



SHORTS

Dulwich Runners AC
Weekly Newsletter
March 24th 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

NOTE: Club runs and organised training suspended but restarting soon, please see the details on the following page

Connect with us:



Like us on Facebook @dulwichrunners

In your SHORTS this week !

- 1 General information
- 2 Fixtures & training
- 3 25 training session ideas !
- 5 Club championships 2020/21
- 6 Results etc
- 8 Retro shorts ! - blasts from the past
- 10 Club kit
- 11 Wednesday night map we would have used !...

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



Good News !

Club runs & training restart next week...



With lockdown rules soon to be relaxed, as of 30th March we shall resume Tuesday training and Wednesday 31st, evening runs in groups of 6.

Please see further on in Shorts for full details.

Ros Tabor - On behalf of the D.R. Committee

EA renewals April 1 2021 - March 31 2022

E.A. emails were sent on Monday 22 March
Contact me if not recieved.

The Dulwich Runners part of membership was automatically renewed at no extra cost for an extra year expiring March 31 2022.

The E.A. renewal fee remains at £15 for the year, April 1 2021 - March 31 2022.

If you have any queries regarding membership please feel free to contact me.

Barry Graham

Nominations for vacant committee posts

Following the recent Shorts Xtra seeking nominations for vacant committee posts, we have received the following nominations to date.

Honorary President: Chris Vernon
Chair: Ange Norris, Ebe Prill (joint)
Joint Men's Captain: Tom South, Ed Chuck
Welfare Officer: Andrea Pickup
General Member: Mike Mann

The remaining committee members intend to stand for re-election in their existing posts. With Ange Norris standing as joint chair, we are seeking nominations for one joint women's captain
Further nominations will be posted in Shorts as and when we receive them.

DULWICH RUNNERS 2021 FIXTURES

Further information 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 information about events in Shorts, how to enter etc, contact your respective captains:
Men road: ebeprill@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

Wednesday Evening Runs 7pm.. Starting Wednesday March 31st

Groups of six, each with a leader staggered starts, and catering for different paces...

Arrive by 6:50pm to register and organise which group you will run with....leave the clubhouse car park at 7pm

NOTE: the clubhouse is still closed and there are no toilets or changing facilities.

Please make sure to maintain social distancing at the start of the run in Burbage Road.

You can just turn up but arrive a bit earlier to enable us to sort out groups and place you in a suitable pace group. If this is your first run with the club please contact Mike

Mann or Ebe Prill in advance. (email details below)
The groups are currently organised 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 ebeprill@yahoo.co.uk
Mike Mann mcmann90@yahoo.co.uk

Standard run is 8-9 miles, slowest group will also have choice of 5 miles, depends on numbers on the night. If you're a new runner, we'll place you with others to run with at your preferred pace and distance.

If for any reason you are unable to sign in you should contact Ebe and Mike after your run.

If you have any Covid-19 symptoms in the days after your run, you should contact Ebe and Mike immediately.
ebeprill@yahoo.co.uk - mcmann90@yahoo.co.uk

Tuesday Speed Training - Starts March 30th

The first Tuesday evening grass/track sessions at Dulwich College are March 30th. First few weeks could be very busy as Crystal Palace track unlikely to open until mid April.

To help comply with Covid-19 rules, **£2 payment is by card only** (NO CASH) paid at the start of each session via a mobile card machine. Each week next to the green hut by the tennis courts there will be a designated person taking payment for the session (£2), and a person taking the register.

Cards taken - Mastercard, Visa, American Express, Union Pay, Diners Club, JCB. - Google, Apple & Samsung Pay also accepted.

Covid-19 rules mean we have strict protocols in place until restrictions lifted altogether in late June. Two time slots, 6pm and 7pm booked and runners allocated to time slots and groups based on pace. Revised list of runners allocations below (thanks for the feedback on the provisional list).

Tuesday 30th groups 1 & 2 will be on the track and adjacent field, swapping around after 30 mins. Meanwhile groups 3 & 4 will be on the two fields to the south, again swapping over halfway through. Following weeks groups will switch over, groups 1 & 2 entirely on the 2 fields, groups 3 & 4 on the track and adjacent field. Some runners, mainly in the faster groups will switch to Crystal Palace track once it reopens, making it possible to simplify the groups and possibly just a single 7pm time slot.

