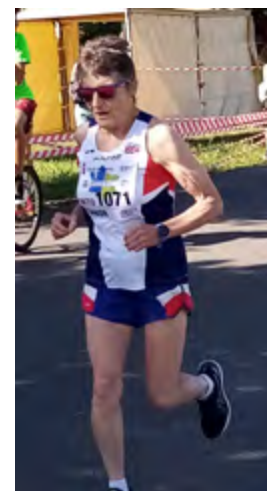
Clare Elms

There seemed to be good numbers of Italian, Swiss, Ukrainian and Spanish in the age group but a lot of others in the race, so difficult to target any opposition. The heat and following breeze meant a fairly brisk first half-lap but tougher running after we turned north back to the start. Andy tired a little by the start of lap two, reached in the high 27's, but tried to keep pace with those around. As these thinned out and the heat took its toll the second lap was a bit slower,

not helped by an uninspiring route past mid-rise buildings and pylons with a couple of diversions round a block either side to make up the distance.

The 5k the next morning was in a park, very flat with a small

lake and many looping paths normally used for cycling practice. This time the call room was a grassy area, not signposted, near to the finish line where we had to have our race numbers marked after being checked against the start list. Again the loud PA gave little information and some athletes missed the call room or number checking and were initially DQ'd. The races were in broad age groups every 45 minutes - w55+ first at 9am Parkrun time, m65+ third race. The course was two and a half laps of a tied shoelace type shape - around a bottom bow to the right, across to a bottom bow to the left, top bow to the right, outer bow to the left. The day was cool for the first race but with strong sun warming things up later.



Ros Tabor

Ros had met the fastest w70 in the field, Aileen Kelly (Ireland) at registration and also talked to another fastish one, Illy, who she had raced in Switzerland. Kelly built up a clear lead from the start with Illy and an Italian following, a Ukrainian near them but fading and Ros running steadily in 5th. In the final lap the Italian moved a clear second and Ros had overtaken the Ukrainian for fourth.

Andy again was amongst the slower GB m65's for the first kilometre, then dropping two but trailing one. As the field thinned out he was running beside the fastest m85, an Italian, just heading him at the finish in a time not too badly affected by the previous night's 10k. Fortunately there was another GB m65 a couple of minutes ahead and another a minute behind, together with Andy gaining a third place team medal. Fellow GB medal winners had gone back to their hotels by the time of the presentation and Andy was the sole m65 Brit on the team podium.

The half marathon was on Sunday at 8.30 am, one loop starting and finishing by the TIC. Again there were shortcomings in the call room - no checking at all - and organisers who don't operate properly should not have penalised athletes at the event. We set off towards the first corner to be greeted by the Swiss supporters - their team had travelled to Italy together by coach and hence were able to bring cowbells and flags to enhance their impact. On a clear day the sun was warming up and we headed away from town on straight unshaded roads past flat farmland with distant hills.

Andy ran close to the faster GB m65 from the 5k but the latter had a knee injury and dropped back after a turn off the road at 8k onto a part shaded cycle route. There was GB support at 11.5k when we reached the outskirts of town and the roads around the 5k park. We then headed for the hexagonal-walled old part of town, firstly running through a gate where the Swiss support had regrouped, then straight through the middle past



a red and white marble Duomo similar to that in Florence. At a far gate we then went up to a circuit of the footpath atop the walls, a quiet and shady section although with several turns, passing 15k. Andy had envisaged running to this point and then using some walks to

recover and this was how it happened but the latter part of the course was extremely uninspiring and seemed endless.

The route went through urban roads, with many turns marshalled by police also controlling traffic and only directing runners at the last minute. Grosseto seemingly has no traffic lights but many roundabouts, the runners usually having to go the long way round at each turn. Eventually we reached a straight section through a cutting and a turn up to a flyover at 20k, where the safety official was waiting, possibly to assist or perhaps to halt weaker runners. Finally the last turn came and Andy came upon two Ukrainians run/walking to the line for a loud reception from those at the finish.

