

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
July 21st 2021  
[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 articles etc 17:30 TUESDAY

Wednesday runs from the clubhouse. - £1 fee per run  
Changing rooms, showers & bar all open.  
Paces and distances to suit all abilities

Tuesday speed work at Dulwich College track and grass  
£2 per session - suitable for all abilities

## In your SHORTS this week !

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- 2 Club runs & training
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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

Connect with us:



## Edward Alleyn Clubhouse



With the relaxation on restrictions that came into effect on July 19th the clubhouse is now expected to be fully operational - toilets, showers, changing facilities and bar all available for Dulwich Runners to use.

*Therefore as of Wednesday 21st July the £1 Wednesday night running fee that was waived during lockdown is being reintroduced and to be paid by members and non-members alike each time you run. All payments will be contactless - NO CASH*

## Dulwich Runners AC renewal 2021/22

A big thankyou to all of you that renewed last year.

For those of you that did not renew your club membership last year the new membership year started on April 1 so please contact me if you would like to renew.

Full membership is £30 plus £15 EA registration if required.

If you are not sure of your current membership status or have any queries about membership and or EA registration please feel free to contact me.

Now that things are gradually getting back to normal we hope that you will renew and continue running with the club and look forwards to seeing you all again.

And if you have been "trying us out" and would like to join or require further details about the club please contact me. [barry@bg1.co.uk](mailto:barry@bg1.co.uk)

# Club Runs & Training Sessions

## Wednesday Evening Club Runs

**NOTE: £1 club run fee for members and guests which was waived during lockdown whilst clubhouse facilities were unavailable is to be reintroduced from today Wednesday 21 July when the clubhouse changing rooms, showers, toilets and bar are all open for us to use.**

Groups with a leader, catering for different paces leaving the clubhouse carpark at 7pm...

Arrive by 6:50pm to register and organise 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.

The groups are as follows.

sub 7 min mile pace led by Tom South  
[thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

approx 7.30 min mile pace led by Gower Tan  
[gower.tan@gmail.com](mailto:gower.tan@gmail.com)

8-9 min mile pace and slower groups led by  
Ebe Prill [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)  
Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Tuesday Evening Speed Training

At Dulwich College track and fields on College Rd. - Two groups, one start at 6 pm and one at 7pm. Grass & track, suitable for all abilities, efforts at 5-10km pace plus some shorter faster ones.

**COST IS £2 PER SESSION PAYABLE WHEN YOU ARRIVE - CARD/DEVICE PAYMENTS ONLY, NO CASH**

Any queries, contact Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

Dulwich College have installed a security gate for the entrance to the track and fields. To gain entry the code is **C1478X**

## Sunday Runs

There are runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Around 10km, but can be longer, pace around 9 mins per mile.

Contact Ola [olabalme1@gmail.com](mailto:olabalme1@gmail.com)

Or if you prefer a later start between 9 and 10am, a longer run from the Dulwich area (10 miles+) pace around 8-9 min. mile - Contact Tom Poynton [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com)

Longer and faster at 9am - likely to be 8am from July for marathon training. Around 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park but check in advance.

Contact Tom South [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

If interested in any these runs check in advance with the respective run leaders

## Saturday Morning Hills

Led and structured hill sessions on Saturday mornings - Suitable for all abilities.

Meet at Mansion House, Beckenham Park 10am - Jog to Sedgemoor Road to start session at 10.15 - Coffee after at Cafe

Contact Eleanor Simmons: [eleanorsimmons@yahoo.co.uk](mailto:eleanorsimmons@yahoo.co.uk)

# DULWICH RUNNERS 2021 FIXTURES

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

If you require info about events in Shorts, how to enter etc, contact your respective captains:  
Men road: [ebepri11@yahoo.co.uk](mailto:ebepri11@yahoo.co.uk) Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## Wimbledon Park Stadium

Two race events organised by Ben Noads

**1. Dave Clarke mile extravaganza (includes the Soar Mile) Wed 28 July** entry via this link (will count for our club champs) - <https://data.opentrack.run/en-gb/x/2021/GBR/hercmile/>

**2. Hercules Wimbledon 5K festival August 7th** 5000m track race event that wont count towards our clubchamps but gives you a good taste of fast track 5ks <https://data.opentrack.run/en-gb/x/2021/GBR/herc5kfest/>

## 1500M Evening

17 August

Following the recent well attended Mark Hayes Mile, we are holding a series of 1500m races at Dulwich track on Tuesday 17 August. This will be 5 laps so no wavy chalk start line on the track this time.

