

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
September 28th 2022  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

These are your SHORTS

Please send your reports, running news etc to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto: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 !

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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](mailto: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**

**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 hill training in September

7pm every Tuesday in September - Low Cross Wood Lane opposite Sydenham Hill station, College Road.

Please do at least 5-10 mins of gentle jogging before the 7:00pm start, with some warm-ups and drills and then main session , finishing 7:45-7:50pm . Sessions are free. Arrive ready to run - it should be safe to leave any jackets or water bottles etc.

Running up and down a well-lit traffic-free path – leave room for pedestrians to pass.

Sessions will vary week to week, expect reps with a variety of gradients, intensities and lengths. These should make you faster and stronger, and help with leg strength, co-ordination and technique ahead of the cross-country season.

To make the most of the sessions you should be regularly running several times a week. If returning from injury or illness etc feel free to build up gradually by taking longer breaks or do some easy running part way through the session.

If targeting an autumn marathon you might prefer to stick to what's in your plan and run your intervals on flatter ground that similar to terrain you'll be racing on. Dulwich Park opens until 8pm in September, I suggest meeting up to run there.

Let me know if you have any questions, comments or feedback. Tom (Coach in Running Fitness) [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com)

## 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](mailto: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](mailto: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](mailto: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](mailto:thomas_south@hotmail.com)

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

## 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](mailto:dulwichladiescaptain@gmail.com)  
[alexloftus75@gmail.com](mailto:alexloftus75@gmail.com)  
[chuckedward@googlemail.com](mailto: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](mailto:alexloftus75@gmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
 Ola Balme, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

Road & other   Club Champs   Assembly League   Track   Cross Country

Date	Race	Venue
Oct 2	London Marathon (or alt. marathon) (L)	London or alt.
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

Note: The September Assembly League Race has had to be cancelled.

## 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](http://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](http://vetsac.org.uk) - World Masters Athletics Championships Indoor – Toruń 2023 [wmaci2023.com](http://wmaci2023.com)

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

## Post London Marathon pub - this Sunday 2nd October

The Sanctuary House, 33 Tothill Street SW1H 9LA  
 Everyone welcome - runners, supporters and general drunkards. Come and celebrate with a pint or two. The pub is very near the finish.  
 With the first runners off at 9.30, some could be there by 12.45/1.00 pm, while others start later so will be at the pub a bit later.  
 For runners - add your name to the chat on Facebook so supporters know to look out for you.  
 Good luck to everyone running. Go Dulwich Runners!

### 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

Want your race results and reports in SHORTS ? please& email them to [barry@1bg1.com](mailto:barry@1bg1.com)  
All road, xc, fell, tri and track results etc, are welcome.

## SEAA 6/4 Stage relays

Last Saturday (24/09) saw the return of the SEAA 6/4 Stage relays after a 3 year hiatus. Owing to the internecine conflict between SEAA and the bigger regional clubs, Aldershot Farnham & District AC were hosting their own relays on the same day. Without going into a detailed history of why, the upshot was that ERRA (the national body) took the unconventional step of confirming that both events would be treated as qualifiers for the ERRA national relays. This put us in a bit of pickle as to which event to choose to attend, but given the club's proximity to Crystal Palace, whatever the justifications for AFD to be hosting their own event, it would have been a big step to ask our teams to trek over to Aldershot. I think AFD's actions are perfectly reasonable, but I don't agree with all of the demands/solutions proposed, and ultimately it is hard to see a resolution which doesn't involve regional clubs having to deal with SEAA.

All of this background was a bit of a shame, as we currently have depth in our men's senior squad which we can't have had for many a year, and on the first occasion as captain, I had to make difficult decisions about selecting a first 6, with whatever B team that ended up being picked likely to be on a par with any A team that we have previously entered. There was also a good probability that the A team would qualify for the national relays, and that the B team wouldn't be far away either. We also had teams in each of the men's masters age groups, and some with eyes on podium places.

It was clear from the open letter published by AFD and other clubs <https://athleticsweekly.com/athletics-news/southern-clubs-explain-split-decision-1039961042/> that many races would be missing the majority of the region's best clubs, but it was still something of a surprise to see that just 11 senior men's "A" teams had entered, with another 3 "B" teams, which compares with 73 total teams from 2019. All other age groups were also affected to a greater or lesser extent with reduced fields. For the Men's senior team, it had already been

announced by ERRA that the first 8 teams from each race would qualify for the national relays, so it seemed clear that we would qualify, and could instead focus on finishing as high up as possible.

