



These are your SHORTS

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

DEADLINE for submissions etc 17:30 TUESDAY

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

Tuesday speed work at Dulwich College Track
- suitable for all abilities

In your SHORTS this week !

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

Like us on Facebook @dulwichrunners

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

Connect with us:



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

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

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

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

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

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

The club membership year is April 1 to March 31 (the same applies to EA reg.)

'Midsummer Relays' - Wednesday 15th June

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

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

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



Club Runs & Training Sessions

Wednesday Evening Club Runs

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

time you run - Contactless payments only

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

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

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

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

Tuesday Evening Speed - Dulwich College

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

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

Track & grass intervals prep for the Mark Hayes Mile 31 May, 5k club champs races 14 June, 10k 26 June & 1m 20 July (details of these elsewhere in Shorts). Track not available from July (redevelopment) - July & August training to be advised. September its hill sessions before going back to Crystal Palace track in October.

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

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

Track etiquette

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

All members using the track:

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

Tuesday Morning Speed - Dulwich Park

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

Thur. Mornings - Brockwell & Crystal Palace Pk.

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

Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

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

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

Contact Tom Poynton tpoynton@hotmail.com

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

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

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

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

Date	Race		Venue
May	5 Assembly League		Beckenham
	31 Mark Hayes Mile		Dulwich track
June	9 Assembly League		Battersea Park
	14 Sri Chinmoy (Dashing Deer) 5k	(S)	Battersea 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.

Road & other Club Champs Assembly League Track Cross Country

2022 Club Champs

To complete the championship you need to finish a minimum of 5 races, with at least one in each of the short (S) and long (L) categories. - <https://www.dulwichrunners.org.uk/club-championships> - these races can fill up quickly so enter ASAP

Confirmed fixtures are:

Feb	5	S - Crystal Palace parkrun	completed
March	13	L - Paddock Wood 1/2M	completed
June	14	S - Sri Chinmoy (Dashing Deer) 5k, Battersea Park, , 7pm	
June	26	L - Ranelagh Harriers Richmond 10k 9am	
		(enter ASAP: https://ranelagh-harriers.co.uk/events/ranelagh-harriers-richmond-10k/)	
July	10	L - Sevenoaks 7 trail race	
July	20	S - Dave Clarke Mile Night (incorporates the SOAR mile - Wimbledon Pk Stadium, please check if entries open at https://www.herculeswimbledonac.org.uk/sprint-middle-distance-night)	
Sept	4	L - Big Half	
Oct	2	L - London Marathon (or alt. marathon)	

If you intend taking part in the Club Championships, make sure you have a Power of 10 (RunBritain) profile and it is receiving your race results correctly from parkrun and other races.

Some people have multiple profiles or an incorrect set-up, and their results don't get updated, which makes it difficult for the club to collect all race results in a timely manner



Saturday 15th and Sunday 16th May

Team members wanted

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

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

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

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

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

Contacts:

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

Beckenham Road Relays - 18 May 7.30pm

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

Mark Hayes Mile, 31 May

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

Assembly League

What is the Assembly League?

- A summer evening race series which ran every year from 1975 to 2019 with a welcome return at 7.30pm on Thursday May 5 at Beckenham Place Park.
- Races free to enter, no need to book in advance.
- Unlike many races men and women run together.
- A competition between 15-20 London running clubs from north and south of the river.
- Extremely popular events we encourage all first and second claim members to take part whatever your standard, form or ability.

- Just turn up on the evening with a club vest and we will give you a number to pin on your vest. If you need a club vest then Ros Tabor will be happy to sell you one on a Wednesday evening!
- Races normally either 5km or 5.6km (3.5 miles)
- Usually start at 7.30pm unless otherwise advised.
- Beckenham Place Park will use the relatively new undulating parkrun course, mixture of surfaces so consider this in your choice of shoe.
<https://www.parkrun.org.uk/beckenhamplace/>
- After each race the organisers normally have a bar open for food and drink.

