



These are your SHORTS

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

DEADLINE for submissions etc 17:30 TUESDAY

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

Tuesday speed work at Crystal Palace Track
- suitable for all abilities

In your SHORTS this week !

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

Please remember to sign in and pay your £1 on arrival at the clubhouse for the Wednesday run

Like us on Facebook @dulwichrunners

Connect with us:



Please note that on Wednesdays from now on we shall be meeting upstairs in the clubhouse

Dulwich Runners AC renewal 2021/22

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.

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 clubwise as good as back to normal we hope that you will renew and continue running with the club and look forwards to seeing you all again. A big thankyou to all of you that renewed last year.

And if you have been "trying us out" and want to join or require further details about us contact me: barry@bg1.co.uk

Social dates for your diaries.

Wednesday 17th November - pizzas and medals.

After the club run we will be presenting the medals for each separate club champs distance this year. (Not to be confused with the overall club champs medals which will be presented at the Christmas party as usual. These are normally done after each race but with the flexibility of races for each distance this year, this hasn't been possible.) We will be ordering pizzas, details tbc nearer the time.

Saturday 11th December - Christmas party. More details to follow.

Congratulations to everyone in Dulwich Runners ...

as the club celebrates its fortieth anniversary. My husband and I have many happy memories of running with the club during the first year we were married before we moved back to Dublin - all of 35 years ago - and of the lovely friends we made, some of whom we're still in touch with today.

Here's to the future of the club for many years to come!

Mary Butler and Richard Boyle

Club Runs & Training Sessions

Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7pm...

each time you run - Contactless payments only

Meet upstairs in clubhouse, arrive by 6:50pm to register, pay & 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

Tuesday Evening Speed - Crystal Palace Track

Tuesday training at Crystal Palace track.

You should arrive at 7pm for a 7.10 start. There will be 2 groups with training until Christmas focussed on cross country and endurance.

If you have not previously done so you must register with Crystal Palace Arena using the form on our website

<https://www.dulwichrunners.org.uk/tuesday>

You will need to reactivate your Crystal Palace membership on your apps and pay online.

Crystal Palace Track sessions

Around 60 from the club are doing the Tuesday night sessions .

If these numbers continue the groups will have to be split into two or three groups to ensure correct recovery for all and sufficient space.

These are the initial planned sessions in basic form with the recovery and distance dependent on ability.

Nov	16	1600s & 200s
	23	1000s
	30	8x400 time-trial/pyramid
Dec	7	400s
	14	800s
	21	1000s

Tuesday Morning Speed - Dulwich Park

Sessions start 11am in Dulwich Park, for anyone available meet by the cricket nets. .

We will use either the grass and or the parkrun circuit - followed by coffee. - Further details Mike Mann

mcmann90@yahoo.co.uk

Thur. Mornings - Brockwell & Crystal Palace Pk.

Sessions at 11.00am for anyone available - Alternating each week between Brockwell Park and Crystal Palace Park, including short hills and longer efforts on the grass - followed by coffee. - for all standards and abilities -

Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

Runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 mins per mile. - Contact Ola olabalme1@gmail.com

For later starts 9 to 10am, a longer run from the Dulwich area (10 miles+) around 8-9 min. mile

Contact Tom Poynton tpoynton@hotmail.com

Longer & faster - 8am from July for marathon training. Circa 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park, check in advance. - Tom South thomas_south@hotmail.com

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



Surrey League

We compete in the Surrey League and this is the club's main priority. With 4 fixtures in the season details will be in Shorts and on the website with info on start times etc. posted nearer the time. Keep these dates free if possible. Men compete in Division 2 but with good turnouts and performances from our strongest runners, we have a chance to return to Division 1.

Distance

Men's Surrey League races are around 8km, women's races start at 6km in the autumn, increasing to 8km in the New Year. Other races vary from 8km in the autumn to 12km and over for the men later in the season.

Scoring

Surrey League is first 5 women for the club and first 10 men qualify for the scoring team, so it is important we field as many of our strongest runners as possible. Cross country races are suitable for runners of all abilities, and in the men's Surrey League there is now a B team competition where the second 10 runners score.

These races are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits over a wide range of races. Members who have joined recently are encouraged to take part. These are team events and provide a good opportunity to get to know other club members.