The Men's A team was headed up by new signing Nick Impey, who has joined us on his return from Singapore (having run a 69:18 half in February). I think leading out first legs is something of a double-edged sword –you'll be pretty certain of having some company, but there's more pressure, and more often than not, some strong runners around you. Nick justified his selection up front, with our quickest time of the day. He was up against some very fast runners from Victoria Park Harriers, Newham, and South London Harriers, and held things together on the second lap after an unavoidably quick start.

Nick handed over to Ben Howe, who set off some 30s down on SLH, and out rather on his own. He was joined by a Norwich runner and had a bit of a battle over the leg, and brought things home in 5th (but importantly had made up 20s on SLH.) Ben handed over to a fretful me, apprehensive about how things would go as I hadn't run at 5k pace for a few months following injury. I do however love a target, and the Norwich vest was close enough in front that I got on terms with him halfway through the first lap, and tried to set off after the SLH runner in front. Tried – but failed, the gap stayed pretty constant for the rest of the leg, and Aaron Wilson took over for the fourth leg.

Aaron has a theory that he isn't good uphill, and while this means he maybe takes hills slightly more leisurely than he should, it did mean that he didn't flog himself up the first hill, and instead left him in good shape for putting the power down for the rest of the lap. While Aaron couldn't make much of a dent in the SLH runner, he did however pull back the Newham runner, meaning that when Joe Hallsworth set off for the 5th leg, 30s separated Newham in 2nd, and us in 4th, with SLH still between (VPH were in a different race, 1.5 minutes ahead.) Joe swiftly despatched the SLH

runner in the middle of the first lap, and set after the Newham runner, who he passed during his second lap. All that was left was for recent 14.47 5k man Jack Ramm to get round, and it was clear that barring a lost timing chip, we'd come home in 2nd.

Nerves jangled a little therefore when Jack thought that he may have false started – thankfully it transpired that this was just in Jack's head – but the shock obviously woke him up, as he brought us home with our second fastest leg of the day, and 2nd place. What was especially pleasing was the narrow spread of times, with a difference of just 40s covering all 6 legs. While the race clearly didn't have the integrity of previous iterations, our aggregate time would have put us around 14th in the 2018 edition of the event (the last time that this course lay out was used), well inside the qualifying places, and a club best performance (for all the results visible on SEAA's website.)

### Dulwich Senior Men's A -2nd

Nick Impey	18:27
Ben Howe	19:07
Ed Chuck	18:37
Aaron Wilson	18:47
Joe Hallsworth	18:57
Jack Ramm	18:29

The B team's first man out was Shane "mentality monster" O'Neill, who put his hand up to kick things off, and probably surprised himself by turning in a performance he was happy with, handing over (with a very strong final k) to Rob Armstrong. Rob's been taking a "time on the feet" (but without moving forward) approach to training recently while renovating, and has been ill and injured for much of the summer. However, he turned in one of the performances of the day, and the B team's quickest time, with his (as ever) perfectly paced run, and has given me a selection headache for the nationals in a few weeks' time!

Jon Phillips was next up, who from what I could tell when running in the opposite direction through the car park on the same leg, was in the middle of a 5 way battle for positions 5-9. Jon possibly went off a bit hot in the first lap, but found something at the end of the second lap to also finish quickly. Ed Gibson following, pursuing

his normal strategy of building as the race went on (no doubt Ed grasped the benefits of delayed gratification early as a child.) From what I can see was our only senior runner to negative split on the day, and deployed a fierce gurn throughout the second lap to drive himself to the team's second quickest time of the day. Ed handed over to Finn Nugent, who with his triathlete's cycling training managed to run the big half in 76:45 despite otherwise running just 80k odd in the past 3 months (!) Finn was another who went off gamely and suffered up the hill on the second lap (much of this would be cured if he could squeeze in a few more miles in the week), but he held things together before releasing anchor man Tim Bowen.

I had visions of Tim chasing down some rival (real or imaginary) on the last leg, but despite sporting his lucky green shorts, he had an "appalling" day, a minute down on his time from 2018 (although NB, once Tim finishes his 2 week marathon block and gets himself fit, that 2018 time would have been 3rd fastest for the A team this year.) The B team finished with a time which would have finished 35th in 2018 (around where our A team would have finished but for an AWOL timing chip). This really showed the extent to which our strength in depth has improved over the past couple of years, and opens up the possibility of us being able to enter a good team for the 12 stage relays next year.