Dates

Thurs 5 May, Beckenham - Thurs 9 June, Battersea Pk - Thurs 7 July, venue TBC - Thurs 4 August, venue TBC

Rules

- A team's first four runners score.
- Lowest score = first place and so on.
- Unlike the Surrey League a team's 5th, 6th etc finishers impact the score of slower teams who's first four finishers place after them. This rewards a strong turnout.
- 1st place team gets 15, 2nd gets 14 so seasons end team with the Highest point total wins.
- For individual awards same applies- 1st place runner in that category getting 15, 2nd 14 and so on.
- Individual champion is the runner with the most points.

Awards

- Men's A and B team, individual, U20, M40, M45 and subsequent veteran categories.
- Women's A and B team, individual, U20, W35, W40 and subsequent veteran categories.

History

Dulwich have enjoyed team and individual success. The men are still the reigning champions from 2019, and individual and age group winners from 2019 included Ed Chuck, Mike Mann, Barrie John Nicholls, Andy Bond and Tom South.



Beckenham Running Club are organising the race on 5 May, but would welcome a few additional helpers who have some familiarity of the park. If you are able to help on the evening, contact Mike Mann.

Beckenham Assembly League

It's likely that the organisers will use the relatively new Beckenham Place Parkrun course which is a single lap layout with a mix of surfaces and some undulation. Runners are recommended to recce the parkrun course in advance. Whilst there are course markers and marshalls will be provided, faster runners would still benefit from knowing the course to minimise risk of getting lost! And to also know which technical sections of the course to run conservatively and which sections to attack (ie the grass field).

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

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.

London Vitality 10km

Monday 2nd May 2022

After a gap of three years the London Vitality 10,000 returned to the streets of London. Normally on the second May bank holiday, this year the race was moved forward because of the June celebrations.

23 Dulwich Runners towed the line, that starts on the mall and heads out under Admiralty Arch and heads out East into the City along the Strand, before looping back, near Monument, before heading back along the Strand, before heading through Whitehall and turning right into Birdcage Walk to finish in front of Buckingham Palace. Maybe not the fastest course in London, as narrow in places, but in the second half you can really get into your stride. Also with a lot of good club runners, you can achieve fast times, with many of the Dulwich Runners picking up some superb PBs.

Leading the charge of red and blue vests, was Andy Bond. After a cracking run on Friday to set a new V45 5km, he set about re-writing the club's 10km V45 record for the second time this year. Sitting on Aaron's shoulder up to 5km, Andy really opened up to finish in 32:18.

Another person who also set a new PB on Friday night, was recent club recruit Aaron Wilson, in his third race since joining club after his brilliant Manchester Marathon. He led me and Andy out from the gun at a shade under 3:20 per km. As Andy stretch out no doubt, Aaron keep pace with him, to set a new PB of 32:45.

Next in was Tom South, who is back to racing after two weeks training after a dog incident in Dulwich Park, which meant 5 weeks off running. I managed to stay with Andy and Aaron until 5km, where my lack of speed endurance training started to tell and was a struggle to maintain and faded to finish 33:29, which I was happy in.

After doing a mixture of tri and running training over the past couple of months, was James Burrows, who went into the

race to get a PB and run to a pacing plan that he could maintain. He was awarded with a brilliant PB of 36:02.

Not far behind James, was Mark Callaghan, who has recently returned to the club. He has put in some consistent training and finished in 37:25.

Following in Mark, was a man fresh from a cracking run two weeks ago at the Boston Marathon was Josh Willis. While he probably still had the marathon in his legs, he posted a classy 38:16, not far off his 10km pb.

Setting a new PB, and first time under 40 minutes, was long time club member Ed Simmonds. It's safe to say this was his best ever race, to finish in 39:30.

First lady in, is the current queen of PBs Yvette Dore. After a great training block going to Manchester, where she was rewarded with a great time, she has carried on her form into this race. A much deserved time of 41:11.

Not far behind, was Ross Rook who has recently started training on a more regular training again. 42:34.

After a great cross country season since joining the club and making her 10km debut, was Katie Smith. Katie is proof that if you put the training you get rewarded with great times in races. 44:12.

Emma Benyon ran the next fastest time, even though she ran in one of the later charity waves. I think due to congestion she didn't get a fast start that she would have liked, she still managed to run an impressive 46:00.

Graham Laylee was next in who put in his best time year and performed much better than has recent parkruns have suggested. Graham ran an excellent 46:06.