Half M finish with Ukrainians



Half M passing the Duomo



Andy Murray

Half M cycle route section

There was a good atmosphere at these championships, centred on the garden at the TIC, where athletes prepared, recovered and waited for medal presentations - these were an endurance event in themselves whilst the officials decided who they would disqualify before releasing results. We found an excellent modern Italian, non-pizza, restaurant out of town for refuelling and had a couple of visits to the coast at Grosseto Marina and Castiglione

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)

Beckenham Relays

18th May

Ed Chuck writes....We were back again in Beckenham Place Park for this quickly booked up and well-attended event. Such was the demand for places that while we had 32 runners who initially wanted to run, Beckenham were only able to give us 7 teams, meaning that 11 people had to miss out. Thanks to those volunteers who graciously passed up on running – hopefully not a request that I'll have to

make again in a hurry.

This left us with 3 mens senior teams, one ladies team, 2 mixed teams, and one v60 mens team. The course was the usual yomp downhill from the mansion out of the park, left up Foxgrove Road up the hill, back down the hill, swinging back into the park, before circling back up the hill by the park entrance on Beckenham Hill

road to finish at the mansion. 2.6 miles of hell for leather fun. At the last iteration in 2019 we were runner's up in the mens' race, 3rd in the Ladies' race, and 1st in the mixed race, so the challenge was to try to remain competitive in all three!

The race started promptly at 7.30, with 122 teams setting off. This sort of relay, where you know the runners are going to be back

quite quickly, creates an oddly feverish energy for the remaining runners – you'll be running soon enough, and because you can't see where the runners are, you just have to warm up for about 10 minutes and then join the holding pen, and await (with minor trepidation) to see where your team-mate is coming in.

For the men's teams, I wanted to put out a team that could win, and while I had myself and Jack pencilled in for two of the three spots, the third spot was wide open. Well it was wide open, but in the month up to race day Andy Bond's run of setting 5k and 10k PBs, and also being 3rd finisher at the Assembly League meant that he got the nod. After this, rather than trying to work out what the strongest second team would be, I thought it would be more fun to try to make our 2nd and 3rd teams as balanced as possible, and create the conditions for a Tim v Shane sprint up the final hill.

As the first finishers of the first leg came home (Cambridge Harriers leading, with Kent 2nd) it was therefore with enormous relief (and the glee of correctly reading a greyhound racing program) that Andy came bounding up the final hill in 3rd, a short way ahead of Rob Armstrong (Mens C), who was a further short way ahead of Ben Howe (Mens B). All three of them ran times which in previous years would have seen them be comfortable members of the A team. Taking over from Andy I then chased after the front two, and caught them up Foxgrove Road, before realising I'd headed off a bit quick and needed to rein things in a bit to avoid imploding. I got a bit of a gap down the hill, which opened a little up through the field, and then it was a case of flogging myself back up the hill, handing over to Jack, and then collapsing.

Behind, Joe Hallsworth (Mens B) had overtaken Tom South (Mens C) I think somewhere towards the bottom of the downhill, and had handed over to Shane, who set off 4-5s in front of Tim – a dangerous place to be. Jack was meanwhile

powering through in splendid isolation, and despite being some 20 odd seconds clear to begin with, did not take his foot off the gas, ending with strong finish to bring home the Mens A team in 1st, in a time of 38.33 (which appears to be a team record).

While the B and C teams missed out on 2nd and 3rd (which finished with times that would have won in most previous years) Tim and Shane "enjoyed" a little battle, until Tim pounced in the field following the hill, creating a little gap and leaving nothing to chance on the sprint up the final hill, with the C team finishing 4th, and the B team 5th.

Our Ladies team was up against it with both Kent & Tonbridge recording times which were a minute faster than the winning time from 2019, and both clubs entering multiple strong teams. Emma Ibell, Clare Norris & Andrea Pickup were obviously however sharing notes on the course though, as they all completed the course with times within 8 seconds of each other, finishing as 6th ladies team in a time of 52.56, just a minute and a bit outside the 2019 time.

Wayne was seeking to defend his mixed title, although in the spirit of keeping things close between the mixed teams, he had nobly decided to put in two hard sessions in the days before the race. James Burrows had also decided to try to keep things competitive by giving blood the day before. While Wayne informs me that his time was the "worst" he had run, all the swim training James has put in has obviously helped, as despite being short on blood he recorded a time just 8s outside his 2019 time. Goggles for Wayne are in the post.