Once you have paid and registered, please do not linger around the green hut, but go to your allocated spot with your group leader. - any questions contact Mike Mann: mcmann90@yahoo.co.uk

Groups of up to 12 allowed under current EA guidance in a Covid secure environment

6pm Groups

1 Ed Chuck

Jack Ramm
Shane O'Neill
Andy Bond
Buzz Shephard
Andy Inglis
Wayne Lashley
Tim Bowen
Ben Howe
Ben Smith
Tom Shakhli

2 Yvette Dore/ Andrea Pickup

Ed Simmons
James Auger
Ross Rook
Clare Whittaker
Chris Nunn
Joseph Sentance
Paul Greenhalgh
Nick Fiducia
Alex Loftus
Eugene Cross

3 Tom Poynton/ Anna Thomas

Mark Foster
Hugh Balfour
Ed Smyth
Belinda Bell
Lucy Clapp
Lucy Pickering
Emma Ibell
Arthur Coates
Ola Balme

4 Graham Laylee

Barrie Nichols
Lindsey Annable
Sadie Sholem
Harriet Roddy
Donovan Pyle
Ian Sesnan
Sonja Jutte

7pm Groups

1 Tom South/ Kev Chadwick

Joe Wood
Shane Donlon
Kay Sheedy
Steve Davies
Phily Bowden
Clare Elms
James Brown
Robert Eames
Chris Lawrence
Daniel Mann
Mike Williams
Rob Armstrong

2 Gower Tan/ Ebe Prill

Grzegorz Galezia
Joe Farrington
Douglas
Ian Lillee
Lloyd Collier
Justin Siderfin
Austin Laylee
Ellie Balfe
Hugh French
Polly Warrack
Olivier Montfort
Dave Benyon

3 Katie Styles/ Mike Mann

Cameron Timmis
Catherine Buglass
Christiana Campbell
Naomi Crowther
Eleanor Simmons
Miles Gawthorp
Steph Lundon
Emma Kelly
James Rimmer

4 Andy Murray

Joe Brady
Joanna Shelton
Dougie Keighley
Jenny Bomers
Barry Graham

Happy hour training - 25 session ideas

From an article by Steve Smythe in Athletics Weekly - Jan 14, 2021

With UK outdoor activity currently restricted, AW results guru and coach Steve Smythe suggests some running sessions that can be done quickly and efficiently

Current UK government advice on exercising in England is to stay local, restrict outside training to once a day and to only train alone or socially distanced with one other person if they are not in your household or support bubble. (Click here to view the latest government guidance).

Here are some running sessions which can be carried out quickly and efficiently.

In theory, without clarification, one session could last three hours and anyone training for a possible marathon won't want to fully ease back on the training, but for everyone's safety when the virus is so prevalent it would be beneficial to

keep time out training to a minimum. Many runners used to high volumes of training are surprised just how fit you can get on a hour's training a day or at least maintain fitness if starting at a high level.

If you are used to longer sessions, then shortening the length might allow you to increase the intensity, but it is still important to ensure you have rest or at least easier days.

Make sure you do not have two intense sessions on successive days and limit them to three a week.

On speed sessions, we have listed standard distances but with tracks not available, it may be difficult to get precise measurements and you could instead do efforts by time. So instead of doing kilometre reps, for example, you could do a four-minute

rep. That might mean a 15:00 5km runner will cover over 1200m while a 30:00 5km runner might cover 600m.

With parks being so much more crowded than pre-covid, make sure you give others plenty of space and it might be worth trying to find a smaller lesser-known park or an area of common. I live near Greenwich Park but find it far too busy to train there and the nearby Blackheath Common with its wide expanses is much easier to train on and avoid people.

Below are 25 sessions that can be completed in around a hour and we give a rough level of intensity for each one but that is dependent on how hard you choose to push it. For instance, you might choose to increase recoveries or run a mile rep session at half-marathon pace instead of 10km pace which would significantly reduce the intensity level.

If you do choose some of the more intense sessions, do note that you can do half hour to 45-minute recovery runs the following day and don't need to necessarily run for a hour every day!

Speed/speed endurance

1. 400m for speed (300m for less fast athletes). Intensity: 6

15 mins warm up, 5 mins of strides, 8 x 400m or 90 secs at mile (significantly quicker than 5km!) race speed with 90 secs recoveries or a rep every 3 mins, with 15 mins warm-down.

For variation: run first 200m or 45sec at 5km pace, but accelerate second 400m approx 5sec quicker.

2. 400m for speed endurance (300m for less fast athletes). Intensity: 7

15min warm up, 5min stride, 12 x 400m or 75-90sec at 5km race speed with 30-45sec recoveries or a rep every 2min, 15min warm-down.

3. 800m for speed (600m for less fast athletes). Intensity: 7

15min warm up, 5min strides, 5 x 800m or 3 mins at quicker than 5km race speed with 2min recoveries or a rep every 5min, 15min warm-down.

4. 800m for speed endurance (600m for less fast athletes). Intensity: 8

10min warm up, 5min strides, 8 x 800m or 3 mins at 5-10km race speed with 1min recoveries or a rep every 4min, 10min warm-down.

5. 1000m for speed (800m for less fast athletes). Intensity: 7

15min warm up, 5min strides, 5 x 1000m or 4 mins at quicker than 5km race speed with 2min recoveries or a rep every 6min, 10min warm-down.

6. 1000m for speed endurance (800m for less fast athletes). Intensity: 8

10min warm up, 5min strides, 8 x 1000m or 4 mins at 5-10km race speed with 1min recoveries or a rep every 5min, 10min warm-down.