If interested contact Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) - Details on timing and number of seeded races to follow.

## Thames River Relay

Sunday 5th September

A 5 person relay along the Thames towpath (mainly) from Dorney Lake to Kingston, approx 26.5 miles.

Teams consist of at least one female and no more than 3 senior males. Cost is £10 each and all proceeds (minus expenses) go to charity.

For full course details how it works etc, see the website: [http://www.stragglers.org/river\\_relay](http://www.stragglers.org/river_relay)

If interested or want any more details, email Ange: [angenorris@googlemail.com](mailto:angenorris@googlemail.com)

**NB This clashes with the Paddock Wood Half Marathon which many members have entered as a club champs race.**

## Cross Country Fixtures

With hopefully a full cross country season to look forward to this autumn/winter, here is some information on fixtures.

Surrey League fixtures, men and women, to be held on the same dates, but some venues may change. It was not possible to push back the date of the October fixture to accommodate early October marathons such as London, owing to fixture congestion.

2021			
Oct	16	Surrey League 1	Richmond Park
	23	SEAA Relays	Wormwood Scrubs
	23	tbc Surrey Masters Champs	Richmond Park
	30	BMAF Relays	Long Eaton
Nov	13	Surrey League 2	Wimbledon Common
	20	SEAA London Champs	Parliament Hill Fields
	27 tbc	South of Thames 5m	Morden Park
Dec	11	SEAA Masters	Horspath, Oxford
	18	South of Thames 7m	Beckenham Place Park
2022			
Jan	8 or 9 tbc	Kent and Surrey Champs	
	15	Surrey League 3	Mitcham Common
	29	SEAA South of England Champs	tbc
Feb	19	Surrey League 4	Effingham Common

## The Hon President writes:

This coming weekend parkrun is back after a long absence. Before the pandemic, 50 plus Dulwich Runners were at parkruns every week so let us get out there and show that this great club is still around.

Wear your colours with pride and greet fellow DRs with a shout, whether you are in the lead, they are lapping you or you are passing those at the back, like me. Good luck. - Chris Vernon

# 2021 CLUB CHAMPIONSHIP

## 2021 CLUB CHAMPIONSHIPS FINAL UPDATE

These have now been reviewed in the light of current information, and there are a few changes. The approach that has been adopted for this year is to offer maximum flexibility, so where possible series of races taking place either monthly or more regularly have been selected.

The two events completed early in 2020, the Beckenham parkrun and the Big Half will count towards this year's club championships. 7 events have been selected for this year, giving a total of 9.

The rules governing the club champs have been modified for this year, reflecting the more flexible approach. In order to qualify you will need to complete 4 of the 9 events. These should include at least one event from each distance category. The 10k, half marathon and marathon are classified as long, with the remaining events short.

Your fastest result for each race distance counts towards the club champs (so only one race per each distance).

The closing date for all races except the marathon is Sunday 14 November, for the marathon Sunday 5. December.

**NOTE: Results of all races chosen should be on Power of 10 in order to count and you need to submit the races you like to count in one email after your last race and by 14 November midnight latest to Ebe Prill [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk) (exception only for late marathons up to 5. December)**

That allows us to hold the individual medal presentations for each race distance at one social event on a Wednesday night in late November (to be announced). The marathon awards and overall championship trophies will be awarded as before at our Christmas party in December.

### Updated information on events below.

- All road 5k races. Entries for the Battersea Park races have been open since late April, but are filling up fast.
- 5 mile race (trail): The second Sunday of the month races have restarted under Covid restrictions with a tight numbers limit, but are expected to revert to more like normal from July. Entries on the day may be available but once open try to enter on line ASAP.
- All 10k road races. Richmond Riverside 10k (17th July) and there are various 10k races in Regents Park organised by Race Organiser (6 June) Run Through (15 June, 13 July) and Nice Work (14 November) also the Mornington Chasers Winter series, to be announced. There is also the Sri Chinmoy Battersea 10k series.
- Any track mile race. The Mark Hayes mile has been held as the club champs mile but any other track mile will count, like the Dave Clarke mile at Wimbledon Park stadium on 28. July
- All road Half Marathons. The Big Half 22 Aug will be a club champs race, and also the popular Paddock Wood HM on 5th September
- All park runs but our main one (and one of the fastest) is Dulwich parkrun. Suggested dates are 18 Sept, 30 Oct and 6 Nov, but avoid weekends when key cross country races, like Surrey League are planned.
- All road Marathons

