

SHORTS



Dulwich Runners AC
Weekly Newsletter
October 5th 2022
www.dulwichrunners.org.uk

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 Alleyns School track
track and grass intervals suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Club runs & training
- 3 Cross Country
- 5 Fixtures
Race reports and results
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- 9 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:



2022/23 membership

If you have not renewed or are not a fully paid up member then you cannot compete in any race as a Dulwich Runner or take part in the club champs.

Any membership queries contact: barry@bg1.co.uk

Payment by direct bank transfer or contactless on a club night.

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 sign in pay & sort out which group you'll run with.

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

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

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

Tuesday evening speed-Crystal Palace track

Arrive at 7pm for a 7.10 start. Group training focussed on cross country and endurance.

First pre-register with Crystal Palace Arena -use the form on our website: <https://www.dulwichrunners.org.uk/tuesday>

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

Tuesday 11th October - two groups 8x800 @5k pace with 60 seconds recovery (faster group) or 7x800m@5k pace with 75 seconds recovery. When I say 5k pace I mean the sort of pace you have run in a recent 5k race, or perhaps 10-20 seconds a mile faster than a recent 10k pace. It should feel like hard work, but you should still be able to say a few words and be able to speed up if you have to.

Details of future sessions to follow but expect a mix of 3,5 & 10k paced intervals, suitable for a wide range of abilities. First timers and others, any questions or feedback let me know - Tom Poynton (Coach in Running Fitness) tpoynton@hotmail.com

Track etiquette

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

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

Let me have your views!

I would really value your feedback on the Tuesday sessions, whether they have been at track, around the playing fields or up and down the hills. What do we do well, less well or could be done differently? Do you have any wider suggestions for what the club can do on coaching?

You can do this either by e-mailing me at tpoynton@hotmail.com or speaking to me in person (if you would like me to reply, and happy to discuss any particular issues if you would find that helpful) or by filling in an anonymous survey at: https://docs.google.com/forms/d/e/1FAIpQLScdxFesRfcTaDfrck_uY2zYsP_i4enqi0A3pz5gKxkXNkw5A/viewform?usp=sf_link

I am fairly new to coaching so I want to develop my skills in this area, to do that I need more feedback. This is also a good time to consider the club's coaching provision a bit more broadly, and ties in nicely with the request below for more people to get involved in coaching, as there is a lot of experience within the club that we could tap into a bit more.

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

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

Club coaches and assistants

The club would also like to have more people in the club to coach and assist with the coaching - would you like to get involved?

By gaining a coaching qualification and leading or assisting in the club's training sessions, you will develop your own understanding of how to improve as a runner, and to help and get to know more people in the club. This will enable the club to improve its coaching provision, making it less reliant on one or two individuals and make this an even better club to be in!

We typically have 30-50 people attending our Tuesday interval sessions, which is a very high athlete/ coach ratio and reduces my ability to help and advise individual club members. By assisting in a session you could then help make the sessions more tailored to the needs of individual runners, or you could even set up your own session. There is no fixed amount of time you need to commit - we can flex to make this work for everyone.

There are a range of different qualifications - the Coach in Running Fitness and Athletics Coach take four days (spread over a few months with a bit of preparation and homework) whilst the more introductory-level Leadership in Running Fitness and Coach Assistant can be done in a day or two. There is a very supportive environment and the tutors aren't trying to trip you up and there are lots of opportunities to learn from the other students on the course. Details of the various coaching qualifications are on the England Athletics website at: <https://www.englandathletics.org/coaching/qualifications/>

If this is something you are interested in, please do let me know and I can provide more information, including my own experiences of going through a coaching course, and how the club can help you. The club has a long-standing policy of contributing to coaching costs for anyone wanting to coach with the club. If you already have a coaching qualification and would like to get involved, again please do get in touch.

