

SHORTS



Dulwich Runners AC
Weekly Newsletter
June 23rd 2021
www.dulwichrunners.org.uk

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

DEADLINE 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
- 7 Club kit
- 9 Wednesday night run map.

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

Like us on Facebook @dulwichrunners

Connect with us:



Good News !

All club runs & training in full swing...



Our Wednesday club runs and Tuesdays speed sessions are all taking place.

Although the clubhouse is not fully open, the

bar is for post run drinks only.

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

Due to the ongoing COVID restrictions we are postponing the park run and bbq that were planned for the 3rd and 4th of July.
Please watch out for new dates.

DULWICH RUNNERS 2021 FIXTURES

When races restart and we have a proper fixture list it will be here

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

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: no £1 club run fee for now, no changing facilities but inside bar is open for post run drinks only

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 ebepri11@yahoo.co.uk
Mike Mann mcmann90@yahoo.co.uk

If you are unable to register, or show any Covid-19 symptoms in the days after your run contact Ebe and Mike: ebepri11@yahoo.co.uk - 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

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 ☺

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.

Mark Hayes Mile, Tuesday 29 June 7pm

A series of races held in memory of Mark Hayes who was club mile champion back in the 1990s. It will be used as a club championship event this year.

Race order

1st: 7.00 min mile+ runners starts at 6.45pm.

2nd: 6.30 - 7.00 min mile start at 7pm

Then: 6.00 - 6.30, 5.35 - 6.00, 5.10 - 5.35 and sub 5.00 pace races starting at roughly 10min intervals.

Do not to wear club vests.

Arrive in good time from 6pm onwards to register, collect numbers and warm up. Start lists will be available on the night. We will need volunteers to help with set up, timing etc.

Awards will be presented to the winning man and woman. Bring food and drinks for a picnic afterwards.

There is no track fee but there will be a collection for Karine Brissy-Hayes and her family (card payments only). To take part contact Mike Mann ASAP mcmann90@yahoo.co.uk with your predicted time.

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.

John Clarke Memorial Fell Race

Friday June 25th 8pm

This low-key event organised by Orion Harriers is billed as the only category A fell race inside the M25 (indeed the only race that claims to be "fell" inside the M25!). I did it two years ago and it is an excellent short race, only 3 miles but with about 900 ft of ascent, all off road on the edge of Epping Forest. Entry cost £3 and is done on the night at the Orion Clubhouse. It is easy to get to as the clubhouse is about a 10 minute walk from Chingford Railway Station.

If you have never tried fell running this is a really easy introduction. Unless we have had lots of rain you can get away with trail or even road shoes. I plan to do it, if I can still walk after Saturday's race in the Lakes!

For more info contact hugh@christchurchpeckham.info
Hugh Balfour

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

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

To find out more - 07506 554004, or an email: www.hernehillsportsmassage.co.uk

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.

SDW100

Michael Williams

Last week I found out that running a 100 miles off-road with over 11,000ft of climbing is a big undertaking. Chucking in the 30-odd degrees we had for most of last Saturday, I also discovered the SDW has minimal tree cover but it does have nice wide white chalky paths to radiate the sunshine back at you.

However I was in great hands with help from my fabulous wife Alexie and her brother Simon to fuel and pace me for the last 50 miles. Although they're also runners, it was still a big ask for them to do nearly 25 miles each running alongside me whilst still pandering to my needs.

The relentless heat took its toll on the rest of the field too. Out of 433 starters in Winchester, 125 dropped out or failed to make the 30 hour time limit.

I had a few wobbles myself during the day; the first came after 30 miles as my legs and feet were hurting and the rising heat was making me flake. With only a third of the distance done, I seriously doubted whether I could ever get to the finish.

However, with suffering comes enlightenment. I managed to dig myself out of the negative mood with a bit of music from my mp3 player. Before I knew it, I was flying down the next hill with a huge smile on my face; the leg pain had vanished and I was on cloud nine! Alas, the high didn't last long but it reset my chances with renewed vigour.