While there were lots of great runs from DRs, Wayne handed over to Christina Dimitrov, who put in the performance of the day. This was the performance of the day not only because she ran competitively, but because until 10 minutes before the race she was just jogging through the park blissfully unaware that, owing to

a communication fumble resulting in a missing runner, she was about to co-opted into running a leg. Before she set off she asked me whether she just had to get round, the answer to which was of course "yes!", but Christina did far more than this, running half a minute quicker than the previous time that she took part back in 2017, and needing a lie down after finishing and handing over to Adrian Russell.

Catherine Buglass showed in her first outing post Kew half marathon that she has kept her parkrun form from before, and performed solidly on what appears to be her first time taking part. She handed over to Shane Boyce who started a minute behind Adrian, and while both made strong inroads into the teams ahead of them (including a mad cap sprint from the line from Adrian which saw him dash past Croydon Harriers Mens 2 team ON THE LINE), they held station with each other, with Shane running 1s faster over the distance.

Our final team home was our M60 team of Martin Kelsen, Mike Mann, & Dave West. Martin continued his good form, with a time consistent with his current parkruns. Mike Mann was another who had chosen to do a session (or half a session) before racing, and while telling me he felt a bit heavy legged before, his time was somewhat better than his recent parkrun form. Final man home was Dave West who finished 15 odd second outside Mike's time, but who ran pretty much to the form book. Annoyingly there are no vets categories for these relays, but at the very least they comfortably beat 10 out of the 11 Bromley veterans teams.

This was a great event, and it was fantastic to have so much interest in it. In particular the strength of the mens teams bodes really well for the road relays in the autumn, and beyond that, for cross country. Hopefully next year Beckenham will be allowed by Lewisham to have more teams running, and we can get even more teams out.

Mens Teams

1 Dulwich Runners (Mens 1) Andy Bond (13:10) Edward Chuck (12:36) Jack Ramm (12:47) 00:38:33
4 Dulwich Runners (Mens 3) Rob Armstrong (13:16) Tom South (13:58) Tim Bowen (13:30) 00:40:44
5 Dulwich Runners (Mens 2) Ben Howe (13:25) Joe Hallsworth (13:44) Shane O'Neill (13:44) 00:40:53
80 Dulwich Runners (Mens 4) Martin Kelsen (17:53) Mike Mann (20:32) Dave West (20:48) 00:59:13

Ladies

Dulwich Runners (Ladies 1) Emma Ibell (17:38) Clare Norris (17:35) Andrea Pickup (17:43) 00:52:56

Mixed

32 Dulwich Runners Wayne Lashley (15:19) Christine Dimitrov (18:21) Adrian Russell (14:21) 00:48:01
40 Dulwich Runners James Burrows (15:55) Catherine Buglass (19:27) Shane Boyce (14:20) 00:49:42

Beckenham Relays

May 18

Steve Smythe writes..Dulwich were limited to 7 teams and such is the desire to compete in Beckenham (if very little elsewhere) it could have been a lot more and we again fielded our strongest ever men's team in any event.

Showing that strength in this hugely popular oversubscribed event - we remarkably had three of the top five teams but more importantly won it easily smashing the course record.

The time was nearly five minutes quicker than when we won in 2013.

Andy Bond had a superb run in third - to make him the quickest M40/M45 and put us within 21 seconds of the lead.

Ed carried on his brilliant form from his weekend's 10,000 club record at Highgate (30:51.56) and easily run down the opposition and his 12:36 has only ever been beaten by Olympic Triathlon medallist and former British 10,000m champion Alex Yee.

Jack set off with a good lead and had to run solo and had one of his best ever runs

and his 12:47 has only ever even been beaten by Alex and Ed and the gap was 45 seconds as Kent and National champions Tonbridge completed the top three.

For Team 3, chasing Andy, Rob Armstrong led off with a fast 13:16 with Tom (13:58) and Tim (13:30), not at full fitness but both running strongly with Tim moving past our Team 2.

The Team 2 were led off by Ben Howe (13:25) with another strong run and there was nothing between Joe (13:44 - who overhauled Tom) and Shane (13:44 - who lost a place to Tim).

Teams weren't just the quickest men who wanted to run and Team 4 saw a good lead off from Martin (17:53) and similar runs to complete from Mike (20:32) and Dave (20:48) who got their places for their club loyalty.