#### Dulwich Senior Men's B – 8th

Shane O'Neill	19:13
Rob Armstrong	19:03
Jon Phillips	19:23
Ed Gibson	19:06
Finn Nugent	19:57
Tim Bowen	19:40

The Senior Women's team were in a field which was certainly more competitive than the men's race – the eventual winners, Cambridge Harriers, won the South of England 6 stage title earlier in the year, and unlike the men's race there were also entries from Belgrave, Kent, and Serpentine. Unfortunately our women's teams were a little disrupted by illness/unavailability, with half of our runners having to run in an age group above themselves. Alex McLelland led out our senior team on a competitive first leg, and despite not enjoying the hills or the (lack of) distance, came home in 6th. Clare Norris followed up with what would have been the fastest v40 leg had she not filled in for the Senior team, and passed over to Laura Torry, who was likewise dropping down from the v40 team, and who produced a performance in line with her (seemingly metronomic!) Crystal Palace parkruns. Last up was Polly Low-Macrae, who ran an excellent leg, building to a time which would have seen her as the third finisher in the Cambridge Harriers winning team.

#### Dulwich Senior Women – 11th

Alex McLelland	18:39
Clare Norris	21:16
Laura Torry	21:40
Polly Warrack	17:38

The v40 Men's team has form at placing in this event, and with 5 current v40 club runners having represented England, it seemed before selecting teams that there was a good chance of, if not winning, then repeating 2019's second place. However, with Andy Inglis out in Berlin, Andy Bond unavailable, and Tom Shakhli falling ill the week of the race, the team was not at full strength. Additionally the sight of Nick Torry in the program running the v40 event for Serpentine caused expectations to be lowered a little. Kev Chadwick, who earlier in the summer was battering at the 17 min 5k mark took things out and was another who suffered a little on the second hill, before composing himself for a quick final kilometre. He handed over to Tom South, who despite only two weeks back into training after a month off, showed no ill effects, with a time which would have put him in the middle of the senior B team (and was a minute quicker than his 2018 time on the same course.) Ade Russell followed Tom with what I think is probably the run of the day, the 4th fastest V40 leg overall, and would have seen him just 6s off Rob's fastest B leg. He handed over to Buzz with Kent in sight, but Buzz too is one on the way back, and the team had to settle for an isolated 4th. Looking at the times, it seems that even at full strength Serpentine would have been too strong, but maybe only by 20-25s, and 2nd would have been very probable.

#### Dulwich Men V40 – 4th

Kev Chadwick	20:57
Thomas South	19:30
Adrian Russell	19:09
Buzz Shephard	20:16

The need to promote Clare and Laura from our V40 women's team meant that Ola and Michelle likewise had to jump up an age group. This event seems to have been heavily impacted by the presence of the AFD event, with our team up against a strong Kent team. The team of Eleanor Simmons, Ola, Catherine Buglass, and Michelle was well matched however, as they are all recorded times within 80s of each other. Eleanor recorded a time which was much quicker than her recent parkrun form, Ola was just 20s down on her time from 2018, Catherine continued her recent good progress from her Brockwell parkruns, and Michelle closed things out with the team's quickest leg.

#### Dulwich Women v40 – 2nd

Eleanor Simmons	22:38
Ola Balme	21:36
Catherine Buglass	22:18
Michelle Lennon	21:17

Before the off our men's V50 team was a little apprehensive, with several runners making their relay debuts. They needn't have been – while the SLH team were in a league of their own out front, our team were in a close race with Stragglers. Rob Archer had a stonking leg to kick things off, with a time which would have put him as the team's second fastest v50 behind Tony on the same course 4 years ago, and passed the baton to Ameet Patel in second

place. Ameet had been concerned about the course profile, but plugged away gamely to hand over to Stephen Trowell. Stephen had been predicting that he would be slow, but he was certainly not out of place, and clearly the competitive juices must have been flowing as he seemed to be the sole runner who tried to work out the esoteric numbering system to identify other v50 teams to chase down. Stephen finished and off set Grezegorz, who disregarded his impending marathon next week to put in a strong leg, with the team finishing in 3rd.