With another stunning performance, to follow up her relay performance at the Masters Relays, was Becca Davis. Since joining the club, Becca has put in some great training and steadily improved. Speaking with her before the race, she thought she was going to be around 50 minutes. She destroyed that target and finished in 46:16.

Not far behind, was ultra runner Miles Gawthor. He put in a solid run here to finish in 47:49.

Next in was another new member to the club, Rhian Stansfield. This was her debut

over 10km, but continued her great form from the Manchester Marathon where she set a new PB to finish in 48:18.

We then had two runners two seconds apart. Firstly there was Tim Jones, who shaved 6 minutes from his previous 10km this year set on New Year's day to finish in 51:29.

Just behind was Shoko Okamura, who is a regular on a Wednesday night. This was her first run over 10km, and matches well against her parkrun times. She ran an excellent 51:32.

Next in was Mr Club Champ's Barry John Nicolls. Knowing him, he probably ran the Vitality Mile the day before, and ran a solid 51:55.

Next in, is the club legend that is Claire Steward, who shows no sign of slowing down in her running or drinking abilities. In her time she has raced every distance from 100m to the marathon and got round in an awesome time of 53:01.

Next in is another long time club member Ameet Patel. Like Claire he shows no sign of slowing down, and actually is running faster than he was last year. 54:39

Next in was Joanne Shelton. In running terms, she has had a tough few months on the road to recovery from injury and gradually getting faster. This run was much better than recent parkruns suggest and better things will happen later this year. 55:30

Yet another person who has been part of our club for many years Paul Keating. Like other people who ran, this run shows that he is in better form than his recent parkruns suggest and finished in 58:51.

Completing the runners from Dulwich was Jenny Bomers. Like Emma, she started in the charity wave, which didn't help her, and she didn't get the time that she deserved, from her recent straining. I am sure over the summer she will be back to her best. 59:07.

As always it was great to catch up with everyone afterwards in the pub for coffee and beers to reflect on a fun race to do and share stories of some great runs. Thanks to people who were on the course supporting – Lindsay, Ange, Ebe, Fred, Kay, Gower and anyone else..

Tom South

Claire Steward adds... first did this race in 2015 (the BUPA 10,000) and was second FV60 (48:12). In 2018 I was second FV65 (51:35). In 2021 the race which had been held over from 2020 was relocated to Hatfield Park and was a small, low-key trail race where I finished first FV65 (out of only five) in 54:05. This year it was my first road race as a seventy year old and despite a lack of any specific training and a recent two-and-half hours for the (very tough) Leith Hill Half, I was mindful of trying to finish in a respectable position in my new age category.

The day started well, a reasonably relaxed journey to Green Park for a 10:24 start, dry weather, not too long to hang about beforehand, well organised baggage drop, and adequate toilet facilities. I wriggled my way towards the front of the start pen and was kicked in the knee by a man who suddenly decided to do some energetic pre-race stretching; he was suitably apologetic and I was hopeful that I wouldn't later need to use it as an excuse for a poor performance, and then we were off.

Lindsey Annable adds.... The Vitality running festival was back with vengeance after a three year absence in the capital and everyone seemed happy to be back pounding the streets around our lovely city. First up was the Westminster Mile along the iconic Mall and Birdcage Walk, finishing in front of Buckingham Palace. Barrie is an ever present at the event and so it was a must do; I missed one when I was on a business trip in Japan (during those long forgotten happy days of international business travel) so I followed suit.

The course is fantastic but the race can be a little chaotic. Over the years the adult start waves have been reduced to just one so there are all sorts of abilities combined before the family waves start. Experience tells us to place yourself carefully in the start pen without obviously impeding the real speed merchants.

Barrie managed that more successfully than me and gained several metres on me before I got going. I found my start slowed by being behind a veteran club runner whom I'd given the benefit of doubt of a faster pace. Needless to say I never really got into my running and slipped to a time outside 7:30. That was disappointing after a few promising speed sessions of late but then I do always tend to get faster during speed work. Perhaps I needed a few consecutive mile reps to get into my stride.

Barrie fared much better having been spurred on by the challenge set by Ebe at Thursday training to post a '6 something'. Agonisingly he fell just short but a faster time surely beckons on the track. Despite the gulf in our times we were both 7th in our age category.