Surrey League entry

All men intending to take part should

inform their captains to enable online entries to be made in advance. Race numbers are kept for the entire season. This means that runners should return their numbers to their captains after the race, or take them home, in which case they must remember to take them to the next race. The Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

Other Races

As well as Surrey League there are other cross country races, mostly on Saturdays. It's possible to find a race most Saturdays during the season. eg: the county champs (including Masters), London Champs, 2 South of Thames races, South of England and National champs. Plus others for Masters. See fixture list in Shorts and website.

Which races to go for

Races are from early October until late February. Our main priority is the 4 Surrey League races, and the other 4 races that make up the Ken Croke cross country champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

This season the English National Champs is at Parliament Hill Fields, South of England champs at Beckenham Place Park (tbc). You are encouraged to compete in both these races.

Entry for other races

For most races other than the Surrey League, your captains have to submit entries in advance, in some cases more

than a month before events. Details will be posted in Shorts and by email, requesting interested runners to put their names forward in advance of the deadline given, so please read these carefully.

With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please first check you are free, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

Early season road or trail shoes and as the ground becomes heavier late autumn onwards, cross country spikes or fell shoes are a must. Make sure that you get cross country spikes as opposed to track spikes. Spikes come in different lengths from 6 to 15mm and are screwed in. As the ground becomes heavier longer spikes will be needed, particularly on heavy courses eg: Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions except ice. Cross country shoes can be bought at most running shops and or online. Most offer a 10% discount to those with club or EA membership.

2021/22 Ken Croke XC Championships

For the 2021/22 cross country season, the champs races will consist of 4 men's and women's Surrey League fixtures plus 4 other races. To qualify you need to complete 5 events, including 3 Surrey League races. There are awards for the first 3 men and women and to the winners of the men's and women's 40-49, 50-59 and 60+ age categories.

The qualifying races are shown on the following page.

Contacts

Further information contact your captains at:

dulwichladiescaptain@gmail.com

thomas_south@hotmail.com

chuckedward@googlemail.com

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

For further info about events in Shorts, how to enter etc, contact your captains:
 Thomas South thomas_south@hotmail.com Ed Chuck chuckedward@googlemail.com
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Cross Country Fixtures

2021			Distances , Start times etc
Nov	13	Surrey League 2 (ladies)	Wimbledon Common 6k / 10.30
	14	Surrey League 2 (men)	Denbies Vineyard 8k / 11.00
	20	London Champs	Parliament Hill Fields 6k / 1.15 ladies 10k / 2.00 men
	21	South of Thames 5m	Aldershot 5m / 2.00
Dec	4	Kent Masters	Dartford 8.7k / 11.30 M50 5.4k / 12.00 M60, all women 8.7k/1.20 M40
	11	SEAA Masters	Lloyd Park 6k/ M70, all women 11.45 10k/ M40, 50, 60 2.10
	18	South of Thames 7.5m	Beckenham Place Park 7.5m - 2pm
2022			
Jan	8	Kent County Champs	Brands Hatch 12k men, 8k women all start times tbc
	9	Surrey County Champs	Denbies Vineyard, Dorking 12k men, 8k women all start times tbc
	15	Surrey League 3 (men)	Richmond Park
	15	Surrey League 3 (ladies)	Mitcham Common
	29	South of England Champs	Beckenham Place Park tbc
Feb	19	Surrey League 4 (men)	Lloyd Park
	19	Surrey League 4 (ladies)	Effingham Common
	26	England National Champs	Parliament Hill Fields

2021/22 Ken Crooke Cross Country Championships

For the 2021/22 cross country season, the champs races are the 4 men's and women's Surrey League fixtures plus 4 other races. Qualifying races are:

- 4 Surrey League races (see fixture list above)
- Nov. 20 - London Champs, Parliament Hill,
- Dec. 18 - South of Thames 7M, Beckenham Place Park,
- Jan. 29 - South of England Champs, Beckenham Place Park (venue tbc),
- Feb. 26 - England National Champs, Parliament Hill,

To qualify you need to complete 5 events, incl. 3 Surrey Leagues. Awards for first 3 men and women and winners of men's and women's 40-49, 50-59 and 60+ age categories.

Mens Surrey League Fixture 2 Denbies Vineyard

After a strong team performance at the first Surrey league fixture, the second fixture is this Sunday 14th November, at Denbies Vineyard, near Dorking.

