



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

DEADLINE 17:30 TUESDAY

Wednesday runs from the clubhouse carpark & Tuesday speed work at Dulwich College.

There are no changing facilities open yet but there is an inside bar for post run drinks only.

In your SHORTS this week !

- 1 General information
- 2 Fixtures & training
- 3 Club championships 2020/21
- 5 Race reports and results
- 8 Club kit
- 10 Wednesday night run map.

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

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Edward Alleyn Clubhouse



Our Wednesday club runs and Tuesdays speed sessions are all taking place and with further relaxation on restrictions expected to come into effect on July 19th we have been told, subject to confirmation, that we can also expect our clubhouse to be fully operational - toilets, showers, changing facilities and bar all available for Dulwich Runners to use from then on.

Therefore as of Wednesday 21st July we plan to reintroduce the £1 Wednesday night

running fee that is to be paid by members and non-members alike each time you run. We will not be accepting cash, but will be using iZettle the contactless payment system that we have been using at Tuesday sessions.

PS: Because of tomorrow's Euros match all the tables in the clubhouse need to be booked but we have been given two tables for twelve of our members. The bar will still be open to use even if not sitting upstairs watching the match.

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

Dulwich Runners Committee Meeting Notice Wednesday 14 July 2021

Club Secretary, Yvette Dore, writes:

The Dulwich Runners General Committee will meet on Wednesday 14 July at 8.30pm after the Club Run. If there are any items you would like to add to the agenda for the Committee to discuss, please submit them to me by midday on Tuesday 13 July.

The first meeting of the new Committee took place on Thursday 6 May. The meeting was chaired by Ange Norris, new Co-Chair, and attendees included new Committee members Kay Sheedy, Joint Women's Captain; Michelle Lennon, Social Secretary; Ryan Duncanson, General Member, as well as our new Honorary President, Chris Vernon.

The meeting was also joined by Sue Vernon who brought an item on how the Club can support blind and visually impaired runners to the agenda. Sue proposed investigating the process for training a member to be able to run as a guide, which the Committee was very keen to pursue.

Agenda items included how the Club can support better diversity and inclusion, as discussed at the AGM, and it was agreed to form a Sub-Committee to take this forward.

The Committee heard that the resumption of training sessions after the easing of Covid restrictions has been successful with sessions on Tuesday and Wednesday proving popular and well-attended. Initiatives to ensure the Club welcomes runners of all levels were discussed.

Following a year of so few opportunities to race, the strategy and selection of races to create as much flexibility as possible to enable and encourage as many members as possible to participate in the Club Championships was agreed.

Having been put on hold due to Covid restriction, plans to mark the Club's 40th Anniversary - now our 41st - were also discussed, and will be taken forward by a 41 Sub-Committee.

Please send any items for the Committee to discuss at the next meeting to secretary@dulwichrunners.org.uk by midday on Tuesday 13 July.

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: ebepri1@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

Wimbledon Park Stadium

Two race events at 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. The Hercules Wimbledon 5K festival on August 7th
5000m track race event that will not 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. Those interested please contact Mike Mann mcmann90@yahoo.co.uk
Further details on timing and the number of seeded races to follow.

Club Runs & Training Sessions

Wednesday Evening Club Runs

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.

NOTE: £1 club run fee for members and guests is likely to be reintroduced from Wed 21 July when we expect the clubhouse to be fully open again, showers, toilets

and bar, tbc near the time.

The groups are as follows.

sub 7 min mile pace led by Tom South
thomas_south@hotmail.com

approx 7.30 min mile pace led by Gower Tan
gower.tan@gmail.com

8-9 min mile pace and slower groups led by Ebe Prill ebepri1@yahoo.co.uk
Mike Mann mcmann90@yahoo.co.uk

Tuesday Evening Speed Training

At Dulwich College track and fields on College Rd. - We have two groups, one starting at 6 pm and one at 7pm. These sessions on grass and track are for all members and suitable for all abilities and include 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

If interested, just turn up on the evening. Any queries, contact Mike Mann at mcmann90@yahoo.co.uk

Thanks to coaches Katie and Anna who've set and led sessions, also to others who have stepped in to lead groups.