The only other DRs present were Ed Chuck who appears to have set a fantastic outright mile best if I am reading power of 10 correctly. Barrie had bumped into him before the race and instructed him that the key to running faster was to stop looking at his watch! Maybe that had paid dividends? Des was the only other DR to run. Like Ed, it looked to be his first road mile and he was a little down on his Dave Clarke track mile last year but of course this definitely is a slower race.

With the majority of our runners starting in earlier waves, I was able to spot several of them in the contraflow sections ahead of me. At half way in 26:20 I already knew that Ros's club record was out of reach but was on schedule for a reasonable time. I had to slow to a walk to get my breathing under control a couple of times but only lost 21 seconds during the second half, finishing in 53:01, and happily first FV70.

Post-race water, medal, banana, tee shirt and baggage retrieval was relatively simple and as I headed across the park towards the pub I heard the announcement that Sir Mo had been beaten by a relatively unknown club runner and that Eilish McColgan had beaten her mother's Scottish record. All in all a memorable race.

There then followed a rather long rehydration session in The Clarence where I met a couple of non-Dulwich friends then settled in to await the arrival of our runners in the Ukraine wave who hadn't started until after 11:00.

We were back the next day for the 10,000 with Barrie opting again to do the double as he did in 2018. Like several club runners he had entered the Ukraine wave so donned yellow and blue in support of this beleaguered nation. He followed a runner for quite a way who was sporting a Ukrainian flag and said the show of support felt quite emotional. As the penultimate wave, they did hit quite a bit of traffic from slower waves particularly in the narrower parts of the course. However he thoroughly enjoyed the run and was pleased with his time, in spite of all the weaving around other runners.

I enjoyed watching the event and managed to spot a few DRs but certainly not all.

Both days hosted the usual Vitality festival with various activities to entertain the crowds. After the 10,000m, I found Barrie in front of the main stage where there was an excellent party atmosphere with rave music blasting out. The presenters claimed they were carrying out a cool down although the music was more fitting for an energising warm-up.

It was lovely to bump into lots of DRs across the two days both running and not running. Well done to all who ran. The DR flag was flying proud with some excellent performances. We are very lucky to have this local celebration of running on our doorstep, which attracts participants from all around the country and indeed across the world.

Mile results

7th	Ed Chuck	4:25
65th	Des Crinion	5:27
146th	Barrie John Nicholls	7:01

49th Lindsey Annable 7:32

10,000m
4402 Barrie John Nicholls 51:55

Crystal Palace Center

May 3

Dave West writes: Due to an event being set up in the stadium, the usual course was blocked off leading to a bit of confusion on the first lap and a detour up some stairs on both laps. The distance ran was probably about 5.25km. Many of the regulars were away, ill, injured or recovering and of those who did run, nearly all had run a hard 10km race the previous day.

Claire Norris	23:40
Dave West	25:58
Lindsey Annable	27:04
Claire Steward	28:38



Guisborough 3 Tops Fell Race

9.9 miles (15.9 km) 2625 ft (800 m)

Hugh Balfour writes: A record turn-out of three DRs arrived in the sunshine for the first race in the English Fell Running Championships at Guisborough on the north edge of the North York Moors. The course consisted of climbing and descending the wooded escarpment a couple of times to the first “top”, Highcliff Nab, before heading a couple of miles along the top to the conical hill of Roseberry Topping and then running back over the moors to the third “top”, followed by a breakneck descent to the finish.

These races are pretty competitive, so I started fairly near the back with Holgar not far in front of me, while Alex disappeared in a cloud of dust. The first climb was ok followed by a descent which was steep, fast and huge fun. The second climb was much tougher, and I got overtaken by the leading V70; not a great start.

Once up on the moor, the running was on dry paths and flag stones. A steady breeze kept us cool. However, I found the third climb up Roseberry Topping tough going. I had done it in a different race some years ago and it has definitely got steeper! On the descent I caught up with Holger who was discovering some of the joys (pains) of fell running – the constant change of gradient takes a bit of getting used to. But he stuck with me to the finish. The last three miles to the third “top”, the trig point on Guisborough Moor were hard, despite being gentle ups and downs. It should have been the opportunity to pick up the pace, but six weeks training is not enough for a race like this and Holger came past me as I slowed to a walk on the last incline.