To continue on our push to win promotion back to division 1, hopefully we will see many of you there running.

As soon as I get the course link I will send it through to you along with parking details for those driving.

For those of you travelling by train, the nearest train station that will be serviced by trains is Dorking Deepdene which is approx 1 mile from Denbies.

To make sure you arrive in time to get your number, you will need to catch a train from East Croydon, changing at Redhill. The latest train to catch from East Croydon is 8:42.

Any questions, contact Tom South or Ed Chuck

South Of Thames 5 Miles 21 November

A new venue of Aldershot has been found for this race so if you want to take part, you will need to move quickly.

Entries close shortly so please contact the ladies captains or Mike Mann no later than 11 November if you want to be entered. No late entries or entries on the day will be permitted **Full race details on following page**

SEAA Masters Cross Country 11 December

Venue for this masters championship race has switched from Horspath, outside Oxford to our familiar Lloyd Park. Any men and women 40s, 50s and 60s+ who are interested should contact their captains.

Closing date for entries likely to be towards the end of November. Costs of entry to the club are quite high, so make sure you're available before putting yourself forward, in the event of any change in circumstances, inform your captains ASAP in advance of the entry being submitted. Distances are 10k for the men's age categories and 6k for the women. There's individual awards in 5 year age bands and team awards (3 to score) in 10 year age bands.

South Of Thames Race

Saturday 18 December

Volunteers Needed

Kent AC are hosting the South of Thames 7.5 mile race at Beckenham Place Park on Saturday 18 December, we have agreed to provide marshals. Anyone not planning to run and willing to help out on the day please contact me Mike Mann mcmann90@yahoo.co.uk.

Box Hill Fell Race Saturday 22 Jan. 2022

Confirmation received the race is on, no date when entries open yet but will let me know.

If you've never done any fell running, Box Hill near Dorking is an ideal introduction. Course is 7.5 miles (12 km), well marked, mainly on good paths (no bogs, becks or boulder fields, no chance of getting lost). About 1750' (530 m) of ascent, some quite challenging climbs and exciting descents. In January, the course is very slippery in places and you'll need proper fell shoes (Walshes or Inov8s).

You'll have a bad time in trail shoes and a horrible time in road shoes. Cross-country spikes not allowed. A very popular race that fills up very quickly (in a few hours).

Entry last time was £10.

I'm at the club most Wednesdays, or email me: hugh@christchurchpeckham.info **Hugh Balfour**

Contacts:

dulwichladiescaptain@gmail.com
thomas_south@hotmail.com
chuckedward@googlemail.com

South Of Thames 5 Miles Wellesley Woods, Aldershot

21 November

To be entered contact by Thursday 11 November -

Ladies: dulwichladiescaptain@gmail.com or

Men : Mike Mann: mcmanny90@yahoo.co.uk

Travel: Car from Wellington Roundabout on the A325 between Farnborough and Aldershot. On the northern edge of Aldershot. Aldershot railway & bus station 2km walk. Race HQ is in Rushmoor Road close to the A325, car drivers have to go via Wellesley Road.

Parking: Parking in Rushmoor Rd access by turning right into Wellesley Rd at the Wellington Roundabout, then first right into Bourley Rd. Rushmoor Rd, 2nd right.