Sunday Runs

All members existing and new, if you'd like to do 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

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

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

If interested in any of the above check details 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

2021 CLUB CHAMPIONSHIP AND 5K/10K LEAGUE

2021 CLUB CHAMPIONSHIPS UPDATE

Provisional details of the 2021 club championship programme were issued at the end of last year, and have been published in Shorts. 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.

The closing date for all races is 30 November.

NOTE: Results of all races chosen should be on Power of 10 in order to count

Some updated information on events below.

- Entries for the Battersea Park races have been open since late April, but are filling up fast.
- 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.
- 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.

- Any of these Regents Park races will count.
- 'It's unlikely the Soar Mile will go ahead. The Mark Hayes mile will be held as the club champs mile (see below) but any other track mile will count.
- The Big Half 22 Aug will be a club champs race, but other 1/2M's can be used as an alternative.
- 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. If you want parkruns at alternative dates and at venues other than Dulwich to count, you will need to submit your results.

The provisional programme for this year.

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

5km - Sri Chinmoy Battersea Pk series (any 2 races in the summer series) <https://uk.srichinmoyraces.org/races/london>

5M - Second Sunday of Month 5M trail race, Wimbledon Common any month (any 2) <http://secondsunday5.com/>

10km - Various 10k races in Regents Park or Richmond Riverside 10k (any 2 races)

1/2M - Big Half 22 August (or alternative)

Marathon - London 4 Oct (or alternative marathon)

Parkrun - Dulwich, suggested dates 18 Sept, 30 Oct, and 6 November.

DR 2021 Club Champs League

We have 2 leagues set up on Opentrack until the end of June. (Assuming we will be able to run normal races again by then - tbc)

We are trying this as part of the Club Champs 2021 whilst we can't do actual races.

You can upload your own run - run by yourself or with one other person

Any result from a virtual race

Any result from a 'real' race. If you prefer to use the result from the race, rather than your garmin, you will need to inform us for the time to be included in the league.

Enter as many times as you like to try and improve times.

'5k and 10k League'

Any races over these distances completed in the first 6 months of 2021, whether traditional races, time trials with starts in waves or virtual races will count towards these.

NB Each time you enter over-writes all previous entries. To enter go to - <https://data.opentrack.run/en-gb/x/> and search for Dulwich Runners.

You will find - Dulwich Runners 5k League 2021
Dulwich Runners 10k League 2021

It has details of how to enter and upload your runs.

5k League results

M45	Tom South	15:50
M35	Shane Donlon	17:44
M50	Grzegorz Galezia	18.01
M55	Ebe Prill	20:54
M60	Gary Sullivan	21:19

10k League results

M50	Grzegorz Galezia	37.05
M55	Ebe Prill	44:20

Shorts will publish a monthly league table for the two distances. This league will be separate from the main club champs. We intend to use Opentrack for time trials and official times for regular races. Further details to follow.

This is a reminder to all those who haven't yet done so to submit your times. The 5k league runs until the end of June.

Adidas shoe trial - Wednesday 14th July

Another chance to try out a range of new Adidas shoes for our clubrun Wednesday 14th July, courtesy of Emma Watts, Adidas running coach who will be at the clubrun from around 6:40pm with the shoes.

Please use the following link to select your choice asap: <https://forms.gle/DrF3NhVqZjMCmhXM7>

Adios 6

A traditional racing flat. Using the latest midsole foam technologies from Adidas the Adios 6 is perfect for those who prefer a low stack racing shoe. The midsole is a combination of Lightstrike in the heel and Lightstrike Pro in the forefoot. Sitting between the midsole and continental outsole is the classic torsion system as seen in previous models to create a more responsive stride.

Boston 10

The brand new Adizero Boston 10 takes a leap from traditional racing flat into the high stack racing shoe market. There's a carbon heel plate to stabilise the foot as you land, combined with glass fibre rods to aid heel to toe transition and create a snappier toe off. The main component of the midsole is a mix of both LightstrikePRO directly under the foot, for a soft and responsive landing/toe off, and Lightstrike in the lower half providing some firmness.