The descent to the finish was more exciting than we had expected as we were shown a shortcut by a runner who had already finished. It was narrow, steep

Holger adds...“I left London early on Saturday to travel up to Guisborough for my first ever Fell Run; not quite sure what to expect. But the aim was to make it up the hills and back in one piece, and ideally before nightfall....

After registration I met Hugh and Mark, with three people apparently the biggest turnout of Dulwich Runners for a Fell Run for a long time.

The weather was fantastic, clear blue sky, warm, a light breeze - so at least getting lost was not really a threat anymore. I placed myself rather in the back of the group for the start, and we set off 20 minutes after the Women’s start.. It quickly became clear that running through the hills and mountain paths is very different from running on the road....



and moderately terrifying. I got away from Holger, but within sight of the finish suffered a blow-out and crashed headfirst down the path. No real damage fortunately, except for some cuts, a bruised ego and losing one place in the M65 rankings.

Winning time	1.08.49
99 Alex Loftus	1.28.15
231 Hugh Balfour	1.51.17 (5 M65)
234 Holger Betz	1.51.53
282 finishers	

The first hill felt alright, the first decent was almost fun, but on the second hill I could feel the impact this had made on my legs...

Being on Top number two, I realised that even getting through was not a given...

It surely felt that there were considerably more ascents and descents than one would expect with three tops, and the steepest one, Roseberry Topping really made me suffer... Luckily, it was sort of flattish from there back, so after a final, breakneck descent I did make it back in one piece; and actually before nightfall...

So, I learnt that Fell Runners are made from very different stuff.

Ted Pepper 10k

2 May

Dave West writes: While many headed for The Mall, there were other 10km options on the recent Bank Holiday Monday. The Ted Pepper Memorial race was first organised in 1979, just a year after he died of hypothermia whilst competing in the Three Peaks Fell Race. Over the years, the original, vaguely 7-mile, course in Park Langley reduced to 10km before finally moving off-road to the smallholdings near Norman Park ten years ago. 2022 represents the 43rd running.

Starting with a lap and a half of Blackheath and Bromley's 400m running track, it heads off round the park, visiting an exposed section of the River Ravensbourne before heading into the delightfully named Scrogginhall Wood and a long loop along dirt tracks, woodland paths and around the horse fields of Hayes Street Farm. After the dry spell, there were only a few patches of mud (one crossed via a narrow wooden bridge built that morning – see picture!) but it's quite uneven in places and gently uphill for most of the first half, but that is obviously helpful on the return. Unlike last year where a late change for COVID resulted in a short course, this edition was if anything a fraction long.

After a 46 second Parkrun PB just a few days earlier, it was

inevitable that Dave West would set off too fast despite trying to hold back and he had to back off a little over the next slightly uphill miles. Fortunately, a couple of runners cruised past at the halfway point and he was able to latch on to them through a very uneven woodland section, catching and passing a number of other runners who had over-cooked it, resulting in a negative 5km split (25:04, 24:33 on his watch). Whilst not a time to frighten the horses (who seemed supremely unmoved by the human suffering passing their fields), it was great to be able to run tactically and absolutely on my red line over the last few miles. Not something that I've been able to do for many years. This is a great local trail race suitable for all standards, with a date known well in advance, and perhaps one to consider for the club champs next year?

First home was former first claimer Claire Elms looking for a good workout without the pressure of a big race (1st Woman, 5th overall, 39:58). Next in was Tony Tuohy, a few weeks shy of his 60th birthday in 42:01. Claire Norris was third woman in 44:48. Richard Stokes ran 46:37 (apologies if the name is wrong, no clubs listed in the results and only half a visible number in photos). Dave West ran 49:37 and Colin Frith, 55:54 reflecting a period of injury. Previously sold out in advance, only 218 ran this year and there were entries left over on the day, which was possibly due to the clash with the Vitality 10,000. Hopefully that will return to its more usual late May date next year.



Tony Tuohy



Martin Double



Claire Elms



Fast & Flat



Dave West



Claire Norris



Colin Frith

Steve Smythe adds... Good runs from first claimers Tony, Clare N (won an excellent battle to be third woman) Martin Double (not in official results - approx 46), Dave and Colin over a slightly longer course than previously used and quite a lot of bumpy XC.