#### Dulwich Men's V50 – 3rd

Rob Archer	21:32
Ameet Patel	30:51
Stephen Trowell	35:47
Grezegorz Galezi	22:18

The club managed to field two teams in the men's v60 category. The A team was led off by Tony, who has woken up now that track racing has returned, and put in the second quickest v60 leg of the day. Hugh Balfour was next out, and presumably enjoyed the hilly-ness of the course more than anyone else did. He was followed by Martin putting in another solid effort, which would have seen him be the 2nd fastest Dulwich V60 in the 2018 event. By the time that Ebe took out the anchor leg Kent in 2nd were in sight, but as with the V40s, they couldn't be chased down – but the team still record a 3rd place finish, with SLH again in a race of their own at the front. Gary Budinger set off first for the B team (quote) "to give everything one else something to chase"), and Neville Webb did just that, putting in leg time worthy of an A team pplacec. He was followed by Ian Sesnan who in the team's battle to avoid the wooden spoon was unfortunately up against a Southampton runner recording the 3rd fastest V60 leg of the day, leaving Mike Mann to close things out with the team's second quickest leg.

#### Dulwich Men's v60 A – 3rd

Tony Tuohy	22:16
Hugh Balfour	27:48
Martin Kelsen	25:24
Eberhard Prill	24:33

#### Dulwich Men's v60 B – 5th

Gary Budinger	30:23
Neville Webb	27:33
Ian Sesnan	30:27
Mike Mann	29:13

Despite the circus around the two simultaneous events, this was still a good day out, and a nice way to get back into team racing before the start of the XC season. The men's team will go to Birmingham in a few weeks for what appears to be the first time, and while this was a good performance, there's certainly some room for improvement, and the possibility of a top half finish.

#### Ed Chuck



# SEAA 4 Stage Road Relay Championships,

24th September

The event was well organised and after a last minute adjustment to teams and running order, we fielded a senior women and vets 40 teams.

In the senior women's team Alex was running her first relay with the club. She did well and finished strongly but a late decision meant Clare had to run as a senior. Laura stepped in and ran the 3rd leg. She did amazing juggling childcare and spectating. Polly stormed through and ran the quickest leg.

In the W40 team Eleanor had the difficult task of running in the first leg followed by Ola, who had a solid run. Catherine was pleased to have run quicker than her park runs. Michelle had one of the best runs considering she ran a respectable time at park run earlier.

A great atmosphere amongst everyone. We had good support from the men. So good to see Ange marshalling and cheering us on. - Ola Balme

## Senior women

leg1	Alex McLelland	18:39
leg2	Clare Norris	21:16
leg3	Laura Torry	21:40
leg4	Polly Warrack	17:38

Overall position 11th out of 14

## Women 40

leg1	Eleanor Simmons	22:38
leg2	Ola Balme	21:36
leg3	Catherine Buglass	22:18
leg4	Michelle Lennon	21:17

# European Age Group 'Sprint Distance' Duathlon Champs, Bilbao

17 September

Following her appearance at the duathlon World age group Champs in Romania at the end of June Clare and I travelled to Spain for the European equivalents. The field in the 60-64 age group for this regional version as opposed to the global one was significantly stronger. This is a bit ironic but may be due to the relative attractiveness as well as the accessibility of the venue. The former point was borne out for us with Bilbao becoming one of our favourite cities, at least as good as the hype that surrounds it, albeit helped by consistently dry and sunny days that certainly can't be guaranteed, of course, just along from the 'Costa Verde' (and which disappeared more or less as soon as we had left for home!).

The two runs sandwiching the bike leg were both as flat as they could be along the river which is predominantly salt water at this point and teems with shoals of grey mullet. The performances in terms of pace per km were both very acceptable in terms of recent parkrun form which is at the very limit of what one can expect given the need to also perform

at the other discipline.

This was especially so as the bike course was a completely different affair going more or less straight up into the surrounding hills. For those who dared to look there was a fantastic view of the entire city. Clare was vaguely aware of that during the competition but made sure that we returned to the summit a couple of days later to take it in properly, propelled to the top this time by a funicular railway! One other key point about the course was the length of the transitions which, by the old docks and in the shadow of the relatively new Athletic Bilbao ('San Mames') stadium, were enormous.