Adios Pro 2 (very limited availability)

The Adios Pro 2 is the fastest long distance shoe ever developed at Adidas, and has been breaking records on the road since its release in September 2020. The midsole foam is Lightstrike Pro, the lightest and most responsive foam we've ever created. This is combined with a carbon plate in the heel for stable landings and carbon rods in the forefoot. The shoe features a super lightweight Celermesh upper and continental rubber on the outsole for fantastic grip and traction.

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 talked about being more inclusive at our AGM. We have also had lots of new joiners and some people are newish to running, which is very different to being new to DR but not that new to running.

To be honest this is also a fab opportunity for all you lovely 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 they will be slow. Basically, you take your lead from the people in your group if you are volunteering to support the new to running folk. This may even, on occasion, entail walking.

The rota is https://doodle.com/poll/5mssmfhibg5qr98p?utm_source=poll&utm_medium=link

Please add your name on the left and click on the Wednesday for which you would 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 beautifully 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 for the club. We're going to review how this is going at the end of the summer and take it from there.

On an admin point: I am using Doodle poll to run the rota, simply because this is a tool I use to run a different activity. We successfully use it to get maximum amounts of Ultimate Frisbee for minimum admin and I am aiming to apply that here.

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

Inclusivity and Diversity Working Group

Following on from our discussions at the AGM, we have set up a working group on inclusivity and diversity,

I'd therefore like to invite anyone with an interest to contribute their views. You can do this either by dropping me a line at tpoynton@hotmail.com or in person after the club runs on Wednesday 7 July (tonight!) and 28 July. I would very much like to involve as many club members as possible in what will be an ongoing discussion which should hopefully lead to even more people benefitting from what the club has to offer.
Tom Poynton - Welfare Officer

Race Reports & Results

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

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

North Downs 30k

27th June 2021

Just Two days before the Mark Hayes Club Mile i took on 30k of hills, gates to open, cows to dodge, knee high grass, gates to climb and lots of dogs to avoid, it did however deliver on every single pre race promise of beautiful countryside/ stunning scenery, well organised but very painful!

£26 entry did however buy you a finishers t and medal with a very much needed slice of Victoria sponge cake at the finish. Course was well signed with water available every 5km.

509 runners finished the race which had an elevation gain of 493 meters with the biggest incline (see photo) of 177 meters

34 Kevin Chadwick 2:21:16



Southern Vets League

7 June

Official results are now available for this track meeting at the Millennium Stadium, Battersea, where Ola and myself were competing for HHH. Our 1500m times were broadly comparable with those achieved in the Mark Hayes Mile, adjusting for distance.

400m Mike Mann 90.2
1500m Ola Balme 6:22.4
Mike Mann 6:28.4

The Oysterman Triathlon Whitstable

Sunday 4 th July 2021

By Mike Dodds

Clare returned to another triathlon haunt, Whitstable this time, where in 2015 she did the inaugural event. This is the fourth occasion she has done this relatively low key, friendly sprint race. The advertised distances were all reasonably accurate, for once. The 500m point to point sea swim was with the current in a westerly direction, the sea was calm, felt warm, and Clare arrived on the beach before I was expecting her. The long transition went up the slope to Tankerton and on to the bike stage. This was a 20km route, a slightly inland, undulating loop via Herne village and back to the coast. The light rain started towards the end of the bike course, making some of the tight turns a bit scary.

The rain was welcome on the 5km run, though, which took in a combination of the parkrun and Whitstable 10km courses, for those DRs who are familiar with both or either. Clare's times are gradually improving for her run split and she was just under 28mins, all adding up to a pleasing performance. This was reflected not so much by her first place in a field of 3 in the over 60s women, but her time would have given her second in the w50-59 category (out of 11), just as she was in 2017 after winning it in 2016. The winner of this category was actually Suzannah Kinsella racing for Tunbridge Wells Tri Club.