### Provisional programme for this year.

**Mile** - Tuesday 29th June, Mark Hayes Mile - Dulwich College track -

28th July Dave Clarke mile: <https://data.opentrack.run/en-gb/x/2021/GBR/hercmile/>

**5km** - Sri Chinmoy Battersea Pk series <https://uk.srichinmoyraces.org/races/london>

**5M** - Second Sunday of Month 5M trail race, Wimbledon Common any month <http://secondsunday5.com/>

**10km** - Various 10k races in Regents Park, Richmond Riverside 10k, Sri Chinmoy Battersea 10k (see deadline 14. Nov)

**1/2M** - Big Half 22 August - Paddock Wood 1/2M 5th September

**Marathon** - London 4 Oct (or alternative marathon up to incl. Valencia 5th. Dec)

**parkrun** - Dulwich, suggested dates 18 Sept, 30 Oct, and 6 November

## DR 2021 Club Champs 5k & 10k League

We set up club 10k and 5k leagues for the first 6 months of the year while there were very few races for members to take part in. These have now ended. Well done to those who took part.

### Results 10k

Grzegorz Galezia	37.05	M50
Ebe Prill	44.20	M55

### Results 5k

Tom South	15.50	M45
Fred Bungay	16.48	SM
Shane Donlon	17.44	M35
Grzegorz Galezia	18.01	M50
Chris Nunn	19.27	M45
Ebe Prill	20.54	M55
Gary Sullivan	21.19	M60

## New(ish) to Running Rota for Dulwich Runners

We are setting up a rota to support members who are newish to running on our Wednesday club night. We have also had lots of new joiners and some are newish to running, which is different to being new to DR but not that new to running. It's also an opportunity for all you experienced runners to inspire some newbies.

The runs will be short - around 5-6km, as 8km is really quite a long way for newbies And the runs will be slow, and could entail some walking. You take your lead from the people you are taking out.

The rota is here: [https://doodle.com/poll/5mssmfhibg5qr98p?utm\\_source=poll&utm\\_medium=link](https://doodle.com/poll/5mssmfhibg5qr98p?utm_source=poll&utm_medium=link)

**Add your name on the left and click on the Wednesday you'd like to volunteer. If there are two people down for a particular date, please pick a different date.** Ideally you will all spread yourselves out and make rota management nice and easy. The rota will have dates at least 3 months out to enable planning.

I have agreed to coordinate this rota and it will be reviewed at the end of the summer.

Doodle poll is being used to run the rota. **If anyone has any better running specific ideas, I am all ears.** Get in touch: 07786012933. - Thanks all - Sonja

## Put a spring back in your stride with a Sports Massage.

Ola Balme is an experienced Sports Massage Therapist and DR club runner.

To find out more - 07506 554004 - [www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)



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.

You are welcome to submit running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

## Alderman's Ascent

Jack Ramm

Alderman's Ascent, in bucolic Greenfields, is a 5 miler in the English Fell Champs, doubling as a qualifier for the senior and U23 England Mountain Running teams. A spot of Strava stalking showed me that I wasn't a million miles away from the top runners fitness-wise and I wanted to see how I'd stack up.



Readers of Shorts will know that the Killian Journet of SE15, Hugh Balfour, has been competing in this year's English Fell Champs, and I met up with him at the sign-in. In the hour or two before the race, Hugh imparted invaluable fell wisdom. I didn't know exactly what to expect. I knew this would

be a different sort of challenge to, say, Box Hill Fell. But how different?

The weather was an obvious distinction. We discovered that several of the women, who went off a few hours before the men, had badly overheated in the record-breaking sunshine. We saw a couple of athletes looking very poorly indeed. Not normally one for pre-race nerves, I confess to a few butterflies this time.

After a lap of the rugby pitch, the route went straight up for about 3.5K at around a 20% gradient, then along a ridgeway, down a sharp descent, back up to the summit, before finally tracing a 2K undulating descent to the finish. I planned to go steady on the big uphill and try to push in the second half, as I've always been a better descender than climber. More on this presumption later.