7. Mile for speed endurance (1000m for less fast athletes). Intensity: 9

10min warm up, 5min strides, 5 x 1600m or 6min at 5-10km race speed with 1min recoveries or a rep every 7min, 10min warm-down.

8. 2000m for speed endurance (1600m for less fast athletes). Intensity: 9

5-10min warm up, 5min strides, 4 x 2000m or 8min at 10km race speed with 2min recoveries or a rep every 10min, 5-10min warm-down.

Basic speed session

9. short recovery. Intensity: 7

15min warm up, 5min strides, 20 x 200m or 40 secs at 5km race speed with 20sec recoveries or a rep every 1min (optional break of a few mins after 10 reps), 15min warm-down.

10. Russian steps. Intensity: 9

15min warm up then 4 sets of 7 mins of 15sec hard, 45sec easy, 30sec hard, 30sec easy, 45sec hard, 15sec easy, 60sec hard, 60sec easy, 45sec hard, 15sec easy, 30sec hard, 30sec easy, 15sec hard, 45sec easy, with 2min recoveries, 15min warm down.

11. Leg speed. Intensity: 5

20min warm up, 5min strides, 10 x 30 secs effort with 2min easy jog/walk recovery (start at 10km pace and try and go a few metres more on each effort).

Multi paced running

12. Steady with bursts. Intensity: 6

Run one-hour at a steady pace (approx a min. a mile slower than 1/2M race pace) but every 10 mins put a one-min burst at 5km pace but go back to original pace asap at end of one min.

13. Double acceleration. Intensity: 8

5min easy, 5min at steady, 5min at marathon pace, 5min at 1/2M pace, 5min at 10km pace, 5min at 5km pace and repeat all sections.

14. Two-paced section run. Intensity: 7

Alternating km or 4min of approx a min a mile slower than 1/2M race pace and just inside 1/2M pace.

15. Pyramid run. Intensity: 8

10min steady, 1min easy, 5min at 1/2M pace, 1min easy, 4min at 10M pace, 1min easy, 3min at 10km pace, 1min easy, 2min at 5km pace, 1min easy, 1min at mile pace, 1min easy, 1min at mile pace, 1min easy, 2min at 5km pace, 1min easy, 3min at 10km pace, 1min easy, 4min at 10M pace, 1min easy, 5min at 1/2M pace, 1min easy, 10min steady.

16. Three-paced section run. Intensity: 7

10min warm up, alternate one min. sections at 5km, 1/2M and steady (one minute a mile slower than 1/2M race pace) for 40min, 10min warm down.

17. Fast start run. Intensity: 9

15min warm-up then a km or 4min at quicker than 5km pace, a km or 4min quicker than 10km pace, a km or 4min quicker than 1/2M pace, then ease back sufficiently to recover but pick up last 5 mins to maximum effort.

18. Out and back run. Intensity: 7

Choose a point 30min or so away, run there at a relaxed, steady pace and turn after 33-34min and then try and get back before the hour with a much quicker second half (take into account wind direction and terrain).

Hill sessions

19. Short hills. Intensity: 5

20min warm up, 10 x minimum 30sec dynamic efforts with 90 secs slow jog/walk recovery, 15min warm down.

20. Long hills. Intensity: 8

15min warm up, 10 x 90sec steady efforts with 2min slow jog/walk recovery, 10min warm down. Note: if the hill is not that length, then carry on past the top of the hill to make up time.

21. Hill Circuit. Intensity: 8

15min easy. Continuous circuit (with a steeper uphill section and ideally longer easier descent) - ideally a 3min circuit to run harder up (minimum minute climb but keep a reasonable pace on the descent but monitor time on each circuit to check you are not slowing too much), maintain for 30min. 15min easy.

Steady running

22. Very hard. Intensity: 9

One hour at 1/2M pace.

23. Hard. Intensity: 8

One hour at marathon pace.

24. Steady. Intensity: 7

One hour at a minute a mile slower than 1/2M race pace.

25. Recovery. Intensity: 5

One hour at 90sec a mile slower than 1/2M race pace.

Hill sessions

For hill sessions - beware of doing too much too soon or you will find any running hard for a few days after.

Until your body has fully adapted, keep it controlled and be sure to a good warm up

For the Sydenham Hill suggest focussing initially on just half the hill.

ie 4 efforts of approx 30 seconds up to the gate on left then 6 efforts of approx 60-75 seconds from the gate to near the top

After a few weeks it might be possible to introduce 4-6 full efforts but still include some shorter ones.

One suggested session if hill long enough could be

5 x 15 secs hills

4 x 30 secs

3 x 45 secs

2 x 60 secs

(1 x 2 mins)

all with slow jog recovery.

If you have a gentler hill - avoid running too fast downhill on a steep descent - you could run a circuit making sure the effort is harder on the ups. It could be 5 laps of around 400m (or 10 of 200m) - with one mostly up and one mostly down sections - keep an eye on the time of each lap to ensure you are not slowing too much on your overall pace and to do that don't run the first few lap too fast.