Clare and Suzannah thoroughly enjoyed their races, the support of Lloyd and Mike, and being finished before 9am!

Clare Wyngard: 1.27.34 (510m swim – 11.08mins; 19.66km bike – 43.19; 5km run – 27.52)
Suzannah Kinsella: 1.18.32

Blencathra Fell

Race 8.1 miles

2707 ft ascent

How not to do fell running

“Has anyone got a compass bearing?” That is not what you want to hear in the middle of a race; because, yes I was in a group 15-20 other idiots, lost in 100 yard visibility, trying to find one of the biggest mountains in the Lake District.

This was the second race in the English Fell Championships, and after Ennerdale three weeks ago, I had hopes of a good run, but in the event it turned out to be a catalogue of mistakes and near disasters. First mistake, having bacon and eggs for breakfast. The friends I was staying with in Carlisle are so kind I couldn't resist the offer, but a cooked breakfast had once made me throw up in a Surrey League race, so I knew it wasn't wise.

Secondly there was a near disaster. Having registered and picked up my number and timing dibber, I jogged to the start half a mile away to warm up. Twenty minutes before the start, I checked and to my horror found I had lost my dibber and lanyard! This resulted in a sprint back to the registration to try and find it. When that failed, Martin Stone who runs SI Entries kindly gave me another one with strict instructions to find it after the race. (I did find it). I got back to the start with a couple of minutes to spare. Not ideal preparation, but at least I was well warmed up!

The course was a circular route over three mountains, Bowscale Fell, Blencathra, the high point at 2847ft (868m) and the much lower Southern Fell. The start was 200 yards across a flat “field” of tussock grass and bog before we began the climb up Bowscale Fell. Immediately there was a route choice: the steep longer route or the brutally steep direct line. I choose the latter, but it meant that when I got to the easier runnable ridge my legs were shot and I didn't feel recovered for another mile until past CP1 on the summit of Bowscale Fell.

The second mistake was just wearing a vest. Once we got onto the Bowscale ridge at about 2000 ft, the rain (had I mentioned it was raining?) and wind made it very cold, and so I lost places fighting to put on my waterproof. The first mistake then then caused me to

throw up at the top of the fell; more time lost.

By now I was with a group of 15-20 runners as we headed across flat moorland towards Blencathra. After about 10 minutes running I started to worry that there were no stud marks on the path. A few minutes later we came to a large cairn which I realised was the summit of Bannerdale Crag – the wrong mountain. We stopped a few hundred yards after this summit and started to look at our maps and wonder where we were. A break in the clouds enabled me to spot where we should be – a col about half a mile away. Some of the group set off in the other direction and five or six of us headed for the col. This really was race over. I had made the classic mistake of following the crowd instead of following the compass – there is a sermon illustration here!

When we reached the col, there was a group of runners wearing high vis whom I realised were the sweepers. Joy of joys we were at the back! But at least the back was on the course again, albeit about 25 minutes behind were we should be.

We now had a tough 800 ft climb through the clag (fell running slang for low cloud) to the summit. A long descent followed during which most of the guys who had followed me up the mountain overtook me – south London doesn't provide a lot of opportunities to practice descending!

The final fell – Southern Fell is quite gentle by comparison – a grassy whaleback ridge, mostly runnable. But (and there is often a “but” in fell running) we had to get from the last checkpoint to the finish which involved a brutally steep 400 ft descent on wet grass. I fell over a couple of times. The first causing me to slide about 10 feet – I contemplated finishing the descent on my bum. The second fall felt much worse as I felt my right knee twist and for a moment, I thought I would be crawling with the finish in sight. Fortunately, after a few tentative steps I got running again, crossed the beck and literally staggered across the finish.

This may not have been the worse race I have done, as I ran reasonably well given that I did an extra mile of rough country, but it was far and away my worse position. It was very disappointing but shows some of the pit falls of fell running – navigation in bad visibility can be as important as being fit. Hopefully I can salvage something from the next race in two weeks.