Later on in the race, we saw the most incredible sunset when climbing from Southeast near Newhaven. The head torch went on for the descent into Alfriston and with only one climb left from Jevington, I could smell the finish line. By this point, several pain barriers had already been broken and I was praying for this damn race to be over.

I reasoned there was only one way for the suffering to stop, and that was to get to Eastbourne as soon as possible. There was no way I was going to quit!

I crawled over the finish line at East Sussex College track at 11:40pm in a time of 18hrs 37mins; 11th place overall.

The last 30 or so miles had been an even bigger effort than the 30 before that, or even the 40 back in the morning sometime (it feels like a lifetime ago now). My whole body screamed at me every second to stop this lunatic activity and just lie down on that lovely patch of grass over there.

Thank you all so much for all your generous donations to Variety. It gave me the extra kick I needed to push on to the finish, and to tick one more challenge off from my bucket list.

Southern Vets League

21 June

Ola and myself competed for HHH on a cool blustery evening at Battersea track. I was allocated the M60 400m, which is outside my comfort zone. Although my time of 90.2 was predictably slow, a lap slightly faster than my 800m speed proved to be a good warm up for the 1500m immediately afterwards, which I completed in around 6:30 (official time tbc).

Ola, competing in the women's 1500m, had a solid race, in probably a slightly faster time.

Mike Mann

Sri Chimnoy Kangaroo Hop 5km

Monday 21st June

On the longest day of the year, 21 Dulwich Runners headed to Battersea Park for the latest of the Sri Chimnoy 5km series. The weather conditions made it hard to believe it was the height of the British summer, with cool damp conditions, with a slight breeze. With the trees surrounding the course, the wind wouldn't effect the runners, while the days rain helped keep the pollen levels down, which can make conditions tougher here on hot days.

First in for the club and finishing 7th overall was Tom South. My legs were feeling a bit heavy after my marathon based Saturday training session, but am chasing to get under the 16 minute time for 5km the first time in official race. After a slowish first km, I closed the gap on a group of four including Tim Bowen, to use them to protect me from any wind. As there paced slowed with 2km to go, I made the decision to force the pace and finish in 16:00.

Next in and finishing 26th overall, was former triathlete Hugh Stobart. He put his recent track training into good use, by running a controlled first 3km, then really attacking the last 2km to destroy his 5km PB, which he set two weeks ago at the same race. He knocked off 26 seconds, with more to come. 16:42

Third in for the club and making his road debut for the club, was Robert Emes. Rob has been training hard with the aim of getting under 17 minutes for 5km. His previous appearance for the club was at a track meeting over 5km, and has been putting in regular training. As with Hugh, Rob ran a well paced race, before putting in a storming last KM to be rewarded with a PB of 17:17.

Fourth in for the club was Tim Bowen, who didn't have a good day at the office. Tim had a strong start, sitting in with a group of four runners and was looking strong. Unfortunately half way round, he had to stop to deal with a shoe issue, and lost contact with the group and took it easy in 17:25.

Following Tim in, was recent ultra runner Eugene Cross, which seems to have done no damage to his speed as he set a very impressive 5km. Since joining the club, Eugene has been getting faster all the time across all distances. He took a massive 66 seconds off his PB to finish in 17:36.

Next in was another new club member and making his debut for the club, Ed Mawby. From what I know this was Ed's first 5km and finished in a decent time of 18:02.

Joe Farrington Douglas smashed his PB and showed a massive improvement from two weeks ago in the Kangeroo Hop. Joe's run shows that getting regular consistent training pays off in races. Two weeks ago, he ran 18:46, and ran 27 seconds faster, to knock 9 seconds off his PB to finish in 18:19.

Cross country regular Ross Rook was next in, and was another club member who improved his time from two weeks ago. Like other people, he has been putting his regular Tuesday track sessions to shave 9 seconds off from his previous 5km this year to finish in 18:43.