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

Marathon recovery

Well done to those who have run a marathon recently. This is rather stating the obvious, but running 26.2 miles is a hard arduous thing to do. If you are lucky, you might bounce back to normal quickly, but for most people, there is real value in allowing your body to recover and avoiding returning too soon to regular focused training. Mentally, you might also want a break and to think about and to do other activities. What you don't want to do is to rush back into structured training too soon and then have weeks of little niggles that get in the way of more sustained training as your next target race approaches. One time when I set a big PB at a marathon, I was still feeling a worrying pain in my legs every time I went down the stairs for at least a couple of weeks afterwards, and was on the point of booking a physio's appointment when I had a week where things got so busy with work and family visits that I didn't run at all – but after that the pain had gone and I was able to run really well. Clearly the involuntary rest had done me good.

So you might want to have a week or two of no running, with some gentle walking and low-intensity non-weight bearing exercise such as swimming or cycling, perhaps a massage too, and then gradually returning to running, with some easy runs, a few strides to re-familiarise yourself with faster running but without over-loading yourself, and keeping any runs to a maximum of an hour or slightly longer until a fortnight after your race, after which you could gradually increase your training over a few weeks and then return to interval training after perhaps a month or so. But be flexible and don't feel guilty if you need or want a longer break. This is something that you as an athlete need to monitor and not be a slave to a schedule or the club's training sessions. I won't be offended if you take a few weeks off track!

Surrey League

We compete in the Surrey League and it's the club's main priority. Details of the seasons four fixtures start times etc. will be in Shorts and on the website with more info nearer the time. Keep these dates free if possible. Our men and women are in Division 1. With good turnouts and performances from our strongest runners, we have a good chance of avoiding relegation.

Distance

Men's and women's Surrey League races are around 8km and Div1, men and women race at the same venues. Other races vary in length, courses are generally shorter for women when there are separate men's and women's races..

Scoring

Surrey League, first 5 women and first 10 men finishing score for the club as the A team, it's important we field as many of our strongest runners as possible. Cross country races are for all abilities, men's and ladies Surrey League have a B team competition, second 5 women and 10 men score. These races are excellent for improving overall fitness, uneven hilly terrain provides good strength and endurance training, from which you will benefit over a wide range of races. All members are encouraged to take part. These team events are good to meet other members.

Surrey League entry

All men intending to take part should inform their captains as online entries are made in advance. Keep race numbers for the whole season, either return them to captains after the races, or take them home, in which case you must remember to take them to the next race. Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

Other Races

As well as Surrey League there's other cross country races, mostly Saturdays. It's possible to find a race most Saturdays in the season. eg: county champs (inc. Masters), London Champs, 2 South of Thames races, South of England and National champs. Plus others for Masters. Fixture list in Shorts and website.

Which races to go for

Races are October to late Feb. Main priority is the 4 Surrey League races, and the 4 races from the Ken Crooke cross country champs. You're also encouraged to race in the Surrey & Kent county and masters champs.

Entry for other races

For most races other than Surrey League, captains have to submit entries in advance, some more than a month. Details will be in Shorts and emailed asking those interested to put their names forward before the



Dulwich Runners Cross Country Fixtures 2022/23

These races are open to all Dulwich Runners members. These are free to enter as the club pays for race entry. A great benefit of club membership! Please speak to our captains (Kay Sheedy, Ola Balme, Ed Chuck and Alex Loftus) for more information. Further details will appear in the Shorts Newsletter each week.

Races with the trophy icon 🏆 feature in our annual Ken Crooke Cross Country Championships with awards for all men and women age groups. Cake and social events also feature post race!

Surrey League Cross Country League

🏆 15 October	Race 1	Effingham Common
🏆 12 November	Race 2	Wimbledon Common
🏆 14 January	Race 3	TBC
🏆 11 February	Race 4	Lloyd Park, Croydon

Other Popular Fixtures

29 October	Surrey Masters Champs	Nonsuch Park, Sutton
🏆 19 November	London XC Champs	Parliament Hill
🏆 26 November	South of Thames 5M	Lloyd Park, Croydon
3 December	Kent Masters Champs	Dartford
🏆 17 December	South of Thames 7.5M	Aldershot
7 January	Kent XC Champs	Brands Hatch
7 January	Surrey XC Champs	Lloyd Park, Croydon
🏆 28 January	South of England Champs	Beckenham Place Park

deadlines, please read them carefully. As the club pays for entries don't put yourself forward on a speculative basis, check you are free, it's ok if you have to withdraw later for good reason eg: injury or illness.