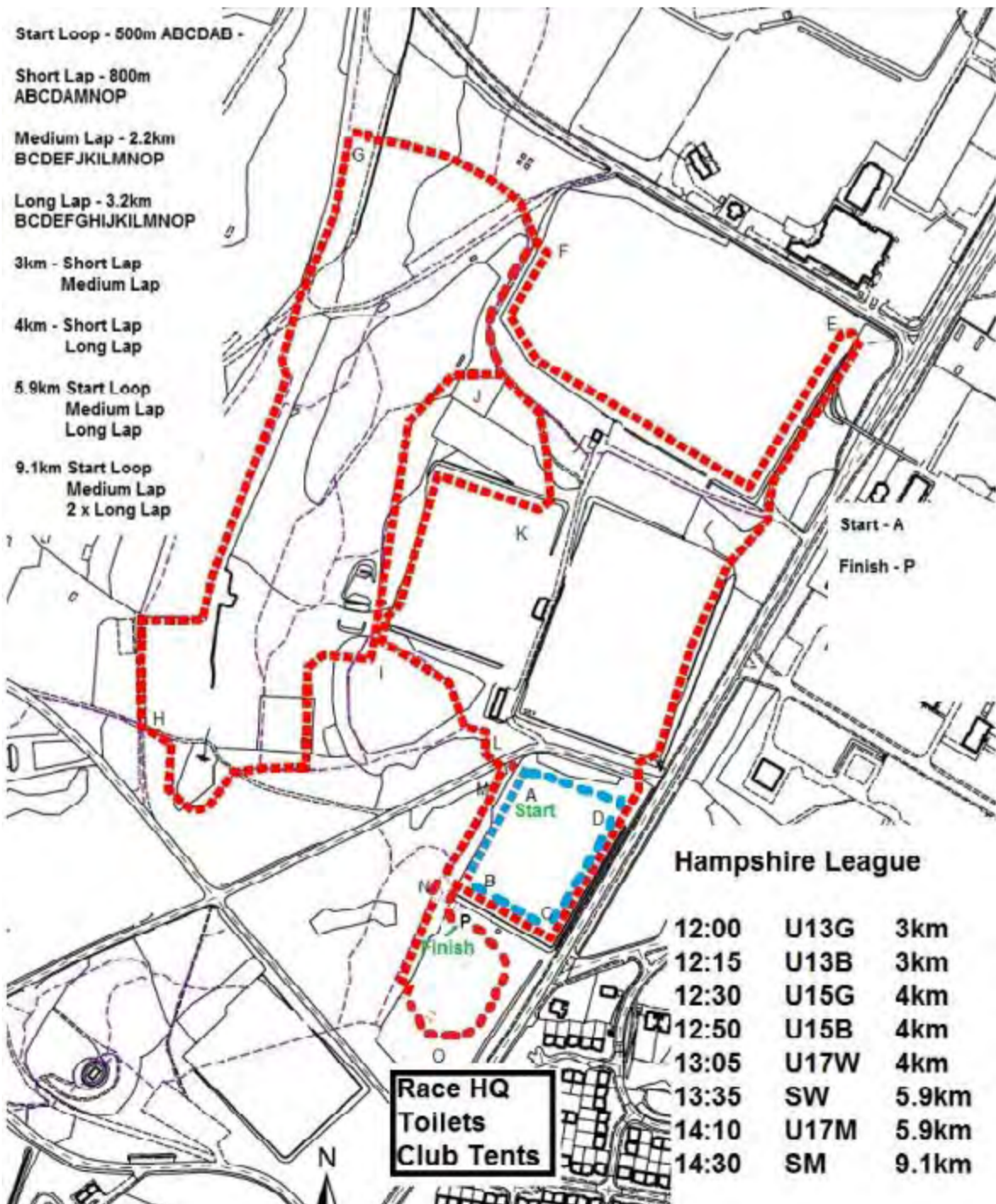
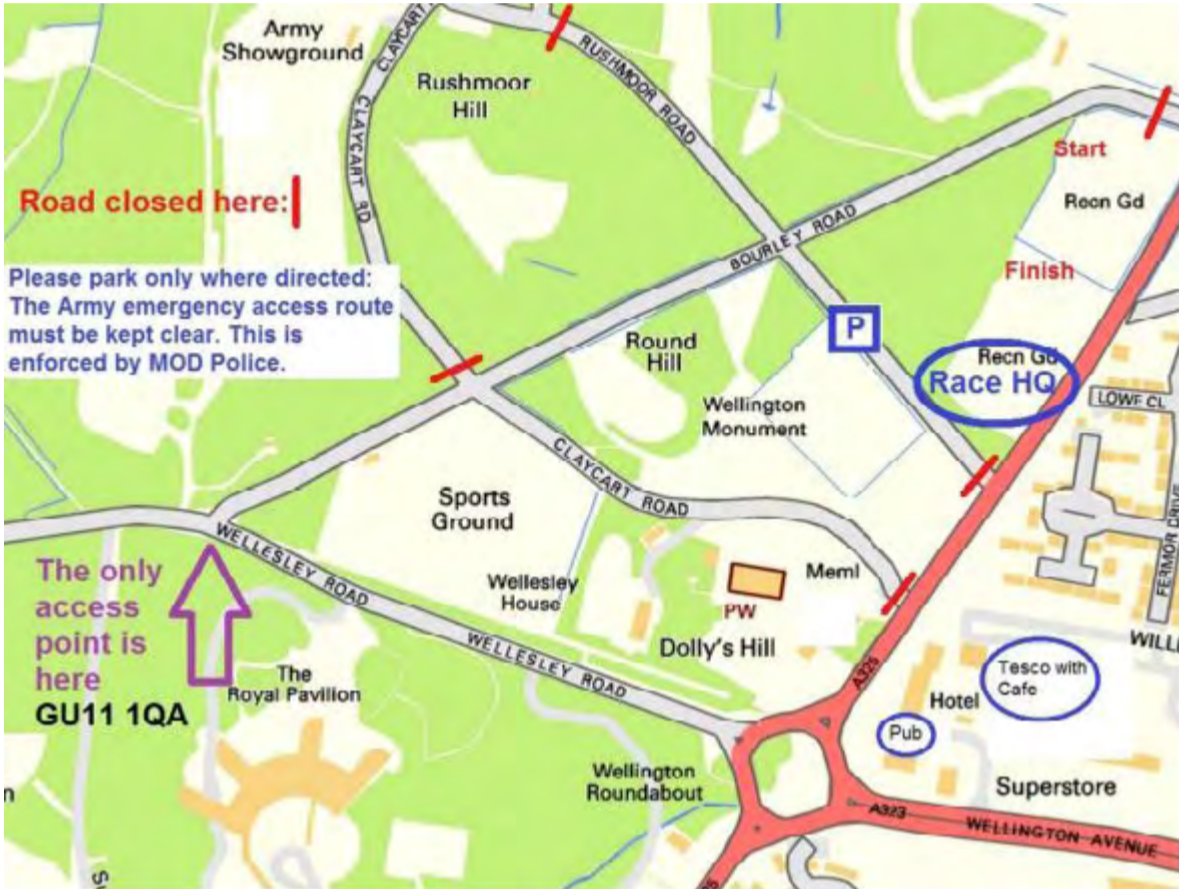
Facilities: No showers or changing. Pportalooos. Toilets in