Austin Laylee is started his training block for the Big Half in August, and his performances have been improving steadily over the past 18 months as he has managed to run and train regularly. As with others, he ran here two weeks ago, and improved his time by 18 seconds to set a new PB to finish in 19:14.

Making his club debut in this race was Chris Nunn. He has been training hard over the past year as part of Ebe's group and has been doing time trials around Dulwich Park, and was using this race to get an official time. He ran a fine race and will continue to improve. 19:27

Not far behind Chris, was very recent new member , and making his club debut, Michael Nogas. Michael has been a regular at Tuesday night track sessions and Wednesday night club runs since joining Dulwich Runners and has improved in these sessions. These helped him achieve a new 5km PB of 19:29.

The leading woman for Dulwich was Becca Schulleri. After a big weekend of travelling and doing a triathlon, Becca had another strong run here, showing her tri training is really paying off. She managed to shave off another 3 seconds off her 5km PB, which she set here two weeks ago. 19:44

Next in was long time club member and a regular at the Tuesday night track sessions, Ed Smythe. This was Ed's second 5km this year, after doing a 5km in Sheerness back in May, and is another runner who is benefitting with regular training, as posted a 40 second improvement from the May race here. 20:21

Second lady in and her club debut since joining this year was Madison Newey. Like her partner Michael, since joining the club has put in regular training on a Tuesday and a Wednesday night. Madison has a strong run, and another athlete who came away with a PB. 20:41

Making his race debut for 2021 was new joint club chairperson, Ebe Prill. Like myself, Ebe, adjusted his weekend training schedule to run here. Ebe went out hard to see if he could sustain a pace of 4 minutes per km. Though unable to hold that pace Ebe, looked strong at the finish, and with marathon training will improve over the coming months. 20:48

Just behind Ebe, was club social secretary, Michelle Lennon. Michelle ran a half marathon the other weekend in Whitstable though she has kept this quiet. Michelle had a strong run here, to bag 2nd place in the FV50 age group. As with Ebe, with more training kicking in for marathon, she is bound to run faster. 20:52

Fourth Dulwich lady in was Yvette Dore. Yvette is another runner who has started her marathon training as well. Yvette also ran here two weeks ago, and wasn't quite as fast this week. 21:23

Next in was another long time club member, Cameron Timmis. This was Cameron's first race since 2019, and wasn't far off those times today. 21:56

Not far behind, was a regular run at the Sri Chimnoy 5km race series, as well as the Vets AC races which are held here on a Tuesday night, Ian Sesnan. Ian ran his second fastest time of the year in a fine 23:38

The next lady in was Sonja Jutt. Sonja is a runner who has steadily improved since joining the club, over various distances as well as running for the club in various cross country fixtures. Sonja had a very strong run here to knock over a minute off her PB. 23:56

Claire Steward started the race, but had a bad day at the office in terms of running. She managed a lap, before getting affected by the pollen in the air.

Tom South

1	Tom South	16:00	PB
2	Hugh Stobart	16:42	PB
3	Rob Eames	17:17	PB
4	Tim Bowen	17:25	
5	Eugene Cross	17:36	PB
6	Ed Mawby	18:02	PB
7	Joe Farrington Douglas	18:19	PB
8	Ross Rook	18:43	
9	Austin Laylee	19:14	PB
10	Chris Nunn	19:27	PB
11	Michael Nogas	19:29	PB
12	Becca Schulleris	19:44	PB
13	Ed Smythe	20:21	
14	Madison Newey	20:41	PB
15	Ebe Prill	20:48	
16	Michelle Lennon	20:52	
17	Yvette Dore	21:23	
18	Cameron Timmis	21:56	
19	Ian Sesnan	23:38	
20	Sonja Jutte	23:56	PB