By the time we hit open countryside, a gap opened between a group of four off the front and a chasing pack of about ten that included me. I worked with this group up to the highest point of the race. Looking at race photos, I think I hit the summit in 9th. At the halfway point, heading across the ridgeway, I was in a good rhythm. I felt strong, not too bothered by the sun, and with plenty in the tank for the second half. I stayed in the top 10 as the group thinned out, some runners having overcooked the climb, thinking, 'If I can get through the first descent, I'm going to do alright.'

A big if, as it turns out. As we rounded the ridge, I thought we must have gone the wrong way – it felt like going over a cliff. I was struck by a breath-taking view of a reservoir enclosed by steep hills. And, in the same moment, by breakfast-liquifying vertigo. I knew from the map that the gradient was between 40 and 50% for about 400m or, put another way, like descending the height of the HSBC tower



Hugh Balfour - Jack Ramm

over a lap of Crystal Palace track. But I'd not experienced anything like it, and my lack of prep showed. The guy I was following bounded away whilst I slipped and slid and generally Bambi-on-iced it. I lost around ten places by the time I reached the bottom where, to cap it off, I faceplanted into a bank of (pillowy) ferns. Annoyed at myself, I headed over to the next climb.

This was shorter, but steeper and rockier than the first, and some sections weren't runnable. I managed to gain a few places, in part because my poor descent had served as a bit of a breather. But these gains were immediately wiped out on the next descent. Whilst nowhere near as crazy as the first, the terrain was pitted and technical. It was a strange situation – I was feeling good but going backwards. I lacked the skills of the runners flying past me, not to mention the core and leg strength that kept them upright and handled the impact. There was plenty of bottle on display, too.



A final, short sting in the tail climb-wise, was followed by a more manageable descent. I held my position over the last mile, and came home 31st, humbled by the skills of the other runners and happy to have gotten round in one piece. Despite not doing great, I had a great time, and am looking forward to the next one with a bit more experience under my belt.

After a much-needed drink, I went back to the finish tunnel to cheer on Hugh. He burst out of the treeline, thundered around the last bend, and was a second away from picking up a place at the finish. It was great to see a huge kick close out the Dulwich showing. I believe we were the only London club with a presence, and Hugh's 4th in category is an extraordinary achievement.

I was blown away by the welcome the organisers, and runners from other clubs, showed us. More than one person made a point of coming over to say hello beforehand, and several runners chatted with me afterwards. "First southerner," one quipped. I also want to say a big thank you to my amazing parents who drove up with me from the West Midlands. Mum made a packed lunch (!) and bought Hugh and me a post-race ice lolly (!!). Thanks, mum!

# Vitality Hatfield Mile

11th July 2021

Lindsey Annable writes: The Westminster Mile had also moved its berth to Hatfield along with the 10km. Having participated in every mile since the 1st edition we wanted to keep the tradition going so signed up even though the timing wasn't ideal.

The organisers can't have consulted the diary as the usual 18,000 runners across both events were reduced to a lowly total of 1800. There must have been an important football match going on not to mention the men's final at Wimbledon. The event media spun a fine story of participants 'flocking' to the event. It was more like a series of small groups, at least for the mile! It was a shame as numbers for the mile have bloomed over the years from just under 2000 in 2013 to over 9000 in 2019. Normally it has a real festival feel.

The big bonus was that we were able to enjoy the stunning surroundings of Hatfield house in relative quiet. We had a lovely walk around the gardens to the house before we did our warmup. The house and grounds were very familiar to Barrie as he had filmed there many a time for productions like Taboo and The Favourite, but I had never been there before.

Another benefit of the reduced numbers was the absence of queues at the baggage and portaloos. I went to put my baggage in



and was directed right to the other end to follow the Covid compliant way-in. I said 'really?' and asked to come in where I was seeing as there wasn't a soul in there. They duly agreed.

We were entered in the adult wave of which there are usually four or five. This year there was just the one and there were pens for run, jog



and walk. These events are always a bit hit and miss in terms of who is in your wave. Despite the organisers best attempts to earmark this wave for adults, there were some family groups even though there were four designated dedicated family waves. Generosity of spirit is the mindset you need to adopt when you take part in populist events like this one.

The course started up a hill with a sharp left-hand turn at the top, a gentle slope down, followed by a long undulating stretch through a very pleasant tree-lined avenue. The sting in the tail was a sharp uphill of several hundred yards to the finish. Not the fastest course for a mile.