2021 CLUB CHAMPS AND 5K/10K LEAGUE

Normally at this time of year, a programme of club championship races for the following year is issued. However current circumstances remain a long way from normal with few events scheduled for the first few months of 2021 and uncertainty over the few races currently in the calendar. As a result the programme of club champs events for 2021 will need to be back-end loaded, with all the planned events compressed into the May to November timeframe. Many of the events chosen are regular repeat events occurring either monthly or weekly, giving runners the opportunity to choose when to compete, and taking the pressure off numbers competing. Clearly this will reduce the element of head to head competition and weather and ground conditions will differ between races, but we feel this is the right way to go until things return to normal.

Events should be regarded as provisional to be reviewed end of March.

We actually did complete 2 events of the defunct 2020 programme, Beckenham parkrun in February and the Big Half in March. Although we are intending to include a 1/2M and parkrun in the programme for 2021, the results of these races in 2020 will count towards a combined 2020/21 club championships.

We intend to kick off with one of the Second Sunday of the month 5 mile trail runs on Wimbledon in the spring, either in May or later, followed by one of the Sri Chinmoy 5k races in Battersea. Given the uncertainties over the numbers that may be allowed to compete in races during the spring and summer, we intend to give runners the option of competing in any of the monthly 5 mile races and the summer series of 5k races at Battersea Park.

We have included the Richmond Summer Riverside 10k in mid July. If there turns out to be a problem because of numbers limits for example, the Regents Park winter series, organised by Mornington Chasers is a possible alternative, with runners free to choose which race to enter. However no details of this monthly series of races

DR 2021 Club Champs League

We have 2 leagues set up on Opentrack which will last from now until the end of June. (Assuming we will be able to run normal races again by then - tbc)
We are trying this out as part of the Club Championship 2021 while we are unable to run actual races.
You can upload any type of run -
Your own run - done by yourself or with one other person
A virtual race - any result from a virtual race
An actual race - any result from a 'normal' race. If you prefer to use the result from the race, rather than your garmin, you will need to inform us for that time to be included in the league.
You can enter as many times as you like to try and

are available yet.

With the London Marathon scheduled for early October, we have chosen the Paddock Wood 1/2M in early September. There are uncertainties over when parkrun will restart, so we have suggested a late date using Dulwich parkrun, the brief window in the cross country calendar in late October/ early November. Runners can use any parkrun event at Dulwich once it restarts.

The provisional programme of races for 2021 is as follows, but the two events completed in the early part of 2020 will also count:

9 May (or any later race) Second Sunday of Month 5 mile, Wimbledon Common

late Jun/Jul Sri Chinmoy 5k, Battersea Pk (any race in this summer series)

17 July Richmond Summer Riverside 10k (or any race from Regents Pk winter series tbc)

late July/early August SOAR Mile

5 September Paddock Wood Half Marathon

4 October London Marathon (or alternative)

Suggested dates 30 October or 6 November Dulwich parkrun, but any dates after parkrun reopens

'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. 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.

improve your time.

NB Each time you enter you will over-write all of your previous entries.

To enter go to - opentrack.run/competitions 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 and 10k League

Jan 1 - 5k

1	Eberhard Prill	M55	1	20:54
2	Gary Sullivan	M60	1	21:19

Jan 1 - 10k

1	Eberhard Prill	M55	1	44:20
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Jan 7 - 5k

1	Eberhard Prill	M55	1	20:55
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'Safe Running'

The shocking abduction and murder of Sarah Everard from our local area has led to an outpouring of grief and a growing anger about violence against women. Social media has been full of personal accounts about women's experience of harassment and violence in public spaces.

Of relevance to us at this Running Club is how many different people have spoken about this fear preventing them from going for a run in certain areas or after dark. What is also clear is that this problem is one to be solved by all of us, but especially by men and especially by trying to realise how we can be agents for change.

Dulwich Runners obviously can't address or answer all of the issues on this topic but it can try and answer the question, "How can we try and make running feel safer and more accessible for everyone in our community"? I don't

suggest I have the answers. But possible solutions might be

- 1) Setting up a system whereby if someone wants to run but doesn't want to run alone, the Club has a system to try and facilitate this.
- 2) Ensuring that all incidents of harassment/threats when running are properly logged so that Police have a better idea of the problem that exists.
- 3) Publishing maps of 'night-time routes', which are perceived as safer areas to run at night.

It may be that people reading this are confident and experienced runners. However we may also want to look at what solutions we can offer aspiring runners who may want to join the club.

For now, I want to simply start a debate.