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 6

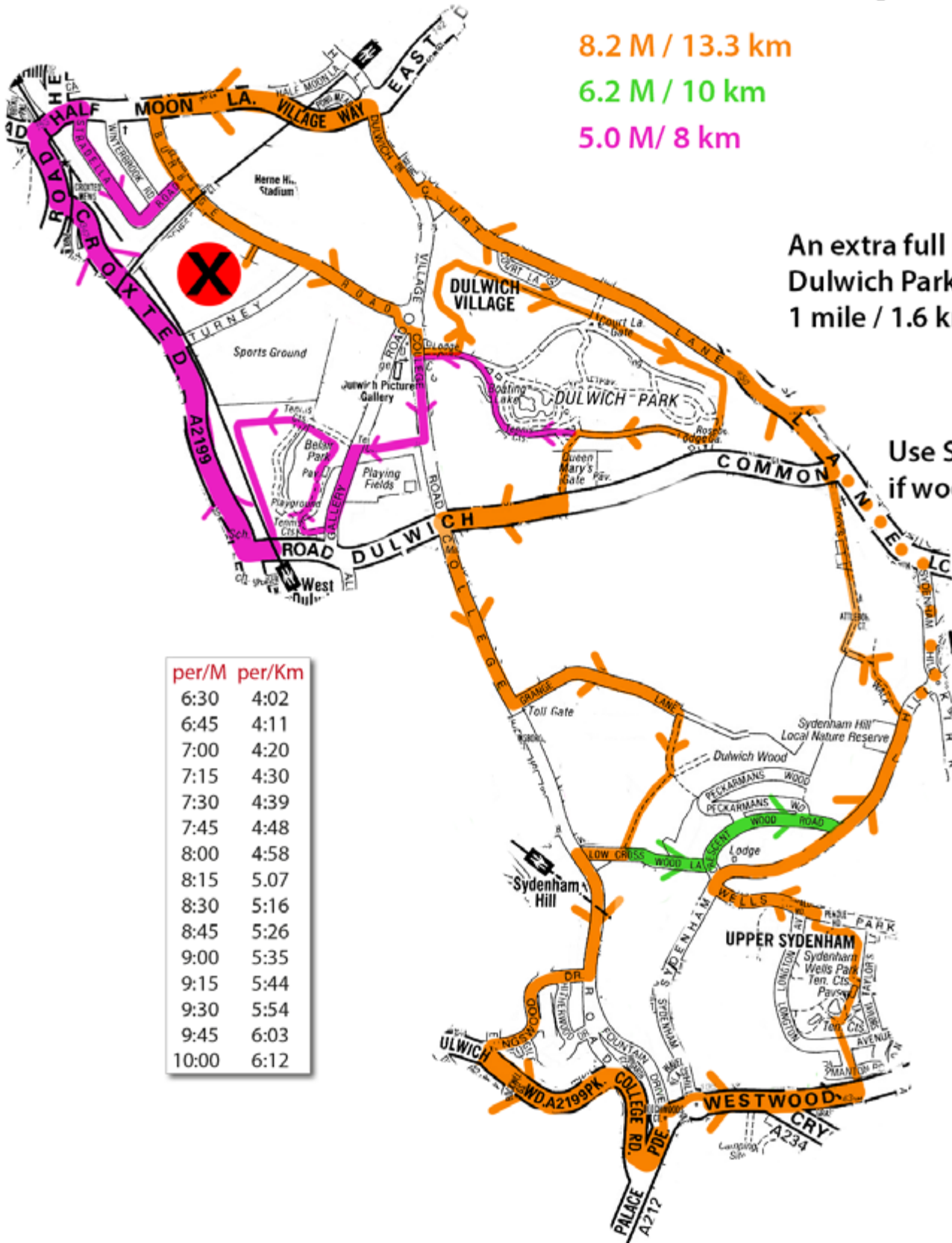
8.2 M / 13.3 km

6.2 M / 10 km

5.0 M / 8 km

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

Use Sydenham Hill if woods too dark



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