297 Hugh Balfour 1.59.04 (10th M65)
(314 finishers)

Mark Hayes Mile

Tuesday 29th June 2021

Ange Norris writes...this event is held in memory of Mark Hayes who was a member in the nineties and held the mile club record. (I'm reliably informed by Steve that it was 4.41 on the road in 1994.) After his early death, many members have kept in contact with his wife, Karine, and their 3 daughters who come to this race each year. It is a free to enter race but we hold a collection for Karine and family.

What a great evening of competition! There were several DNS (football, covid and other reasons) but we had 52 runners spread over 6 races with several children in the first race. Without pre registration for the children, I unfortunately don't know all their names. We were blessed as the rain held off so there were plenty of supporters for each race and people celebrated together at the end. It was exactly what members wanted – an event where they could try out their racing legs and meet up with other members.

Thanks go to everyone who helped on the night, a massive thanks to Mike for organising it and to those who bought food to share at the end. I had one of Christiana's home made cookies that was delicious.

The race seeding worked well with only a couple of changes on the night and races 6 and 7 being combined due to some members not being able to come.

Race 1 – This race featured Becca who is new to the club and even more new to racing, and John who was making his comeback after 23 years. Apparently, his last race was 800m at Dulwich track. Becca told us that this was her first race since the egg and spoon at school! It was also great to see Stephanie running her first race post having covid. Jack Ramm was asked to pace this at 7.30 mpm but very soon this was seen to be a conservative time for the pack. Jenny took it on from the start and led for the whole race. John had a steady start but then changed pace dramatically and a sprint down the home straight saw him very nearly grab the win. Emma and John had the same time but Jenny was top of the podium. Karine wanted to beat her time from

last year and hopefully finish sub 7.30. She certainly did that!

1. Jenny Bomers 7.08
2. John McGlashan 7.08
3. Karine Brissy Hayes 7.16
4. Becca Davis 7.18
5. Stephanie Burchill 9.58

Race 2 - Another race with both relatively new members and long standing members. It was very competitive with quite a bit of changing of position and some close finishes. Jack paced again which was really appreciated by the runners. James and Neville worked their way through the field to take first and second place respectively. Naomi said afterwards that she was spurred on by a close race with Catherine and Steve.

1. James Rimmer 6.19
2. Neville Webb 6.22
3. Katie Styles 6.23
4. Katie Smith 6.31
5. Catherine Buglass 6.36
6. Naomi Crowther 6.37
7. Steve Williams 6.40
8. Ola Balme 6.45
9. Mike Mann 6.52
10. Sonja Jutte 6.59

Race 3 - Again paced by Jack, this was the biggest race of the evening with people running in lane 3 at times. Rob was a clear winner, while Emma and Chris paced it well to come through to take second and third respectively.

1. Rob Meadows 5.56
2. Emma Kelly 5.58
3. Chris Cooper 6.00
4. Ebe Prill 6.03
5. Clare Norris 6.05
6. Yvette Dore 6.05
7. Arthur Coates 6.07
8. Christiana Campbell 6.14
9. Cameron Timmis 6.21
10. Eleanor Simmons 6.24
11. Michelle Lennon 6.28

Race 4 - Ed had a determined run but unfortunately dropped back and the win was taken by new member Michael, with a fast finish down the home straight. Again, there were new members showing good speed; Stephen and Vicky, raced hard for 4th and 5th, as did Madison who took on the experience of Andrea and Alex.

1. Michael Nogas 5.35
2. Justin Siderfin 5.38
3. Chris Nunn 5.39
4. Stephen Trowell 5.44

5. Vicky Jessett 5.45
6. Ed Smythe 5.49
7. Alex Bazin 5.55
8. Andrea Pickup 5.55
9. Madison Newey 5.56
10. Tom Poynton 5.58

Race 5 - Mike, presumably recovered from his very impressive 100 mile race only a couple of weeks ago, showed he hasn't lost his speed and ran at the front with the others spread out down the track behind him. It looked like Mike was going to take the win but Lloyd had other ideas. From back down the track in 4th place he accelerated on the last lap with an impressive sprint, to take the win by 4 seconds. New member Rupert has only recently started regular training, but paced it well although would have had a closer race in race 3.