As the women have won four times consecutively between 2011 and 2014 the turn out was disappointing with most of our quickest unavailable and only 5 women ran in the women's and mixed

race and one was added to the team after the race started!

The women who did run all ran well and produced similar times with little between Emma (17:38), Clare (17:35) and Andrea (17:43).

We also had two mixed teams and could have done much better had some of the faster men been moved into this section rather than focusing on the men's B or C team.

A less than fully fit Wayne (15:19) and a good run from Adrian (14:21) were joined by Christine who was running around watching the start when told we were a runner short and kindly stepped into the event despite being far from fully fit (18:21). The other mixed team weren't too far behind with James (15:55), Catherine (19:27) and Shane (14:20) all doing well.

Additionally, first-claimer Kevin (15:16) ran for a Petts Wood team while second-claimer Clare (15:44) - a little tired from her triple European gold at the weekend - was in the winning Kent team.

Beckenham Relays results

1st Dulwich (Mens 1) Andy Bond (13:10) Edward Chuck (12:36) Jack Ramm (12:47) 38:33

4th Dulwich (Mens 3) Rob Armstrong (13:16) Tom South (13:58) Tim Bowen (13:30) 40:44

5th Dulwich (Mens 2) Ben Howe (13:25) Joe Hallsworth (13:44) Shane O'Neill (13:44) 40:53

32 (8 mx) Dulwich (Mixed 1) Wayne Lashley (15:19) Christine Dmitrov (18:21) Adrian Russell (14:21) 48:01

40 (9 mx) Dulwich (Mixed 2) James Burrows (15:55) Catherine Buglass (19:27) Shane Boyce (14:20) 49:42

56 (8W) Dulwich (Ladies 1) Emma Ibell (17:38) Clare Norris (17:35) Andrea Pickup (17:43) 52:56

80th Dulwich (Mens 4) Martin Kelsen (17:53) Mike Mann (20:32) Dave West (20:48) 59:13

Others

22 (1W) Kent AC Ladies Clare Elms (15:44) 46:00

41 Petts Wood - Kev Chadwick (15:16) 49:44

Lower Borrowdale Skyline

(English Fell Championship) - 12 miles (19.5km) 3650 ft (1113 m) ascent

Hugh Balfour writes...It was dark when I woke up. I checked my clock. 3.50am. Time to get up. 40 minutes later, with the car packed, Alex arrived on his bike and we were off; to the south-east corner of the Lake District and back in a day in order to take part in the second English Fell Championship counter.



Lower Borrowdale is nowhere near Keswick. It is a remote valley running roughly west to east between the Lake District national Park and the Howgills. The race follows the ridge round both side of the valley between the A6 and the M6. The fells are not the high - mostly around 1500 ft (460m). But this was unfrequented country - no paths and plenty of ups and downs, of which more later.

Alex and I arrived in good time, after a somewhat exciting last mile over a very

rough farm track and met Mollie who planned to run with a friend from Clapham Chasers. But we also met some Lake District weather - a stiff breeze, with alternating rain showers and sun, but thankfully the cloud base was well above the fells.

The start was fairly chaotic as 300+ runners tried to squeeze through a narrow farmyard, but it all got sorted out on the first climb up the north side of the valley and once on the ridge the course heads north-west. The first two miles was easy running on grass interspersed with bogs. I was running well, despite feeling a bit sick and anxious about the miles and hills which lay ahead.

After the third checkpoint, there was a steep descent to the Borrow Beck, through which we waded, knee deep, before the next steep 600ft climb onto the hills on the south side. This ridge was of a very different character - rockier and forested in parts. I was running with a fairly large group which made navigation easy. Under foot, however, the terrain was not easy, especially in the forest where we encountered some spectacular mud. A runner next to me went up to his crotch in one particular "Slough of Despond".

As we headed east over Castle Fell, Whinell and Grayrigg, the highest point of the course, our group got spread out, but my morale rose as I was still running strongly, and from the summit of Grayrigg I started to gain places. This descent started as a delightful easy mile on grass before bearing its teeth in a very steep muddy path which caused a girl I was overtaking to try and slide down on her

bum. I gained two more places as I reached the valley next to the M6, but the final climb up Jeffrey's Mount loomed.