It was a low key race compared to the big London 10km on that day but had a nice sort of parkrun feel to it with half the field slower than 9 minute miling.

Tony lost to Clare E on road or XC for first time since Reigate

mob match XC in 2010 as she gained a record seventh win in her ninth Ted Pepper race - having come second the other two times.

1W/5 Clare Elms	39:58
13 Tony Tuohy	42:02
3W/23 Clare Norris	44:42
64 Dave West	49:42
119 Colin Frith	56:00
218 finished	

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.

Ashford

220 Ran
14 1 Kim Hainsworth 20:25

Banstead Woods

217 Ran
Pos Gen
13 13 Tony Tuohy 19:47

Beckenham Place

289 Ran
Pos Gen
4 4 Aaron Wilson 17:42
7 7 Fred Bungay 18:09
82 9 Laura Vincent 24:07
213 66 Hannah Harvest 30:57

Brockwel

257 Ran
Pos Gen
2 2 Shane O'neill 16:32
4 3 Andrew Inglis 17:42
17 15 Jonny Hough 19:29
43 36 Stephen Trowell 21:39
50 4 Ola Balme 22:05
58 5 Lucy Pickering 22:50
65 52 Hugh French 23:04
89 66 Martin Wagner 24:33
115 82 James Gordon 25:46

Bromley

506 Ran
Pos Gen
225 176 Colin Frith 26:14

Bryn Bach

145 Ran
Pos Gen
10 1 Becca Schulleri 20:12

Burgess

469 Ran
Pos Gen
96 76 Brett Winch 22:26
113 14 Rebecca Davis 22:53
128 98 Dave West 23:16
138 105 Graham Laylee 23:29
284 166 Paul Keating 27:28
392 155 Stephanie Burchill 33:19
437 180 Susan Vernon 39:09
454 206 Chris Vernon 47:46

Charlton

159 Ran
Pos Gen
1 1 Federico Grillo 18:49
16 15 Justin Siderfin 20:30
43 36 Stephen Smythe 23:53

Cleethorpes

218 Ran
Pos Gen
35 32 Stephen Williams 23:11

Clapham Common

564 Ran
Pos Gen
261 160 Ian Sesnan 25:12

Crystal Palace

299 Ran
Pos Gen
81 7 Yvette Dore 24:05
133 21 Belinda Cottrill 26:08

Dulwich

376 Ran
Pos Gen
8 8 Hugh Stobart 17:29
35 32 Ebe Prill 19:46
48 43 Rob Fawn 20:30
51 46 Robert Tokarski 20:38
54 47 Martin Kelsen 20:43
112 96 Tom Shakhli 22:41
153 121 Miles Gawthorp 24:03
240 64 Elizabeth Begley 27:34
241 65 Rhian Stansfield 27:35

Hastings

286 Ran
Pos Gen
43 38 Nicholas Brown 22:00

Highbury Fields

331 Ran
Pos Gen
18 15 Paul Collyer 19:08

Keswick

222 Ran
Pos Gen

87 58 Rob Mayes 26:26

Monsal Trail

225 Ran
Pos Gen
135 95 Nick Bell 28:17
202 75 Chris Bell 38:48
203 115 Bob Bell 38:50

North Sydney

170 Ran
Pos Gen
102 29 Clare Elizabeth 29:29
108 66 Michael Dodds 29:58

Osterley

281 Ran
Pos Gen
75 57 Barrie John Nicholls 24:34
91 22 Lindsey Annable 25:12

Peckham Rye

258 Ran
Pos Gen
11 9 Mark Callaghan 19:37
13 1 Lucy Mordaunt 19:44
20 14 Max Catterall 20:56
28 20 Lee Wild 21:26
49 37 Andy Bond 22:48

Riddlesdown

160 Ran
Pos Gen
98 81 James Wicks 31:15

Reigate Priory

310 Ran
Pos Gen
85 11 Teresa Northey 24:26

South Norwood

133 Ran
Pos Gen
39 5 Eleanor Simmons 23:42

Tooting Common

435 Ran
Pos Gen
18 13 Austin Laylee 20:15



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 4 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