Footwear

Early season use road or trail shoes, when ground is heavier late autumn onwards, cross country spikes or fell shoes are a must. Get screw in cross country spikes 6-15mm not track spikes. As ground gets heavier use longer spikes eg:Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions except ice. Most running shops sell Cross country shoes and should offer 10% discount to members with EA reg.

2022/23 Ken Crooke XC Champs.

For the 2022/23 season, the champs will consist of 4 men's and women's Surrey League fixtures plus 4 other races. You need to complete 5 events, including 3 Surrey League races to qualify. Awards for first 3 men and women, winners of the men's and women's 40-49, 50-59, 60+ age categories. Qualifying races: the 4 Surrey League, London champs, 2 South of Thames, South of England champs.

Contacts

Further info contact your captains at:
dulwichladiescaptain@gmail.com
alexloftus75@gmail.com
chuckedward@googlemail.com

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
Oct 15	Surrey League XC	Effingham Common
22	SEAA XC Relays	Wormwood Scubs
29	Surrey Masters	Nonsuch Park
Nov 12	Surrey League XC	Wimbledon Common
19	London Champs,	Parliament Hill
26	South of Thams XC 5M	Lloyd Pk
Dec 3	Kent Masters Champs	Dartford
10	SEAA Masters XC	Oxford
17	South of Thams XC 7.M	Aldershot tbc
Jan 7	Kent & Surrey County Champs	K- Brands Hatch/ S-Lloyd Pk
14	Surrey League XC	tbc
28	South of England Champs	Beckenham
Feb 11	Surrey League XC	Lloyd Park

Post Marathon Pizza Night - Wed 9th Nov from 8.45 at the club house.

Please mail dulwichrunnerssocial@gmail.com to confirm meat/veg choice.
 Cost £7.00

Masters Matters International Cross Country

Andy Murray writes: Usually each year there is a masters (over 35 year olds) international cross country match held between teams in five year age groups from Ireland and the four home countries. This year the match will be held in Dublin on 12 November. DR's Ros, Andy Bond, Mike Mann and several others have been selected in the past for England and run well.

There is a trial race for the England masters teams at Markeaton Park, Derby on 15 October. The first 3 or 4 finishers in each age group in the trial will fill 75% of the places in the England teams (of 4 or 6) for Dublin. Closing date for the trial is 26 September. see Cross Country englandmasters.org.uk

Other Masters International Championships

There is a World indoor track and field championship plus cross country and road 10k/half marathon in Torun, Poland from 26 March to 1 April 2023. Note that there is no selection and any master in a club affiliated to British Masters Athletics Federation can enter the championships as part of the British team. Veterans AC is affiliated to BMAF and 2nd claim membership is £12 p.a. Ros, Andy M, Mike M, Tony, Steve S have competed in the past in Torun, a historic town with a modern indoor stadium.
vetsac.org.uk - World Masters Athletics Championships Indoor – Toruń 2023 wmaci2023.com

September 2023 the European Masters Champs -outdoor track and field plus- is being held in Pescara, Italy, details not released yet.

Club Sustainability

We are resuming the collection of used running shoes. Do you have old shoes that you no longer use, but that are still good enough as normal shoes or as trainers?

By donating them you will extend their useful life, and:

- help people in need
- reduce the number of new shoes that will be produced
- reduce the amount of stuff that we send to landfill or that we burn, producing noxious pollution
- reduce the energy and damaging emissions required to produce new shoes



A few recommendations when you buy new shoes:

- Choose brands and models that use more sustainable practices (e.g. recycled and more durable materials)
- Buy from shops that collect your used shoes for recycling or reusing
- Use your shoes as much as possible before retiring them
- When you don't want to use them any longer, please donate them

If you can, please bring your used shoes to the clubhouse on Wednesday nights and get in touch with me.