Tesco and the Brewers Fayre Pub, both 5 mins walk. See attached map for Hampshire League.

Start: 2pm in a field about 500m north of the HQ. Men and women start and run together but recorded separately for the results. A disc system will be used.

Course: One very short lap then 2 long laps. Terrain is very mixed with grass, woodland, a few hard tracks and much mud.

Please comply with all signs and instructions. Inconsiderate parking puts future events at risk.



2021 CLUB CHAMPIONSHIP

FINAL UPDATE

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

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

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

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

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

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

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

Updated information on events below.

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

Provisional programme for this year.

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

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

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

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

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

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

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

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

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

Hello from Goring -on-Thames!

I hope you are all well - I saw some impressive XC results and I missed getting muddy with you all!

We are settling in well in Goring and nearly a year on from breaking my hip I am building up my running - 2 miles today. Ros and I have been comparing notes and it's good to have a fellow runner to share the hip replacement journey with.

The trails where we are now living are fantastic and I want to get as many runners as I can up here to enjoy them. Therefore in collaboration with another local Coach we are organising a Trail Running Retreat 1-3rd July 2022.

We want the weekend to be a fun experience giving time to focus on your running. There will be three runs to participate in of varying distance and each with a different purpose. Plus presentations on Mindset, Injury and Nutrition by specialists in their fields. The weekend is for runners of all speeds and experience as you will be split into groups.

The location of the retreat is Streatley YHA (bunkhouse accommodation), RG8 9JJ - less than 2 hours from South London by car or direct train from Paddington.

You can read the full itinerary here if you are interested

<https://runwithelkie.co.uk/running-retreat-1-3rd-july-2022-chiltern-hills/>

To book or with any questions please email elkie@runwithelkie.co.uk

Many thanks and best wishes

Elkie Mace



Running Retreat 1-3 July '22

JOIN US FOR A WEEKEND OF TRAIL RUNNING IN THE BEAUTIFUL CHILTERN HILLS. INCLUDES COACHED RUNS AND SESSIONS ON MINDSET, INJURY AND NUTRITION.

For more information go to www.runwithelkie.co.uk
To book email- elkie@runwithelkie.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.