You can see this fell clearly from the M6 as you drive north, and probably wouldn't give it a second thought, but if you were a passenger and looked closely you would notice that face on it looks nearly vertical. It was punishingly steep, but to my surprise I got into quite a good rhythm and continued to overtake runners who were struggling, including Dave Brock, an Orion Harrier who had beaten me at Box Hill this year. The top came at last. Downhill now to the finish. No! There were two more smaller hills to get over before the final mad descent. All this time Dave Brock was on my tail and I felt sure he would shoot past me in the race to the finish. Amazingly I managed to hold him off and even overtake a guy from Holmfirth in the last 20 yards.

Alex had a more mixed experience. He started strongly, but ran out of fuel at the top of Jeffries Mount, and spent remainder of the race longing for my Jelly Babies!

Meanwhile Mollie and her friend were taking it more sensibly, running steadily round the course, enjoying the scenery. They finished together very happy with a good run. After some interesting stew and several cups of tea, all that remained was for Alex and me to head back to London, leaving Mollie and her friends to return to Keswick for the rest of their holiday. A good day in the fells.

| | |
|-------------------|----------------|
| Winning time | 1.37.48 |
| 151 Alex Loftus | 2.14.22 |
| 235 Hugh Balfour | 2.39.59 (6M65) |
| 285 Mollie Pearse | 2.59.28 |
| 317 finished | |

Ashford

| | | | |
|---------|-----|----------------|-------|
| 218 ran | | | |
| Pos | Gen | | |
| 23 | 2 | Kim Hainsworth | 20:47 |

Beckenham Place

| | | | |
|---------|-----|----------------|-------|
| 249 ran | | | |
| Pos | Gen | | |
| 2 | 2 | Adam Teszke | 18:10 |
| 91 | 72 | Joseph Brady | 25:10 |
| 119 | 19 | Claire Steward | 27:01 |
| 189 | 57 | Claire Barnard | 31:39 |

Brockenhurst

| | | | |
|--------|-----|--------------|-------|
| 61 ran | | | |
| Pos | Gen | | |
| 14 | 3 | Katie Styles | 22:51 |

Catford

| | | | |
|---------|-----|-----------|-------|
| 171 ran | | | |
| Pos | Gen | | |
| 55 | 52 | Ed Gibson | 24:03 |

Cannon Hill, Birmingham

| | | | |
|---------|-----|--------------------|-------|
| 569 ran | | | |
| Pos | Gen | | |
| 99 | 10 | Susan Cooper | 22:14 |
| 274 | 206 | Andy Murray | 27:06 |
| 280 | 48 | Ros Tabor | 27:09 |
| 462 | 137 | Stephanie Burchill | 32:45 |

Centennial

| | | | |
|--------|-----|------------|-------|
| 85 ran | | | |
| Pos | Gen | | |
| 3 | 3 | Tim Taylor | 19:04 |

Charlton

| | | | |
|---------|-----|----------------|-------|
| 192 ran | | | |
| Pos | Gen | | |
| 53 | 48 | Stephen Smythe | 23:20 |

Clapham Common

| | | | |
|---------|-----|--------------|-------|
| 703 ran | | | |
| Pos | Gen | | |
| 149 | 112 | Sam Jenkins | 22:35 |
| 248 | 167 | Michael Mann | 24:36 |

Conwy

| | | | |
|---------|-----|--------------|-------|
| 218 ran | | | |
| Pos | Gen | | |
| 207 | 83 | Susan Vernon | 43:20 |
| 214 | 121 | Chris Vernon | 51:32 |

Cosmeston Lakes

| | | | |
|---------|-----|---------------|-------|
| 162 ran | | | |
| Pos | Gen | | |
| 40 | 7 | Laura Vincent | 24:10 |

Crystal Palace

| | | | |
|---------|-----|------------------|-------|
| 333 ran | | | |
| Pos | Gen | | |
| 115 | 12 | Belinda Cottrill | 25:04 |
| 147 | 116 | Paul Hodge | 26:19 |
| 212 | 153 | Paul Hilton | 28:45 |
| 301 | 186 | Bob Bell | 34:32 |