Andrea Ceccolini ceccolini@gmail.com

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](#).

Home
Run
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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

To have your results here ...update your parkrun profile to show Dulwich Runners AC as your club. Only the results of current members will be shown....If you are no longer a member please remove DR as your club from your parkrun profile.

Banstead Woods

180 Ran
Pos Gen
19 19 Paul Devine 22:15

Bromley

476 Ran
Pos Gen
296 223 Peter Jackson 29:28

Brockwell

294 Ran
Pos Gen
2 2 Thomas South 16:54
28 22 Lee Wild 21:06
44 36 Stephen Trowell 22:01
72 7 Catherine Buglass 23:30
114 19 Claire Barnard 25:39
119 20 Shoko Okamura 25:48
153 101 Jonny Hough 26:42
258 138 Desmond Edwards 32:08

Ashford

209 Ran
Pos Gen
52 45 Nicholas Brown 25:05

Royal Tunbridge Wells

197 Ran
Pos Gen
186 65 Susan Cooper 41:37

Crystal Palace

280 Ran
Pos Gen
5 5 Sam Jenkins 19:42
8 1 Polly Warrack 20:15
90 17 Belinda Cottrill 25:25
266 150 Bob Bell 38:26
278 107 Joanne Shelton Pereda 50:09

Mile End

398 Ran
Pos Gen
263 171 Paul Keating 29:04

Dulwich

429 Ran
Pos Gen
1 1 Andy Bond 16:13

2 2 Adrian Russell 16:25
6 4 Aaron Wilson 16:36
32 26 Tom Shakhli 19:32
34 28 Olivier Montfort 19:46
35 29 Sum Mattu 19:53
36 30 Rupert Winlaw 19:55
48 41 Andrea Ceccolini 20:39
64 4 Yvette Dore 21:20
69 6 Clare Norris 21:43
80 9 Ola Balme 22:09
101 80 Ajay Khandelwal 22:51
112 15 Eleanor Simmons 23:15
128 100 Miles Gawthorp 23:43
202 143 Michael Dodds 26:45
231 58 Clare Wyngard 28:17
286 86 Elizabeth Begley 30:19
287 87 Rhian Stansfield 30:19
424 167 Claire Steward 57:03

Hilly Fields

239 Ran
Pos Gen
52 2 Emma Ibell 23:22

Burgess

576 Ran
Pos Gen
69 66 Will Lawn 21:29
91 84 Hugh Balfour 22:34
179 141 Graham Laylee 24:23
279 69 Ros Tabor 26:35
422 147 Stephanie Burchill 30:49