Please feel free to send in any suggestions/thoughts in confidence or for publication and please contact us at: dulwichrunners4change@gmail.com

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

You are still welcome to send in any running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

Hills of South London

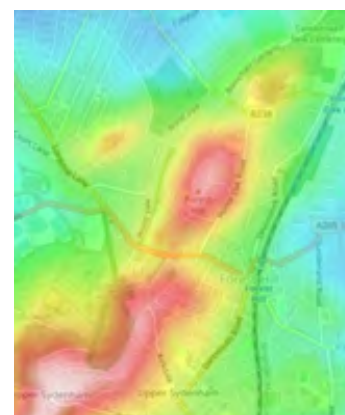
Jonathan Whittaker

Part 2

Forest Hill

Some readers may be familiar with Simon Warren's 100 Cycling Climbs series, where he provides the budding polka dot jersey wearer with the metrics of some of the most notorious and iconic climbs, from Barhatch Lane to Bealach na Ba. Inspired by these books, and some of the travel writings on these pages, I thought I'd give a bit of geographical and historical information on some of the familiar climbs to Dulwich Runners, including some of the things to ponder whilst the lactic acid hits, and the current Strava times to aim at.

This week's edition takes us to Forest Hill which forms the northern end of a narrow ridge of high ground that extends 5 miles to Thornton Heath and has long been a barrier to the travelling public's speedy movement. The name Forest Hill reputedly first appeared in the early 1800s referring to the wooded Eliot Bank/Westwood/One Tree Hill ridge, but only came into general use with the renaming of Dartmouth Arms station as Forest Hill in 1845.



The area's roads feature on a number of our winter and summer routes, as well as individual hill training sessions. If you want to see a useful zoomable elevation map of South London check out <https://en-gb.topographic-map.com/maps/lpj5/London/> - with Forest Hill illustrated in the inset.

One Tree Hill



The climb up a series of flights of steps up One Tree Hill is a bonus extra on Summer Map 2. An entrance on the side of the road named Honor Oak Park provides a short cut to St Augustine's Church and then onwards to the summit. The effort is rewarded with panoramic views of Central London over a canopy of trees.



The summit also includes the "Oak of Honor" which marked the southern boundary of the feudal barony in Normal times known as the Honor of Gloucester. Subsequently Queen Elizabeth I is rumoured to have fallen asleep under the tree after a picnic in 1602. The current tree is the third planted, dating from 1905. The tree gave its name to development in the vicinity in the 17th century when our spelling of honour was the same as what is now used in America.

Strava Segment: "One Tree Hill (up south side)" <https://www.strava.com/segments/2808035>

Altitude Gain: 16 metres	Distance: 170 metres
Average Gradient: 9%	Summit: 80 metres
Best DR Male: Jack Ramm 57s	Best DR Female: Kim Hainsworth 1:19

Westwood Park



The road name refers to the former wood on the western edge of the parish of Lewisham, but by the mid 19th century when the first part of the road was built the area was a collection of villas and fields, and the wood but a memory. I have decided to take the western side of the ridge for the climb, as this is the direction we approach it on our club runs. It also happens to be the hardest side!



The climb starts at a bend in the road at an immediate 10% gradient before ramping up further after Tewkesbury Road to 12% then 13%. At the junction with Horniman Drive look back and you are rewarded with an excellent view of Dawson's Heights and South West London.

Art fans should check out <https://boroughphotos.org/lewisham/top-the-hill-by-p-j-cross-3/> for the late 1950s view.

Strava segment: "Westwood Park climb" <https://www.strava.com/segments/3369044>

Altitude Gain: 20 metres	Distance: 200 metres
Average Gradient: 10%	Summit: 92 metres
Best DR Male: Andy Bond 43s	Best DR Female: Sara Barman 1:03

Canonbie Road



The name is infamous amongst runners and cyclists alike and for good reason. It is one of the steepest roads with a confirmed gradient sign in London (although not the steepest in our part of South London - to be revealed in a future edition) and must be hell for its residents during winter. The plus side is truly amazing views to Kent in the east and Central London to the north.



According to the SE23.com forum it is thought that the name Canonbie and nearby Netherby road names reflect where the builders of these roads came from in the 19th century. Canonbie is a small village on the A7 just north of Carlisle in the Scottish Borders. Like Westwood Park there are two sides to the ridge.

The eastern side is truly ridiculous - I ended up pushing my bike down the hill as it was so vertiginous. On the ascent you are greeted with an 18% sign and probably the steepest section, although it doesn't get much better! John McEnroe would agree that "you Canonbie serious", but as this climb won't be enjoyed by many (if anyone!), I've instead gone for the longer climb from Forest Hill Road known as the cat in the hat (Canonbie version).

From Forest Hill Road it is broadly ok at about 7-8% until a bend in the road with the junction for Westwood Park, where the left hand side of the road is particularly steep. The climb continues at 12%+ gradient with 16-18% in places reminding me of cycling up mini sections of Alpine roads. I am not exactly sure why the cat in the hat name was chosen, other than perhaps to reflect the likelihood for people to charge up the first section thinking they are doing well, before imploding on the second steeper section. The summit is reached at Barr Beacon flats, although to complete the segment you need to do a tiny bit of the descent - the originator of the segment must have been a bit mean!