1. Lloyd Collier 5.18
2. Mike Williams 5.22
3. Tony Tuohy 5.23
4. Grzegorz Galezia 5.24
5. Matt Cooke 5.35
6. Rupert Winlaw 5.47

Race 6 - I was told afterwards that this race started slowly, but this wasn't obvious at all to the spectators! Jack benefitted from this as, having been running with Ben for most of the race, he was able to give a kick in the last 100m and win with a three second margin. Tim found himself between two groups and finished strongly ahead of the fight for 4th place. It would have benefitted Joe and Kay to have had enough people to keep the two races, but they ran together until the last 200m when Joe managed to pull away.

1. Jack Ramm 4.36
2. Ben Howe 4.39
3. Tim Bowen 4.43
4. Fred Bungay 4.47
5. Hugh Stobart 4.47
6. Jon Phillips 4.48
7. Will Cole 4.56
8. Kev Chadwick 4.59
9. Joe Farrington Douglas 5.12
10. Kay Sheedy 5.17

With the flexibility of races this year in the club champs, points will be allocated later according to position and category. As first man and first lady, Jack and Kay were presented with their trophies by Chris Vernon in his role as honorary president. Thanks again to Mike for organising and all the runners, helpers and supporters. There are some great action shots and videos on Facebook taken by Jonathan.

Bewl 15, Wadhurst

4th July 2021

Barrie last did this race in 2019 and as he crossed the finish, he was handed a spot prize of a 'golden ticket' entry for the next race which happened to be its 21st anniversary. Of course we all know what happened to races in 2020 so miraculously Barrie managed to keep and find the free entry form for this year's race. He was keen to run it as part of his London Marathon build-up although 15 miles was somewhat over distance for where his training is at. The timing wasn't ideal either as we had just been away for a few days but sometimes you just have to go with it.



This year a rolling start was promised to avoid crowds and the generous allocation of an hour within which to start took the pressure off arriving at Wadhurst at a certain time. We decided to arrive so Barrie could start before 10a.m. and his

strategy was to warm up on the course, given he hadn't run this sort of distance in while.

The course takes in a lap of the beautiful Bewl reservoir and winds its way through leafy wooded areas which makes for a really scenic run. Contrary to what you might think the course is pretty undulating, as it doesn't always hug the very edge of the reservoir.

This year the organisers had advised trail shoes as it was

muddy – we thought 'how muddy can it be?' so Barrie donned a pair of oldish road shoes. That turned out to be a huge mistake. Mud was in abundance (Sonja – you would have loved it) and in some places the pathway was completely waterlogged, meaning dextrous balancing on logs and verges was required to get past the water. Fifteen miles is too far to run with wet shoes!

I needed a longish run so joined Barrie for a few miles on part of the course before turning back and so shared in the experience of slippery, muddy conditions – and in road shoes too! Barrie said things got even worse further round the course and he was slipping and sliding over thick clay, astoundingly just managing to stay upright. The organisers said the conditions were the worst in the race's 21-year history. There were a fair few grumbles on course with one exasperated runner saying 'I didn't sign up to this!' as Barrie skated past.

Barrie's plan was to take the run easy although he didn't have much choice given his shoe selection and he was proud to have completed it in such testing conditions. As we had started after 9.30a.m., we missed seeing the DR trio who all looked to have had fantastic runs. We headed into Tunbridge Wells afterwards for much needed refreshment. We had a walk around the Pantiles but avoided anything that looked like the slightest hill. Our legs were protesting far too much.