Victoria Park Half

Sub 1:28 ATTEMPT..

Not to seem greedy but when I saw a fellow runner get a sub 1:28 HM time who had been just behind me at my last 10k race, for the first time this seemed like a reachable goal. I knew this was the time to beat for a qualifying spot for the British Champs into London Marathon but so far had only dreamed of this. As I really want to run London again (officially) and wanted to take the pressure of my Brighton marathon in April, I booked a Runthrough event at the flat Victoria Park.



Prep hadn't been ideal, there was the odd boozy weekend after a very disciplined and sports focused summer and some busy weeks at work. It was a 6.5 laps course and the 0.5 would prove an unexpected surprise for many runners. Running was going okay, it felt hard but manageable. I had written down the times I needed to hit at 5k, 10k and 15k in

and knew I was ahead of target time until 10 miles in with an about 2-3 minute buffer. So I didn't worry too much when my pace slightly dropped on the last 2 laps (maths while running isn't my strong suit - barely when resting)

As there was also a 5 and 10k race taking place (Grzegorz was there doing the 10k) the route became more congested due to the lap style course and there was no one my pace around me anymore. When I turned into the last bit which was not part of the previous laps I knew it was going to be tight but was pretty confident it would work out based on my buffer. I hadn't a clue we'd be looped around a pond and that there was this whole 'hidden' bit until the finish line as it hadn't shown on the course map. Turning the last corner I basically then knew this was a lost cause and although I gave my best sprint indeed I was 10 seconds over the required finish time - boooooo.

I'm gutted I missed it so closely but grateful I gave it a go and got a new PB on the way. I would not have believed this time at the start of the season or actually even recently.

Lesson 1 learned: Also write down every km time from 15k onwards as that's the bit that matters most. I might have realised earlier on that I had eaten away my buffer and needed to really pick up the pace.

2nd lesson: Try and do a reccie of the last bit (the course map on their website did not show that last loop and tape used on site was very misleading).

3rd lesson: Up my game when asking for someone to pace me :P

Becca Schulleri 7th female, 1:28:09 (first female 1:22:59)

Victoria Park 10k

6 November 2021

My autumn (well, my November) marathon is due in two weeks but I had to run a 10k race for our Club Champs. I chose the RunThrough race in Victoria Park.

The Vicky Park course is flat although it involves a sharp U-turn which you have to run three times. Also the point at which you should turn towards the finish line having done 3 laps was not that clear. The paths are generally wide but the field was quite crowded as 3 different races (5km, 10km and HM) were going on virtually at the same time. As a result, running a reasonably fast pace required a lot of zigzagging between other runners. And it was hard to pinpoint a runner from the same race to serve as a pacer.

In line with Steve's recommendations, I took it easy at the beginning. The first km felt really effortless although I ran it at 3:43 m/km pace. Looks like the track sessions bring some benefit after all. For most part of the race I tried to stick to ca. 3:45 min/km, which felt quite comfortable. I didn't want to run too fast not to shatter my legs and disrupt my training plan. I decided to speed up only on the last couple of kilometres to 3:35-ish.

My watch showed that the course was off by 230 meters. But it's probably attributable to the zigzagging or the gps signal going crazy in the trees.



All in all, I'm quite pleased with the result considering that I didn't go flat out. I finished 30 seconds slower than my PB but that was quite consistent with my not-flat-out 10k pace. It was also great to cheer for and chat with Becca who was fighting ferociously in the half marathon to win her championship place.

13 Grzegorz Galezia 37:38, 1st in age cat.
287 ran

World Sprint Distance Duathlon Championships Asturias, Spain

6 Nov

Mike Dodds writes: We were treated in 'Shorts' just a fortnight ago to Des and Becca's accounts of their European Champs triathlons in Valencia. Now it was Clare's turn to continue this burgeoning club tradition of representing GB (well, usually GB!) in age group multi event championships at both global and regional level, in this case the run/bike/run format of duathlon.

She had a lot in common with her club forebears in these tricky times. A long delayed event left would be participants wondering at various stages, and long after they had qualified for them, whether to arrange flights, accommodation, entry fees etc., as well as attending to all of the other paraphernalia associated with post Covid foreign travel, when the whole thing could be pulled at very short notice. The triathlon equivalent in Bermuda had suffered just such a fate very recently which hardly helped to inspire confidence.