Strava segment: "The cat in the hat (Canonbie version)" <https://www.strava.com/segments/6608143>

Altitude Gain: 46 metres	Distance: 480 metres
Average Gradient: 11%	Summit: 98 metres
Best DR Male: Shane O'Neill 2:00	Best DR Female: Kay Sheedy 2:27

Other Roads

The good thing about this area is that there is something for everyone. For more forgiving roads in the 7-9% bracket try Netherby Road and Ringmore Rise. Many also do reps of the first part of Canonbie Road known as Canonbie Rise on Strava.

Thanks to Martin D Knight's article - is this the Real Forest Hill, SE23.com, wikipedia and Crown Copyright for the steep hill sign template.

With races still a while away, we thought we would dip into the archives again, for a re-run of this March 2015 Club Championships event at sunny Sidcup

Sidcup 10, inc British Masters Championships March 8

Steve Smythe writes....

A very good turn out and we dominated the British Masters team championships winning 3 golds and 1 bronze in the 5 team events. It would have been more had Tony Tuohy not focussed on the indoors and a few more Masters from Dulwich had entered the Championships.

The course isn't universally popular, three laps of mostly pavements with plenty of kerbs to negotiate. A small testing hill on each lap and the conditions weren't perfect being warm and windy. It was notable that the course had clearly been extended from a few years back where a few records were set clearly on short courses as there was an extra out and back inserted along some side roads to add on to the distance.

A few people got over 100m over distance this time. There were quite a few club PBs but mostly from people who have greatly improved of late and hadn't previously reached their potential before.

Alastair Locke led home the club contingent with another very strong run to win the club fastest man award and he was followed in by **Mark Lacey** who did a good first Club Championships and get inside the hour and win the senior man's award.

Steve Davies had his best club race to date and came through strongly to deny **Charlie Lound** the M40 title.

Lloyd Collier showed good endurance for a 800m specialist and had a strong well-paced and steady run.

Wayne Lashley wasn't quite in his Battersea 10 mile form of last year.

Clare Elms finished second woman and was only beaten by a Scotland Commonwealth Games representative but didn't run anywhere near her best but still won the overall club championships and also won the National W50 title (also beating the W40 and W45 champion) and went top of the National rankings.

Ebe Prill took minutes off his PB with

his best ever distance run and again finished just behind Clare and he won the club M50 title.

Recent club additions **Tim Bowen** and **Ross Rook**, who have both strengthened our cross-country team this winter had good runs too.

Some way back, **Kevin Chadwick** finished strongly to take three minutes off his best as did **James Burrows** but both are capable of much more and in between them **Steve Smythe**, who ran the first Sidcup 10 back in 1978, was over 10 minutes outside his PB but did his fastest for 5 years and won the British Masters M55 bronze.

Emily Gelder, who wasn't entered in the BMAF event and would have won W35 silver, if she had been, won the fastest woman award (with Clare winning the overall) in what appears to be her first ever 10 mile race.

She is in Britain's team for the world 24 hour championships next month but showed good speed as she caught **Mel Edwards** on the line. Mel is now 2nd claim and was close to her PB.

Claire Baglin easily set a PB surviving a very fast starting mile at sub-60 pace and won the senior women's award. **Mike Fullilove** had a good solid run again.

Helen Lister had her best ever road race by far and took two minutes off her PB and finished narrowly ahead of **Andrea Pickup** who won the BMAF silver medal in the W45 category.

Gideon Franklin did well after recent injury problems and came through strongly while **Kim Hainsworth** and **Mike Mann** were the others to go inside 70. It was Kim's longest race for two years after childbirth and a new PB. Mike didn't run at his best after his BMAF track medal the day before and won the M65 silver here after winning 1500m gold the day before and again he won the club M60 title.

Laura Long just missed breaking 70 and after a fast start didn't quite match her Brighton half form and she finished just ahead of **Ola Balme**, who had been ill the week before the race but showed an improvement and she won W45 BMAF bronze.

Nicola Richmond had also ran a 1500m at Lee Valley where she won a BMAF W40 bronze and here she won the BMAF W40 silver and did well after a lack of endurance training of late.

Andy Murray had a steady run and his quickest for 2 years.

Anna Thomas took 5 minutes off her PB but didn't quite match her best cross-country form.

Graham Laylee also had an excellent run and his best for many years and well over two minutes up on his Cabbage Patch run.

Cameron Timmis also had his best 10 miler for a while while **Yvette Dore** did a three minute PB as she continues her improvement (to win the captain's award) as did **Matthew Ladds** with another PB.

Gary Sullivan and **Sue Cooper** and **Olivier Montfont** were some way from their best fitness and capabilities but finished around the 75 minute mark. Following them was **Ros Tabor**, who ran within herself after her brilliant 1500m the day before just missing the world record scoring over 101% on age grading in narrowly beating **Angie Copson**, arguably Britain's greatest ever Master. She won the W65 BMAF title here unchallenged and the club W60 title and narrowly lost to Clare E in the club champs.