Barrie as ever had a strong run and soon disappeared out of sight. He was wearing an England shirt, just to be topical, and was given big cheers by the marshals. He told them he was doing a warm-up in case Gareth needed him. After all, Wembley was on the way home.

I really struggled with my breathing and had to reign in my stride a couple of times as I couldn't catch my breath. It wasn't quite a PW as I had jogged the 2019 event after several months' absence from running, but well below recent years.

We did have time for a quick coffee in the scantily populated activity zone which was blasting out some great music to sadly empty tables. However we didn't linger as we had a booking in an Italian restaurant to watch the said football match. Maybe Barrie should have been a substitute after all as he used to be a mean penalty taker in his time. Oops did I mention the 'p' word!

Barrie John Nicholls 07:17  
Lindsey Annable 07:43

left in the legs (the endurance part has gone completely...!!) I thought it was worth a go in the shorter track races.

Therefore on a boiling hot day I managed to run my slowest 800 and 400m times for 5 years but still managed to get a gold medal in both events (Mens over 60s age group). To be honest there were only 4 competitors in the 800m and 3 in the 400m - and a number of good runners were missing...!! However, you can only beat those there on the day and these were my first county champs victories so I will take that. I was surprised to see no other vets Dulwich Runners competing though - albeit there were some longer road races on that weekend.

**Gary Budinger**

400m	Gold	79.5 secs
800m	Gold	3.09

## Surrey County Masters Champs Kingston

Sunday 18 July

Having been out injured for most of May and June, and then locking my back after the vets AC 5k last Tuesday to the extent I could not sit up for 2 days I was beginning to wonder if it was worth me running in these championships (I hate self-pity.....). However, with a bit of natural speed



# Richmond Riverside 10km

17th July 2021

Lindsey Annable writes: As soon as this was announced as a Club Champs and being on the doorstep to me, it was a no brainer to enter. We noticed one other DR in the entries, but we were the only red shirts with two blue hoops on the day. Little did we know that lots of DRs had gone to the Battersea event which would have proved a better choice had we realised.

This 10km was held in conjunction with a 5km and started by Ham car park. We got there reasonably early and warmed up in the green and lush Ham Fields. Normally the 10km course was a single lap to Richmond then back towards Kingston before heading back to Ham. However a tree was apparently blocking the route, so we were forced to do two laps of the 5km route. This headed in the direction of Kingston before going right back towards Richmond and turning at a very narrow point on the towpath.



The route change had rather disastrous consequences with the course being extremely congested. In normal circumstances the two races start in opposite directions but this time they were run quite close together in the same direction. We made the mistake of starting off mid-pack and we were set off in small waves that hadn't been allocated by time. This meant we began to catch back markers even a few minutes in. Passing people, both runners and pedestrians alike, proved extremely challenging on the narrow path, particularly if pedestrians and cyclists were coming the other way.

Things got worse as the 5km waves started to come through. Whilst it was lovely to see a huge group of what looked like charity fundraisers in matching t-shirts for the 5km, many were understandably there for the social aspect too. Often, they were two or three abreast on the path which again compromised the space for passing. Thank goodness it wasn't a proper Club Champs where we would have been there en masse.

We both had below par runs as a consequence probably not helped either by the rising temperatures. The first few km felt really slow and by that point any hope of improving

on our last 10km times were long gone. Barrie also got attacked by a dog (fortunately not hurt) and I had to hurdle one to avoid being tripped!

Credit has to go to the marshals who had a difficult job fielding complaints from some members of the public due to the crowding. The race MC was also fantastic as she gave us a DR shout out every time we went past and at the finish, and even when we arrived.

The highlight of the day came post-race when we decided to take a dip in the river as it was so hot. There is a small jetty by Ham car park used by locals for kayaking, paddle boarding and swimming. We took off our DR tops and just went straight in. The water was wonderfully cool and refreshing. Afterwards we went up to the Harbour Hotel at the top of Richmond Hill for brunch. They have a very stylish restaurant terrace which rounded off the morning nicely.

The results came through very quickly and Barrie was pleased to be first V65. I was also first VW50 which lifted the gloom of an otherwise shocking result. Okay so the competition wasn't that strong! Amusingly the results also showed what your result would have been if you were 21-29 which was quite fun. Any older runner will wistfully look at their times of yesteryear hoping they can get close, so this functionality really played to that sentiment.