Also, just like Des and Becca, we were headed for Spain which seems to love to bid for these things and generally makes a good job of them. This time, though, it was the slightly less well trodden path, for foreigners anyway like ourselves, of the Asturias region, and the town of Aviles specifically, which is about two thirds of the way heading west along its northern coast, the Costa Verde. Because it was a relatively remote venue the official travel partner for British triathlon had chartered a plane from Gatwick that was nigh on full with around 200 GBR athletes, non-playing partners, (yes, that's me!) and other support crew. This was a memorable, and surely unique, experience in itself and not exactly the atmosphere of your typical flight to a Spanish costa. I'm sure I don't have to explain further....!

The Costa Verde is a well-earned title. That much was clear upon arrival, not only from the view on landing of green rolling hills - albeit dotted with heavy industry - but because the heavens opened just as we proceeded to the terminal building. Actually, this was not really a sign of things to come as the weather settled down quite nicely over the weekend, cold in the morning, for sure, but each day brightening up to end up quite warm for early November.

Arriving on the Thursday allowed for a relatively relaxed following day to register (registration pack goodies included a personalised beer bottle!) in the picturesque town - lots of lovely wrought ironwork on balconies - and for Clare to do a bike reccie with some of her team mates. The transportation of the bike is always one of the main sources of angst and on this occasion Clare had packed hers into a bike box, kindly lent to her by the Chairman of Herne Hill velodrome. A limited number of these had gone into the hold but hers, like the majority, had had to be loaded into a van at Gatwick for passage

overland. It was a relief firstly to see that it had arrived at all and secondly that it seemed to be mechanically sound having been reassembled by one of the team mechanics. It's a long way to come for your bike to fail, indeed that's exactly what happened here to a woman from the Durham tri club we got to know over the weekend. As soon as she tried

to pedal away from transition a dodgy wheel bearing failed making the bike inoperable even though she had gone on the previous day's reccie when everything seemed fine.

Clare's wave, WV 60-64, was the last to start at 9.45 on the Saturday morning but there was no real option other than to take the hotel transport serving the earlier starters. This entailed quite a lot of hanging around in the cold and the dark. Spain is one hour ahead, of course, but this bit of it is well west of London, in fact pretty much on a par with Lands End, so it seems to take forever for dawn to arrive as the days shorten. I used to find this frustrating enough when I lived in Brussels but here was another dimension altogether.

The start and finish venue itself was one of those acclaimed modern architectural public spaces that this region seems to specialise in. Aviles' pride and joy is the Oscar Niemeyer Cultural Centre, named after the architect of many of the most prominent buildings of Brasilia and much else besides. It is set on an inlet on the other side of the water from the town centre which made for a generously spacious area for competitor and supporters alike but rather restricted access for the latter to much of the courses involved, even the running ones.

The race itself went pretty much perfectly in decent, and improving, conditions. The first phase in a 'sprint' duathlon is the longer run of 5k. Clare was just over halfway through this as many of you would have been sent off for your own parkruns. It was basically a flat run along the river where Clare more than matched her own recent parkrun form, a time of 25-29 over a slightly shorter than advertised distance. By contrast the final phase, that should have been 2.5k, was nearer 3km as reflected in a time of 16-19. The cycling was a bit more challenging with a few, so-called 'dead', i.e. 180 degrees, turns to negotiate and minor inclines over its 21k length.

All of this, with elongated transitions, delivered a finishing time of 1hr 35mins 43 secs. This proved good enough for 4th place, and only 76 seconds from a podium finish, out of a field of 10 with a German athlete followed by two Brits ahead and a further German, Spaniard, two Mexicans and two from the USA behind. 4th place can commonly considered to be the worst of all but Clare was actually thoroughly exhilarated by the way she performed, especially in view of what she has been through over the past nearly 3 years, so it was off to celebrate with the local cider and to commiserate with the hugely unfortunate lass from Durham. It also meant that she has pre-qualified for the equivalent Worlds next year, venue tba.

Clare Wyngard 1-35-43 (4.9k run 25-29, T1 2-51, 21k bike 47-31, T2 51secs, 3k run 16-19)

Reigate Priory Relays

Saturday 6 November

Gary Budinger writes: On a slightly windy but very mild Saturday afternoon myself, Mark, Joe and Alex took on the might of the other south London and Surrey clubs at this event. I was expecting to be in the Dulwich "Z team" but a selection headache was avoided due to Fred being unable to run late in the day – according to the others he was worrying about the calibre of the team...!! Therefore I ended up in the elite A team...!!