Clare Wyngard had a very good run - her best 10 for 9 years according to Power of Ten.

Also inside 80 with good runs were **Bob Bell**, **Selma Benattia**, **Mike Crilly**, **Katie Styles**, **Michelle Lennon**, **Laura Lane** and **Mike Dodds**.

Completing the Dulwich contingent over 80 minutes were reliable club champs regulars **Barrie John Nicholls**, **Claire Steward**, **Ameet Patel**, **Paul Keating**, **Steve Wehrle**, **Lindsey Annable** and **Paul Hilton**. less regular championship competitors **Christian Moody** and **Karina Burrows** were also well inside 90 while second claimer **Tony MacPherson** was the final of the 55 Dulwich Runners participating.

		pos	time	gen	Cat	points	a/g pts
Alastair	Locke	19	59.18	M	sm	50	750
Mark	Lacey	24	59.37	M	sm	49	748
Stephen	Davies	30	60.42	M	m40	50	797
Charles	Lound	35	60.54	M	m40	49	807
Lloyd	Collier	39	61.23	M	m40	48	770
Wayne	Lashley	41	61.45	M	sm	48	722
Clare	Elms	44	62.03	F	w50	50	918
Eberhard	Prill	45	62.06	M	m50	50	825
Timothy	Bowen	48	62.20	M	sm	47	713
Ross	Rook	50	62.34	M	sm	46	715
Kevin	Chadwick	54	63.36	M	sm	45	703
Steve	Smythe	55	63.38	M	m50	49	834
James	Burrows	57	63.42	M	sm	44	702
Emily	Gelder	59	63.45	F	sw	50	801
Mel	Edwards	60	63.45	F	2nd claim		
Claire	Baglin	65	65.14	F	sw	49	762
Michael	Fullilove	79	67.43	M	m50	48	757
Helen	Lister	85	68.25	F	sw	48	727
Andrea	Pickup	88	68.39	F	w40	49	777
Gideon	Franklin	90	68.53	M	m50	47	744
Kim	Hainsworth	92	69.12	F	sw	47	721
Michael	Mann	101	69.46	M	m60	46	834
Laura	Long	108	70.11	F	sw	46	715
Ola	Balme	110	70.17	F	w40	48	782
Nicola	Richmond	114	70.52	F	w40	47	746
Andrew	Murray	121	71.48	M	m60	45	773
Anna	Thomas	133	72.39	F	sw	45	687
Graham	Laylee	141	73.25	M	m50	44	729
Cameron	Timmis	145	73.42	M	m40	47	651
Yvette	Dore	151	74.12	F	w40	46	701
Matthew	Ladds	157	74.45	M	sm	43	594
Gary	Sullivan	158	74.53	M	m50	43	715
Sue	Cooper	161	75.09	F	sw	44	664
Oliver	Montfort	162	75.22	M	m40	46	622
Rosalind	Tabor	163	75.25	F	w50	45	916
Clare	Wyangard	166	76.03	F	w50	44	779
Bob	Bell	173	76.25	M	m60	42	726
Selma	Benattia	174	76.27	F	sw	43	656
Mike	Crilly	187	78.41	M	m50	41	657
Katie	Styles	189	78.48	F	sw	42	633
Michelle	Lennon	191	78.56	F	w40	43	689
Laura	Lane	193	79.25	F	sw	41	634
Michael	Dodds	194	79.33	M	m50	40	667
Barrie	Nicholls	207	80.47	M	m60	39	687
Claire	Steward	211	81.12	F	w50	42	826
Ameet	Patel	219	82.08	M	m50	38	619
Paul	Keating	246	86.11	M	m40	45	575
Christian	Moody	249	86.35	M	m40	44	537
Steve	Wehrle	259	87.06	M	m60	37	668
Lindsey	Annable	261	87.26	F	w40	41	622
Karina	Burrows	265	88.04	F	sw	40	564
Paul	Hilton	267	88.15	M	m40	43	566
Tony	Macpherson	281	91.31	M	2nd claim		

BMAF Championships - medal count:

5 golds, 3 silver and 2 bronze

Rob Cope's injury weakened the team a bit and meant more athletes dropping down an age group and our M35-44 team of Lloyd, Steve D and Ebe won bronze.

The M55 plus team of Steve S, Andy and Mike won gold and we also won gold in the W35s through Andrea, Ola and Nicola while the W45 team of Clare E, Ros and Clare W also won team gold.