We were there for just over a week. The period of two days or so leading up to these sorts of events is always taken up with logistical chores most especially rebuilding the bike after transportation and trying to reccy the courses. After that, however, we still had time to explore the city. This included catching the very last day of an exhibition at the Guggenheim Museum exploring the relationship between art and the development of the motor vehicle with some brilliant exhibits. These ranged from the Benz patent car of 1886, the first to be put into series production, through to the very model Lewis Hamilton was driving in the 2021 F1 season, a rather different 'Benz'. We were also able to do, some more leisurely and stunningly beautiful runs – leisurely for Clare, that is – out, past the Guggenheim and San Mames again, towards the sea and upstream too.

We had been urged before this trip to try to fit in San Sebastian as well but there was too much to see on our doorstep. Next time, maybe? - **Mike Dodds**

Clare Wyngard 1hr 38mins 15 secs (Run 1, 5km, 28-03, T1 3.34, Bike, 20km, 49.36, T2 2.13, Run 2, , 2.7km, 14.51) 9th /11 in FV60-64

# The 22nd Eridge Park 10 Trail Challenge 2022

Sunday 25th September

This was a club championship event in 2011. Could we have it as an alternative to a 10 mile road race in the future?

“The hilly 10 mile course was on tracks, grass, woodland trails and captivating views” A fantastic race with plenty of beer and scrumptious home made cakes to cater to the needs of vegans

Dave West writes: September 25th was when the stars aligned and I was able to indulge nearly all of my major passions in life – trail running, beer, cake and Renaissance Polyphony – in one day. I first encountered Eridge Park in 1999, when the Marquis of Abergavenny allowed his land to be used for a new race. That first pilot event wasn't perfect and the leaders were misdirected, missing out the steepest climb to Saxonbury Tower at 659 feet above sea level, so didn't run either the full distance or the full elevation. There were also small pigs running around at the first drinks station I recall. But there was clearly something special about it and it's become a firm favourite for many although a *bête noir* for some (it's only been a club championship once I recall). Parts of the course have even acquired names over the years, “The Tomb of the Unknown Harrier”, “Deeply Steep”, “Watership Up”, The Leap of Death”, “Cheeky's Bog” and “Heavenly Hill” to name but a few.

I came back in 2006 and matched my 1:21 clocking from 7 years previously, but have not returned since; it would also be my longest race since 2011 for various health

reasons and anything under 2 hours would be a bonus I thought. Lining up in perfect conditions, with Ashdown Forest on the far horizon, we were informed by the starter that as Cheeky's Bog and indeed much of the course was fed by underground streams, the recent drought wouldn't spoil our muddy fun, and so it turned out.

I started cautiously, enjoying the views and wary both of what was ahead and my fitness. On many of the trails, there was a single runnable line with uneven ground to the side making passing difficult, but that probably kept me from overcooking those early miles. Cheeky's Bog was ankle deep as promised but soon crossed, with the biggest hazard being other runners taking fright at the last minute, the subsequent stream crossing helped wash some of the mud away in any case. The plan was to fast walk the steeper hills at least and take the downhill a little quicker. In the event, the pace whether up or down was dictated entirely by the terrain and the often tricky underfoot conditions.

As the race went on, I power-walked the steepest sections overtaking possibly 30

and non vegans.

We picked up our stylish free t-shirt before the start of the race. Clare Norris was the first Dulwich home in an incredible time of 1.26.02.

I started off conservatively and picked up places from mile 4. An enjoyable race especially, the grassy downhills, short sharp hills, hardly any mud, happy to have kept my shoes going through shallow stream.

Dave was pleased with his run. Joanne finished strongly and had a big smile on her face at the end. - Ola Balme

26	01:26:02	Clare Norris, 2nd female, 1st V45
34	01:28:54	Ola Balme, 4th female, 1st V55
95	01:45:47	Dave West
161	02:00:28	Joanne Shelton Pereda
216 entries		

people in the process and even on the flat, despite what seemed a slow pace, I seemed to be moving faster than most around me. The last mile was tough with some small inclines that drained whatever energy I had left and I reached the line in 1:45:47 in 95th place, well inside the top half and over an hour ahead of the last finisher.

Claire and Ola had fantastic runs to finish 2nd and 4th women respectively and win their age categories. Joanne had a couple of falls, but the free post-race beer and home-made cake soon revived her and we all enjoyed our day. But there was no time for me to linger as I had an appointment 20 miles north at Ightham Mote singing music written 500 years ago around the time that the Nevill family inherited Eridge Park. When Henry VIII often came down to hunt and sport was a thing reserved for the rich and usually involved killing things. But for me in 2022 at least, it had been a glorious day!

216 ran. 1475 feet of elevation, steepest gradients +30%/-21%.