Barking

114 Ran
Pos Gen
33 28 Martin Kelsen 24:51

Woodley

251 Ran
Pos Gen
24 23 Mark Callaghan 21:06

Preston Park , Brighton

455 Ran
Pos Gen
20 19 Adam Taylor 19:47

Fulham Palace

450 Ran
Pos Gen

165 129 Barrie John Nicholls 25:19
194 37 Lindsey Annable 26:13

Cleethorpes

138 Ran
Pos Gen
20 16 Stephen Williams 22:43

Peckham Rye

282 Ran
Pos Gen
21 20 Justin Siderfin 20:18
27 25 Michael Nogas 20:53

Dartford Heath

58 Ran
Pos Gen
18 15 Tommaso Bondoni 26:21

Tooting Common

567 Ran
Pos Gen
32 24 John Kazantzis 20:12

Haga

114 Ran
Pos Gen
22 17 Paul Collyer 21:03

Clapham Common

683 Ran
Pos Gen
211 141 Michael Mann 24:48

Kingdom

65 Ran
Pos Gen
24 21 Dave West 27:01

Sutcliffe

172 Ran
Pos Gen
63 53 James Wicks 25:22

Charlton

239 Ran
Pos Gen
82 67 Stephen Smythe 25:33

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

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



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



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



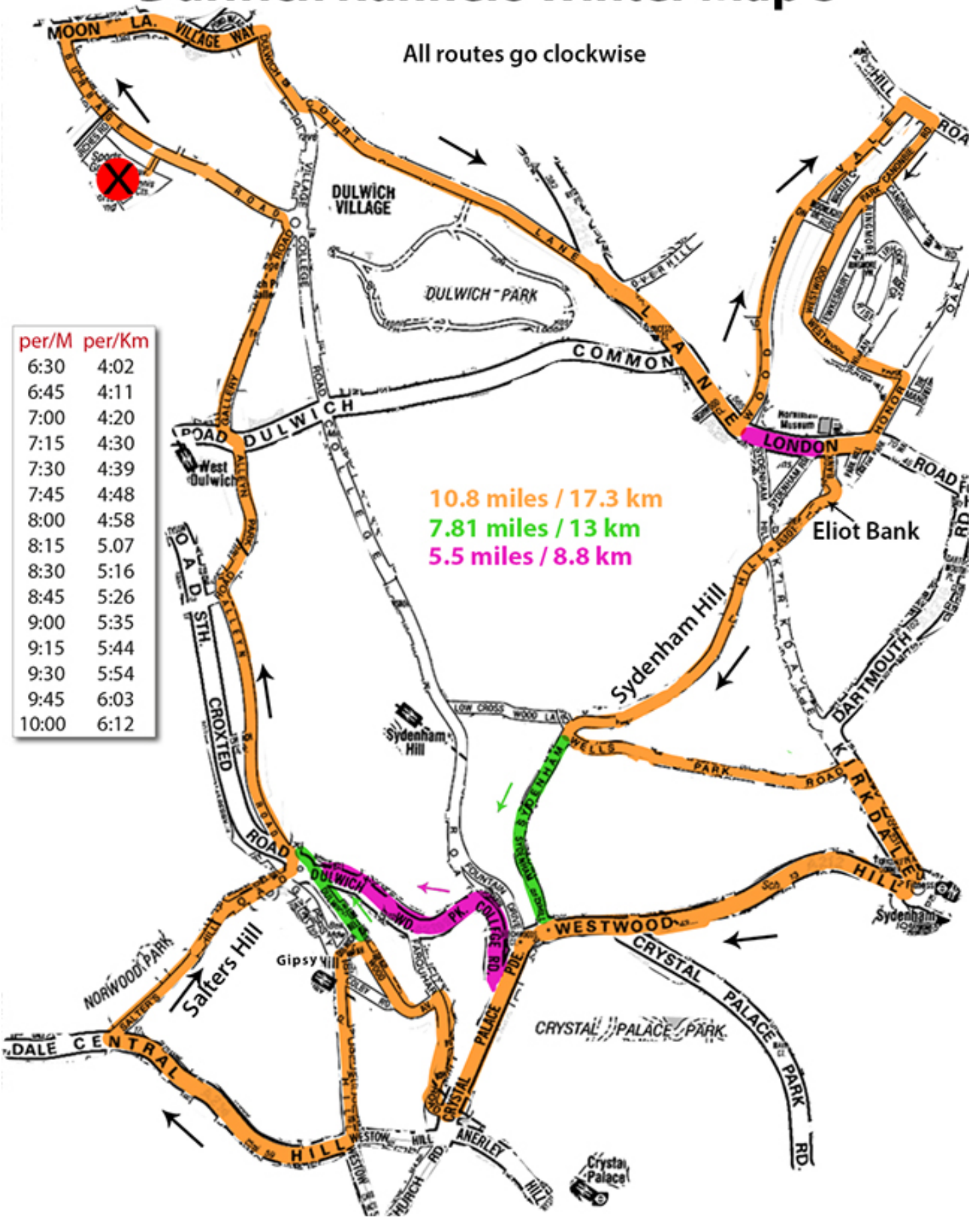
Showerproof
Team Jacket



Pro Mid Layer
1-4 Zip Top

Dulwich Runners Winter Map 5

All routes go clockwise



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

10.8 miles / 17.3 km
 7.81 miles / 13 km
 5.5 miles / 8.8 km