M40: 6th Lloyd Collier

M35-44 TEAM: 1 N Herts 179:17; 2 Ilf 183:23; 3 Dulw 184:11 (Collier, Davies, Prill)

M45: 5th Steve Davies

M50: 6th Ebe Prill, 14th Gideon Franklin, 16th Ameet Patel

M45-54 TEAM: 1 Donc 179:05; 2 B&H 184:27

M55: 3rd Steve Smythe

M60: 5th Andy Murray

M55-64 TEAM: 1 Dulw (Smythe, Murray, Mann) 205:12; 2 Ilf 227:56

M65: 2nd Mike Mann

W40: 2nd Nicola Richmond

W35-44 TEAM: 1 Dulwich (Pickup, Balme, Richmond) 209:48

W45: 2nd Andrea Pickup ; 3rd Ola Balme

W50: 1st Clare Elms: 4th Clare Wyngard

W45-54 TEAM: 1 Dulw 213:31 (Elms, Wyngard, Tabor); 2 B&H 220:58; 3 Ilf 256:31

W60: 1st Ros Tabor

Club age graded points

1 Clare 918

2 Ros 916

3 Steve S/Mike 834

5 Claire S 826

6 Ebe 825

7 Charlie 807

8 Emily 801

9 Steve S 797

10 Ola 782

11 Clare W 779

12 Andrea 777

DULWICH RUNNERS CLUB 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 on the way!.. be prepared...
get yourself a bobble hat £15



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

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



NEW KIT - BUY DIRECT FROM OUR ONLINE SHOP

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



College Hoodie



Micro Fleece Jacket

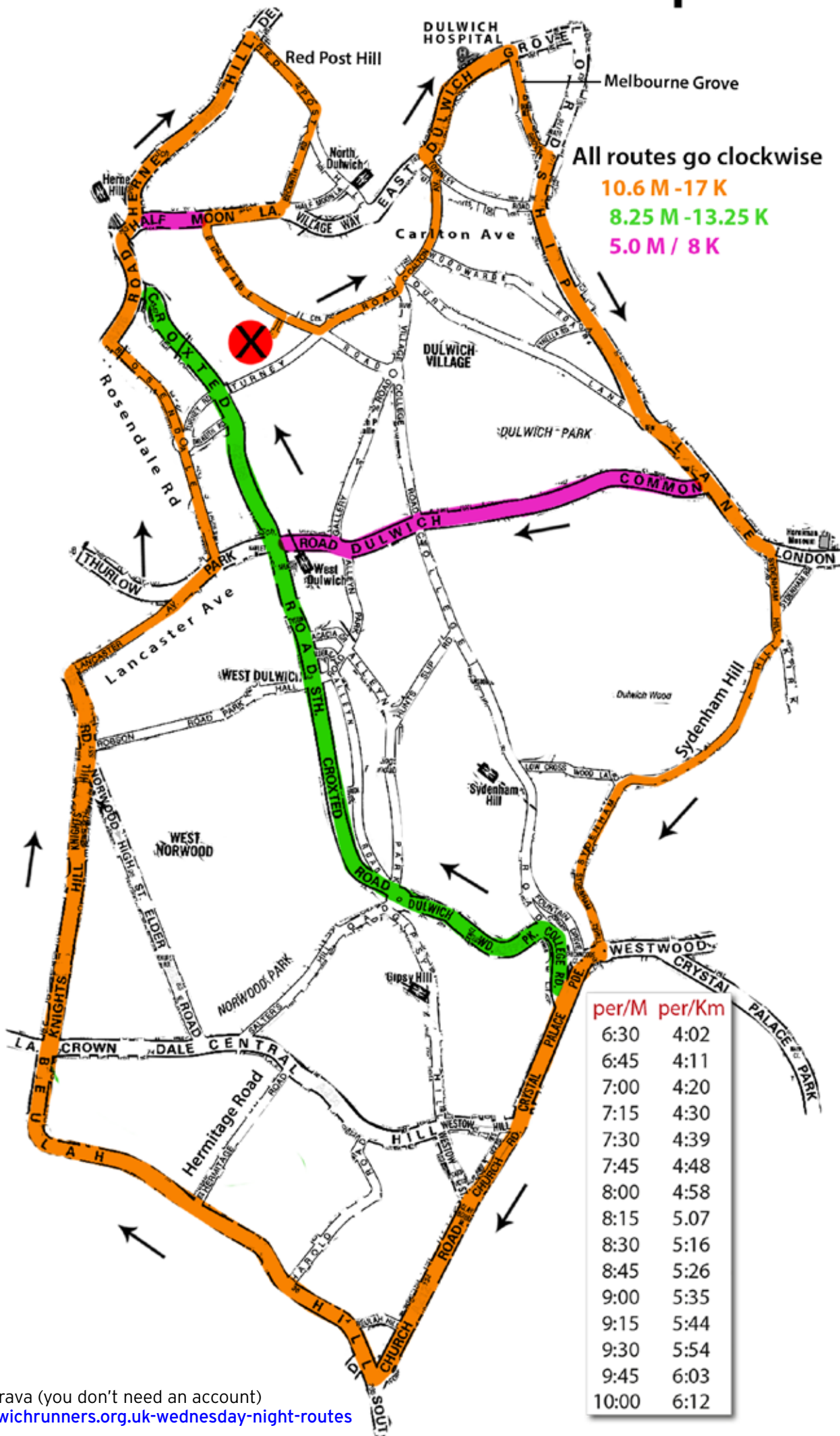


Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map12



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