## Berlin Marathon

Sunday 25<sup>th</sup> September 2022

The 2016 edition of Berlin was my first overseas marathon and having run London a few times, it kick-started my ambition to run the other majors, which finished earlier this year with Boston. My run then was somewhat slower at 3:53:16, but I loved it and knew I'd be back one day. Plus of course all good things improve with age!

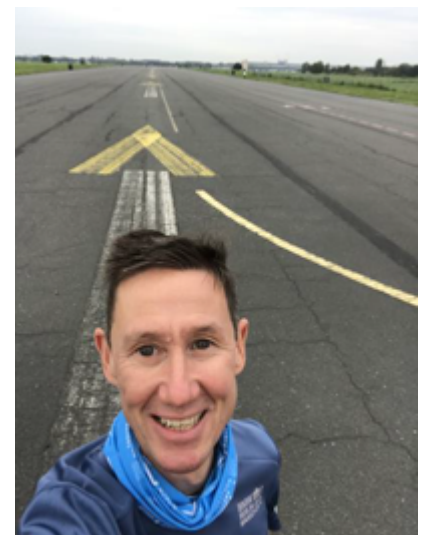
The 2022 medal design had been released a few weeks before. With Kipchoge taking part and his picture on the medal, it was perhaps an ominous sign of things to come!

After a decent block of marathon specific training earlier in the year, preparation had yet again been far from perfect. My now rather too familiar lower leg injury woes were being held at bay by a regime of ice and Ibuprofen gel, complemented by a lack of running and throwing in some extra cross-training. The Great North Run a couple of weeks ago had been my longest run of late and I somehow escaped making the angry leg any worse. To add to my worries, waking up with severe chest pains on Thursday, four hours in King's Hospital with 3 ECG's and several blood tests did nothing to boost my pre-race confidence!



Nevertheless, weekend adventures in Berlin got off to a better start, catching up with Andy Inglis at City Airport and swapping all matter of running stories and race plans. We both took advantage of the now familiar queue at the border control to our EU neighbours, grabbing selfies with one particular fellow traveller - the flight was a sea of marathoners, their partners and other interested parties. With free travel in Berlin all weekend (until 03:00am Monday which caught many people out with a hefty fine), a quick train to the hotel, and back out to the expo now located at the former Tempelhof Airport, to register and spend more money on completely pointless stuff that I have too much of already. The trek through Tempelhof was a marathon in itself and after a hurried Erdinger and bowl of pasta, back for an early night.

The breakfast run the following day also took place at Tempelhof Airport, this time a 5k loop around the airport runways, with the usual international costumes and shenanigans, followed by pretzels and cheering on the bambino races taking place.





The rest of the days entertainment consisted of watching the inline skating marathon that follows the same route the runners take. If you've never seen this, it is quite a sight – elite skaters finish in about 56 minutes and take corners at the most ridiculous speed!! Another pasta dinner with friends followed, before another early night.

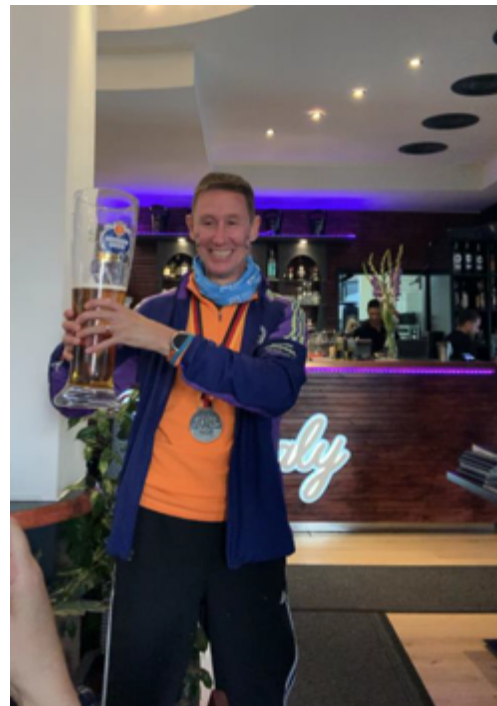
Marathon day began without too much drama, an eruption of noise as 'The Philosopher' was announced to the assembled ~45k participants. My race plan was straightforward: go out at 3 hour pace and hang on for dear life. Unusually for me, I didn't overcook the first

half. My HR had gone through the roof almost from the start line, which freaked me out a little, but I felt strong and was relieved when it came back down after a couple of miles. Passing through the 5k splits broadly to plan, I hit half way in 1:30:33 – could this be the famous negative split I keep hearing about?? Not panicking, I edged up the pace fractionally, claiming a couple of seconds back per km, through the 35k mark. Although feeling better than I probably had done at that point in any previous marathon, I just couldn't maintain the pace and lost some momentum through the last few turns.