- 71 Yvette Dore 2:07:27
- 97 Michelle Lennon 2:12:26
- 106 Lucy Pickering 2:13:10
- 415 Barrie John Nicholls 3:20:06
- 470 ran



DULWICH RUNNERS KIT

- Vests £18 each
- T- shirts short sleeved £20 each
- T- shirts long sleeved £22 each
- Socks £5 pair
- Bufs-snoods £6 each



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



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



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

Socks only £5



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



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

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

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



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces & hoodies. Just click the link to the Dulwich Runners shop and purchase directly. <https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html> any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket

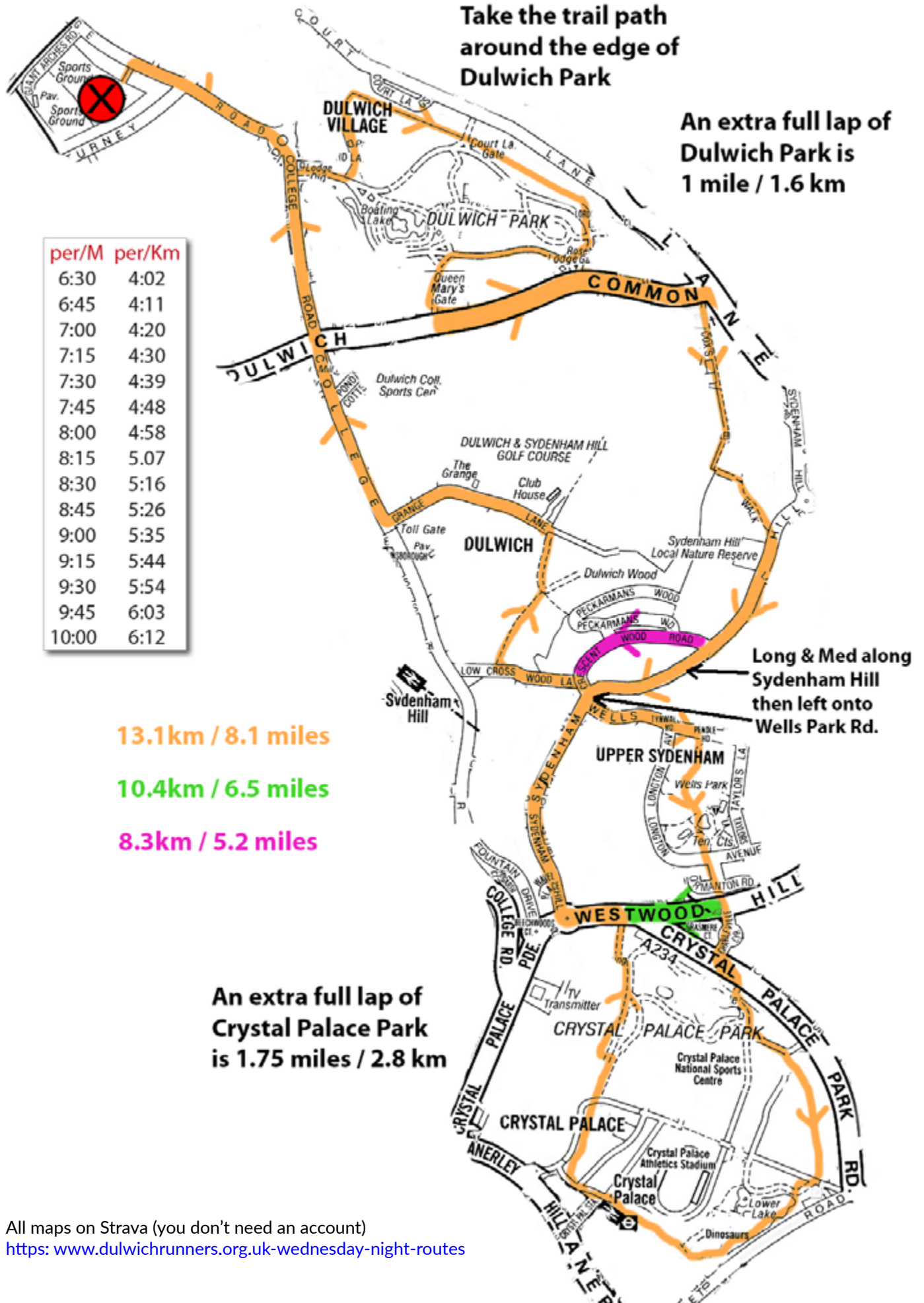


Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer Map 5



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