Whether or not it is scientifically rigorous who knows. Barrie had an impressive 41:21 which actually is close to his PB set when he started training more regularly in his 40s. It would have been quicker if he had had a clear run. Mine showed 47:59 which proved a bad day at the office given that my PB is 44:42 set in my late thirties!

Perhaps not the best course for a Club Champs. Whilst to be fair to the organisers, the proper 10km course would have proved more swift, just navigating pedestrians, cyclists and non-race runners was difficult and nigh on impossible in the narrowest parts of the course, let alone fellow race participants. Perhaps a race best kept if you want a pleasant run on a measured course, but you are not too worried about the time. Nonetheless an enjoyable day out in the end largely for non-running related reasons!

77	Barrie John Nicholls	54:47
92	Lindsey Annable	56:59
193	ran	

Gary Budinger, wearing luminous pink shoes, provided the third member of the Dulwich contingent. After Monday's rain it was enjoyable to run in summer conditions. My time was 11 secs down on the night before and all down to slowing in the final kilometre. - Mike Mann

Mike Mann	23:32.59
Ian Sesnan	24:37.94
Gary Budinger	25:43.94

very quickly dehydration set in and it all went badly wrong. Just under 8 min miling drifted out to 9, 10 and then 11 min, and my legs wouldn't work. The big finish was described as "just like Bambi learning to walk at the beginning of the film" when I staggered over the line to be caught by Martin to prevent me from collapsing.

Colin went off 20 min after me, at a sensible steady pace and cruised round waving to his many fans, and was very satisfied with his run.

**Steve Williams**

691	Steve Williams	54:51	10th	MV65
773	Colin Frith	56:10	30th	MV60

# Vets Ac 5k, Battersea Park

13 July

For Ian Sesnan and myself this was our second 5k in 2 days.

# Grimsby 10k

18th July 2021

An event known for it's fast flat route this normally has 4000 runners, but this year was reduced to 2000 to space everyone out in a very efficient rolling start. Colin Frith, Martin Morley and I were all due to start this, but Martin couldn't, which did come in handy later on. It felt odd to be walking to the start whilst runners were racing past you in the opposite direction having already started in earlier waves, and we were then to finish before others started. The temperature was rising as I started first, it peaked at 29c and I was moving along nicely for the first 3m when

# Sri Chinmoy 10k

17th July

Ed Chuck

It's a great shame that Kipchoge ended up not belting round the inner loop of Battersea park for his Sub 2 feat – in my experience there is no quicker course. On Saturday 19 (I think) DRs yawned, rolled out of bed, (hopefully) ate some breakfast and headed down to the inner loop for four laps and an 8.30 start.

The temperature was warm but not hot, and with tree cover some relief was provided. The race went off in four waves, something like 30s apart, to avoid too much bunching.

If I've done my maths right, there were 10 PBs, which is a pretty darn good return. Tom South improved on his 10k time by 33s, running a well-paced 33:20 which would put him within the top 25 v45s over the distance in any of the last 5 years. Martin Belzunce was not in PB shape having had recent hamstring issues, but after a slightly too fast start made the sensible decision to rein things in, and came back over the final 3k to come home in 38.09. Joe Farrington-Douglas found himself in the wrong wave, and while this caused him to start off rather fast and to cling on over the final few kilometres, a strong kick brought him home with a 1s PB in 39.30.

Chris Cooper was next home in 41.08, slashing 78s from his previous PB, running a sensibly paced race and leaving his fastest kilometre for the finish. Just behind him there was some good packing, with Chris Nunn (41.20), Ed Simmons (41.33), and Aleex Bazin (41.36) all finishing within 16s of each other, with Chris and Ed both bagging PBs, and Alex finishing 4s outside his.

Hugh French was a minute back in 42.46 with (as far as I can see) a time which broke his previous best from 2014 by a stonking 2 mins 15s. David Benyon followed 10s later (42.56) but alas Runbritain has failed me and I don't know where this ranks in the list of David's runs (sorry!).

Yvette was first woman home in 43.24 with a metronomically paced run (with a strong 200m to the finish). Tom Poynton (43.32) was a few seconds further back in his first race for two years. Clare Norris continued her good form since events have restarted with another PB of 44:06, shaving 9s from her previous best. Michelle Lennon was next to cross the line in 44.27, broadly in line with her 5k result from last month.