A 44 second PB was a fair reflection of my race and reasonable second best to my elusive sub3 goal. Crowds had already held up signs stating 'new WR' or 'Kipchoge WR' along the tail end of the course, so quite a thrill to be in the same race, albeit an hour behind the great man. Many beers of celebrating completed what was a really great day. The sub3 quest continues in Valencia later this year, and The Mad Scientist will return on Sunday for London! Many thanks again to everyone who so generously sponsored me.

Eliud Kipchoge	2:01:09	1	1 M35	WR
Andy Inglis	2:40:20	485	38 M45	
Gower Tan	3:01:42	2391	162 M50	PB

45527 participants



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.

### Bromley

437 Ran  
Pos Gen  
260 204 Peter Jackson 28:24

### Old Deer Park

138 Ran  
Pos Gen  
4 4 Tommaso Bendoni 18:54

### Brockwell

248 Ran  
Pos Gen  
15 12 Jonny Hough 19:46  
21 17 John Kazantzis 20:23  
26 1 Sophia Tucker 20:40

### York

512 Ran  
Pos Gen  
28 28 Andrew Scott 19:45

### Beckenham Place

269 Ran  
Pos Gen  
67 59 Rob Mayes 24:12  
95 14 Claire Barnard 25:20

### Whiteley

164 Ran  
Pos Gen  
157 103 Colin Frith 42:38

### Crystal Palace

271 Ran  
Pos Gen  
27 26 Paul Hodge 22:18  
28 2 Yvette Dore 22:22  
125 100 Michael Dodds 27:17  
156 30 Clare Wyngard 29:07  
213 56 Belinda Cottrill 33:25  
249 154 Bob Bell 38:22

### Riddlesdown

129 Ran  
Pos Gen  
129 73 James Wicks 52:38

### Mile End

273 Ran  
Pos Gen  
165 109 Paul Keating 28:03

### Dulwich

420 Ran  
Pos Gen  
11 11 Tom Barker 17:41  
27 23 Chris Lawrence 18:45  
30 26 Rupert Winlaw 18:54  
50 43 Rob Fawn 19:37  
66 55 Sum Mattu 20:21  
81 66 James Auger 20:59  
92 77 Robert Tokarski 21:25  
94 79 Austin Laylee 21:31  
149 13 Teresa Northey 23:13  
162 127 Ajay Khandelwal 23:29  
188 147 James Gordon 24:12  
242 39 Shoko Okamura 26:26

### Gladstone

259 Ran  
Pos Gen  
19 2 Becca Schulleri 20:49

### Hilly Fields

239 Ran  
Pos Gen  
12 11 Jonathan Whittaker 20:10

### Burgess

551 Ran  
Pos Gen  
31 28 Charles Lound 19:25  
180 135 Martin Kelsen 24:06  
430 150 Stephanie Burchill 30:57  
515 206 Susan Vernon 40:30

550 257 Chris Vernon 71:14

### Shorne Woods

192 Ran  
Pos Gen  
6 1 Kim Hainsworth 21:33

### Peckham Rye

274 Ran  
Pos Gen  
2 2 Andy Bond 16:32  
14 14 Michael Nogas 20:02  
21 19 Wander Rutgers 20:55  
29 3 Michelle Lennon 21:16  
42 32 Dan Hill 22:08

### Hastings

257 Ran  
Pos Gen  
21 20 Nicholas Brown 21:11

### Tooting Common

510 Ran  
Pos Gen  
1 1 Matt Wood 16:55

### Bethlem Royal Hospital

76 Ran  
Pos Gen  
6 6 Justin Siderfin 20:40  
76 51 Dave West 57:26

### Sutcliffe

192 Ran  
Pos Gen  
22 4 Kay Sheedy 21:10

### Charlton

170 Ran  
Pos Gen  
43 39 Stephen Smythe 24:08



# 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](mailto: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](mailto: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](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof  
Team Jacket