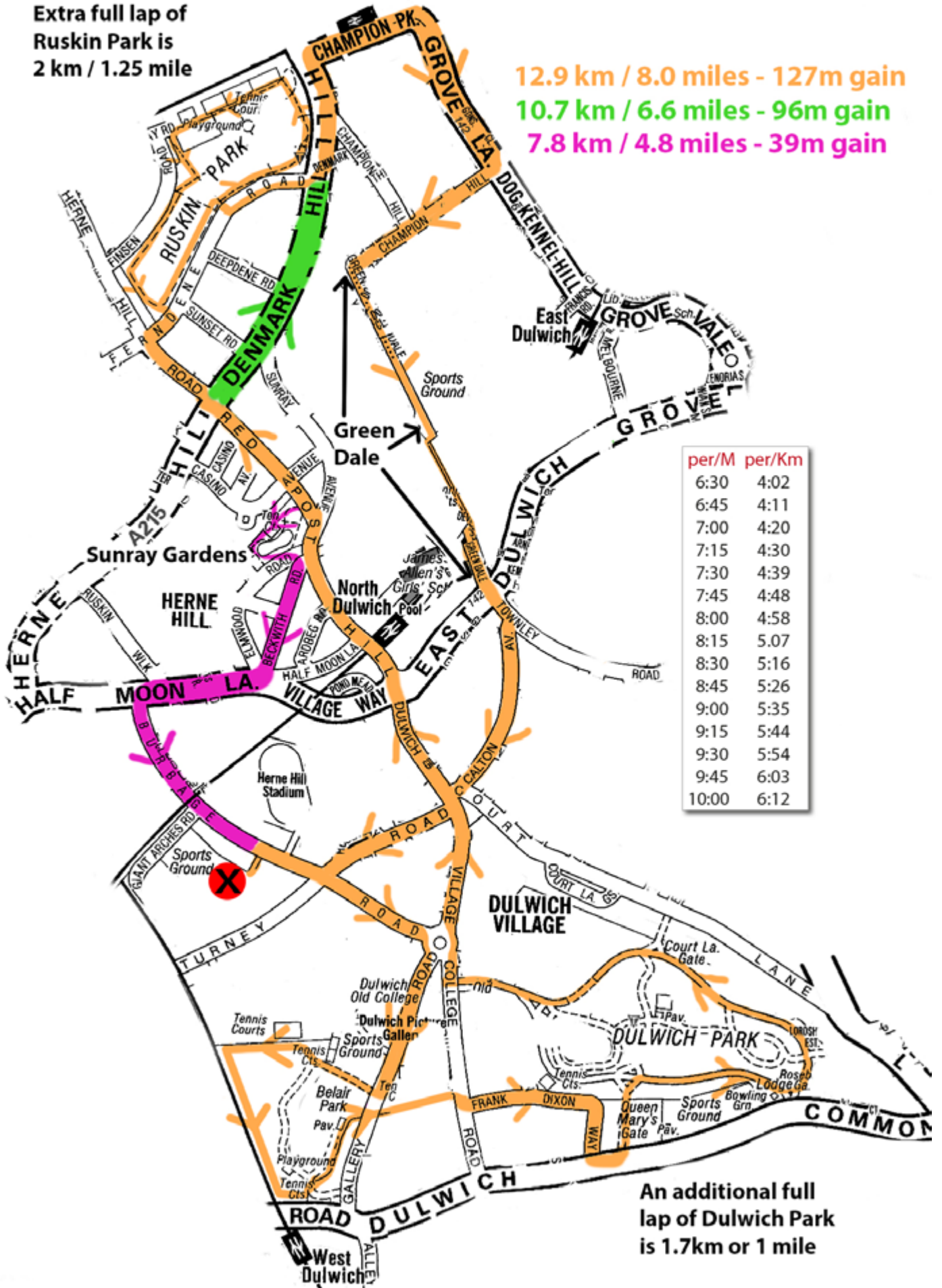
Dulwich Runners Summer Map F

Extra full lap of
Ruskin Park is
2 km / 1.25 mile

12.9 km / 8.0 miles - 127m gain

10.7 km / 6.6 miles - 96m gain

7.8 km / 4.8 miles - 39m gain



An additional full
lap of Dulwich Park
is 1.7km or 1 mile