There was also a PB for Emma Kelly (44.42) who cut 15s from her previous PB from last month, and adopted the sandwich approach of her fastest kilometres being her first and last. Final finishers were Jenny Bomers (52.08) another PB, and some 1 min 15s quicker than her previous best last year, and Claire Steward right behind her (52.10) with her best 10k time since 2018. Both Alice Williams and Ebe decided sensibly to duck out when not feeling at the races.

I say sensibly, because on Friday 9th I turned up at the Walthamstow track with designs on lowering my track 10k

**Claire Steward adds:** Returning to Battersea Park for the third time in six weeks I wasn't sure what to expect of myself. On 7 June I laid down a benchmark 25:45 for 5k, then two weeks later recorded a DNF dropping out after approx 3k (heat, pollen, plane tree seeds, blah blah etc). As previously, we were sent off in four waves, 30 seconds apart with Dulwich represented throughout. Setting off steadily I found myself tucked in behind Jen and after one lap I was determined to stick with her for as long as possible. Luckily for me I hung on all the way to the

time, in the wake of improving 5k times on both track and road in May. Despite having plenty of company from strong runners, who were willing to share the work, I found trying to tick over at 75.5s lap pace extremely mentally difficult, and despite getting to c.7k without lap times falling, I didn't feel capable of ticking off the remaining 8 laps without completely burying myself. All in all I felt a little despondent – the speed hadn't felt as "easy" as I had hoped, and I hadn't had the grit to push on through either.

Cue Saturday, and I was already making my excuses – 8.30 is too early to run properly/ I'd missed three days of running



Alex, Hugh, Alice, David, Claire S, Martin, Tom S, Jenny, Ebe, Emma, Clare N, Yvette, Joe, Ed

in the week / it was too hot, etc. In my head the goal was to finish and to duck under 32 mins, rather than to aim for something consonant with progress over 5k.

Anyway, the race started and all that went out of the window. I found myself in a group with Nick Bowker (2.24 PB for marathon), and Nick Torry and a couple of others, and through the first mile the pace didn't feel too bad. I've always found that Battersea is prone to GPS errors, so I wasn't looking much at my watch, trying instead to gauge effort by my breathing vs everyone else's breathing.

The second mile came, a couple of chaps fell away, and then we were through 5k in 15.45. At this point I was assessing how much I wanted to stop – would I want to stop at 4 miles like the week before, or could I get a bit further to bring the finish mentally in sight? Nick Torry fell back leaving other Nick setting the pace. I felt ok but couldn't do anything to push the pace, so just held on.

The 4th mile passed and I didn't want to quit, which meant that there was just the final lap to negotiate. Nick Bowker pulled away at the start of the 4th lap, and I couldn't quite hold on – wanting to get to the end in one piece. Into the final kilometre I started to make a little headway, but Nick held on (which was only fair, as he had done all the hard work!), dragging me through in 31.25 (29s PB).

I don't know the reason why this week was easier or better than last week, but I think I'm learning that sometimes quitting is the best thing to do – I wouldn't have been able to run on Saturday had I tried to persevere the week before. I used to always try to finish every race, and have dragged my cramping calves through 4 marathons, 2 halves, and through the XC nationals. I suppose sometimes we should listen to our bodies, and stop, if that's what they are telling us to do – there's always another race!

finish, less lucky for her to know that I was just behind her although afterwards she graciously said that it was fine as I had pushed her to a PB.

Really pleased with my result, 52:10, first (and only) FV60, and great to see my nemesis from West4, now an FV70 close behind after a succession of injuries. Following coffee in the sunshine I set off to jog back to Dulwich. After 4 miles I'd had enough of the heat and tired legs, and strolled through The Village and across Dulwich Park.



# DULWICH RUNNERS KIT

- Vests £18 each
- T- shirts short sleeved £20 each
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- Socks £5 pair
- Bufs-snoods £6 each



**DULWICH RUNNERS' SHORTS** - All sizes available  
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## 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 Summer Map 7

15.1km / 9.4 M  
 10.9km / 6.7 M  
 7.4km / 4.6 M

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

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

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

All maps on Strava (you don't need an account)  
<https://www.dulwichrunners.org.uk-wednesday-night-routes>