Pro Mid Layer  
1-4 Zip Top



# Dulwich Runners Winter Map 4

per/M per/Km

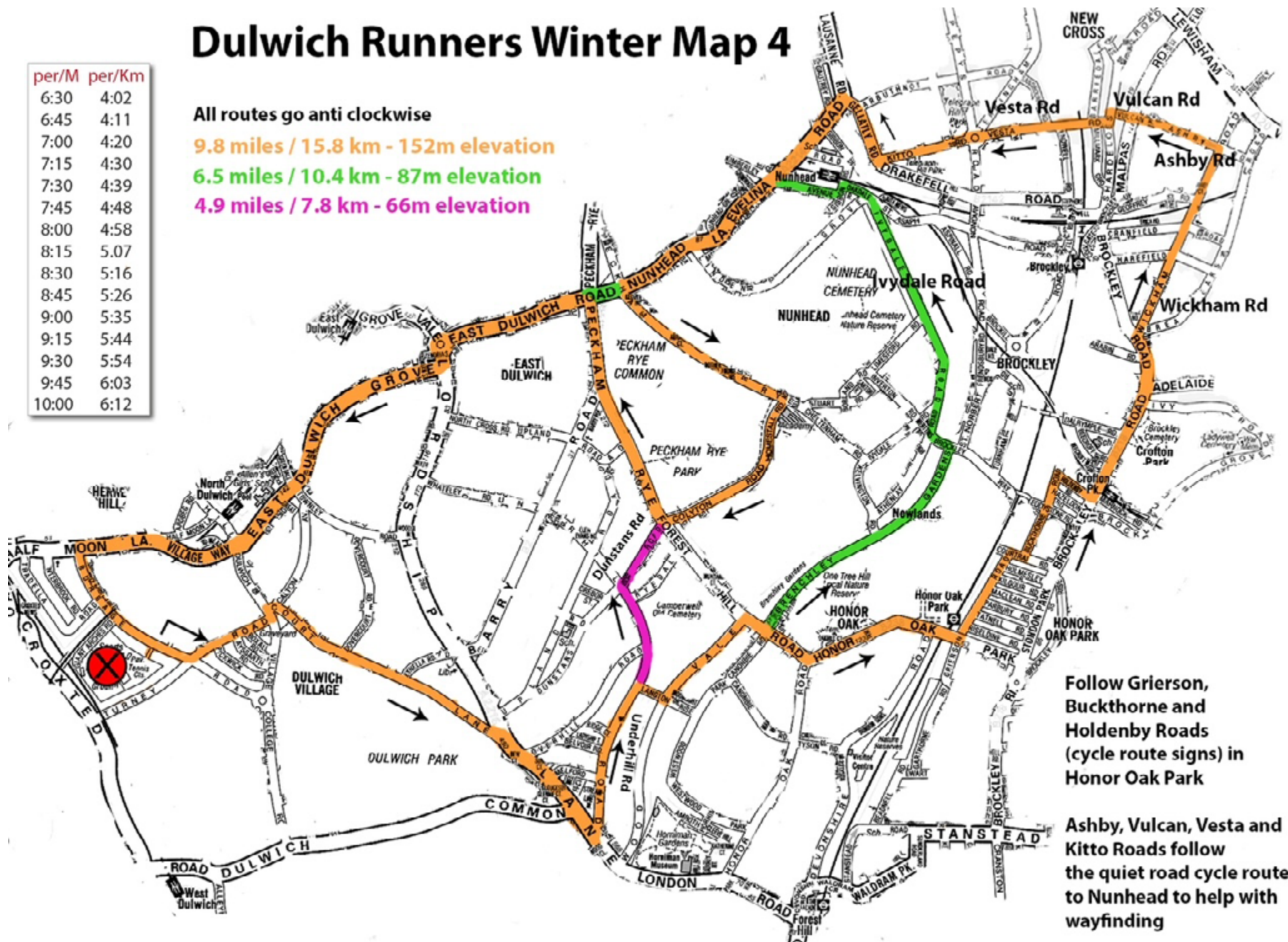
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

All routes go anti clockwise

9.8 miles / 15.8 km - 152m elevation

6.5 miles / 10.4 km - 87m elevation

4.9 miles / 7.8 km - 66m elevation



Follow Grierson, Buckthorne and Holdenby Roads (cycle route signs) in Honor Oak Park

Ashby, Vulcan, Vesta and Kitto Roads follow the quiet road cycle route to Nunhead to help with wayfinding