Druridge Bay

| | | | |
|---------|-----|-----------|-------|
| 165 ran | | | |
| Pos | Gen | | |
| 24 | 19 | Rob Mayes | 23:13 |

Dulwich

| | | | |
|---------|-----|------------------|-------|
| 490 ran | | | |
| Pos | Gen | | |
| 2 | 1 | Edward Chuck | 16:04 |
| 6 | 4 | Adrian Russell | 16:52 |
| 30 | 26 | Grzegorz Galezia | 18:12 |
| 57 | 53 | Edward Simmons | 19:38 |
| 66 | 3 | Yvette Dore | 19:46 |
| 67 | 59 | Rob Fawn | 19:47 |
| 68 | 60 | Tom Shakhli | 19:47 |
| 77 | 67 | Ryan Duncanson | 20:10 |
| 79 | 69 | James Auger | 20:15 |
| 91 | 80 | Olivier Montfort | 20:41 |
| 97 | 5 | Clare Norris | 20:48 |
| 106 | 92 | Rupert Winlaw | 21:08 |
| 107 | 93 | Lee Wild | 21:08 |
| 114 | 99 | Stephen Trowell | 21:20 |
| 128 | 10 | Emma Ibell | 21:42 |
| 163 | 19 | Lucy Pickering | 22:40 |
| 203 | 33 | Rebecca Davis | 23:55 |
| 223 | 163 | Martin Wagner | 24:26 |
| 232 | 41 | Shoko Okamura | 24:49 |
| 254 | 180 | James Gordon | 25:33 |
| 318 | 209 | Michael Dodds | 26:58 |
| 334 | 88 | Clare Wyngard | 27:24 |

Foots Cray Meadows

| | | | |
|--------|-----|-----------------|-------|
| 36 ran | | | |
| Pos | Gen | | |
| 1 | 1 | Justin Siderfin | 21:42 |

Gorleston Cliffs

| | | | |
|---------|-----|-------------|-------|
| 231 ran | | | |
| Pos | Gen | | |
| 78 | 66 | Colin Frith | 25:40 |

Hilly Fields

| | | | |
|---------|-----|-----------------|-------|
| 194 ran | | | |
| Pos | Gen | | |
| 84 | 63 | Tommaso Bendoni | 25:57 |

Kettering

| | | | |
|---------|-----|----------------|-------|
| 241 ran | | | |
| Pos | Gen | | |
| 216 | 84 | Hannah Harvest | 37:17 |

Kiessee

| | | | |
|--------|-----|-----------|-------|
| 27 ran | | | |
| Pos | Gen | | |
| 5 | 5 | Ebe Prill | 20:16 |

Peacehaven

| | | | |
|--------|-----|----------------|-------|
| 88 ran | | | |
| Pos | Gen | | |
| 14 | 14 | Nicholas Brown | 24:05 |

Peckham Rye

| | | | |
|---------|-----|-----------------|-------|
| 241 ran | | | |
| Pos | Gen | | |
| 28 | 24 | Robert Tokarski | 21:37 |

Riddlesdown

| | | | |
|---------|-----|-------------|-------|
| 166 ran | | | |
| Pos | Gen | | |
| 28 | 25 | James Wicks | 23:16 |
| 73 | 20 | Ange Norris | 28:46 |

South Norwood

| | | | |
|---------|-----|-----------------|-------|
| 135 ran | | | |
| Pos | Gen | | |
| 36 | 5 | Eleanor Simmons | 24:04 |

Southwark

| | | | |
|---------|-----|----------------|-------|
| 329 ran | | | |
| Pos | Gen | | |
| 70 | 5 | Teresa Northey | 23:20 |
| 221 | 144 | Paul Keating | 29:59 |

Sutcliffe

| | | | |
|---------|-----|-----------|-------|
| 212 ran | | | |
| Pos | Gen | | |
| 22 | 18 | Ross Rook | 20:19 |

Warwick Racecourse

| | | | |
|---------|-----|-------------|-------|
| 337 ran | | | |
| Pos | Gen | | |
| 67 | 56 | Matt Hartin | 23:15 |



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 25 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



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

Socks only £5



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



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

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



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

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



College Hoodie



Micro Fleece Jacket



Showerproof
Team Jacket



Pro Mid Layer
1-4 Zip Top

Dulwich Runners Summer Map 3