On a really interesting and undulating 4.5km trail course, which we all thoroughly enjoyed (once we had finished...!!) we surprised many of the other teams with our genius tactics of starting off very slowly (that was me....) and then getting progressively quicker each leg. Joking aside this actually worked really well as it enabled the quicker boys to be overtaking others all the way round.

Ed Chuck had kindly done the hard work of entering us even though he was not running, but then took the wild and outlandish decision to make me team captain - I think that's the most trust anyone has ever placed in me ever...!!

Gary Budinger	22.16
Mark Foster	19.01
Joe Farmington-Douglas	16.54
Alex Loftus	16.32

We all said this really must become a "must do" event again for as many Dulwich Runners as possible - it was a great course, really well organised, good transport links, very friendly atmosphere, with ladies, men's and mixed teams and around 80 senior teams involved .

There were also plenty of cafes and pubs nearby to ensure the drinkers and cake eaters amongst us (I qualify on both counts...) are kept satisfied.

Southwark Park Sports and Athletics Centre

Claire Steward writes: After doing Southwark parkrun, ex-DR Kaylee and I attended the official opening of the new Southwark Park Sports and Athletics Centre located by the running track. Christine Ohuruogu, Peckham-born Tokyo Olympic medallist Imani-Lara Lansiquot, and Team GB athlete Conrad Williams were there.

They were also celebrating the unveiling of a plaque beside the running track dedicated to the memory of their coach Lloyd Cowan who passed away in January aged just 58, and the launch of the Lloyd Cowan Cup. Lloyd's son Dwayne, a 400m runner who has represented GB, was also there, and along with Christine and Conrad, spoke movingly about Lloyd's huge impact and dedication in coaching them and many other successful athletes. Sessions at the sports centre are now bookable through Everyone Active

Dorney Lake 10k

7/11/21

Chris Vernon writes: Sue and I were eager to get some 'scores on the doors' before the club championship closed so chose Dorney Lake as it is flat, with just some gentle bridges to cross, smooth tarmac so no need for a VI guide and no cut off time. Having only seen the course on TV as the 2012 Olympic rowing venue we were mighty impressed how well kept the area is and the great facilities overlooking the start area.

Fortunately the organisers had eliminated the wave starts for the three races (5k, 10k, Half Marathon) and we all started together so had plenty of company during the 5k laps.

It was a sunny day but 9 degrees with a cold wind (according to regulars it is always windy at Dorney) at least we did not have to swim and bike as well as run !

As we made our way to the start we met Clare Norris who was doing the half. At the gun Sue sped off and I was soon at the rear of the field, but never mind I am used to it even though I hate it. All went well with efficient marshalling and I managed to keep up a good pace of sub 15.30 miles with a last mile of 15.08 . Perhaps I should go for a sub 3hr Half next time? As I crossed the line I was closely followed by Clare who was finishing the Half.

Results 10k 134 ran

Sue Vernon	1.26.16	131st	1st FV70
Chris Vernon	1.35.57	133rd	2nd MV70

Half Marathon 130 ran

Clare Norris	1.36.42	30th	1st FV40
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Imani-Lara Lansiquot, Claire, Kaylee, Christine Ohuruogu

Project 20 - Week 5

Dog Days in Dulwich

Vital Statistics week 5

Park Run: 23:25 (Garmin)/ Weight: 74.3

Can you write yourself faster? Can the act of writing each week actually propel me faster? I think so. I dearly hope so. Each week begins a mystery. But as each week unfurls, I bump into the great and good of Dulwich Runners, and I get some imbrication and creation from each of them, all the while propelling me forwards. Do gels make you faster? Not really. But other Dulwich runners, they are running ambrosia I tell you. Of course, it is a truth that middle age is a tragedy of human decay.

Forget what you read in the magazines about older and faster. In truth, it is an unmitigated tragedy for a runner, as suffering is heaped upon suffering, collapse upon collapse, injury upon injury. Still, rebirth and hope has come in the shape of a dog. Yes, I am hoping that dogs make you faster. They worked for Phil Sesemann, who ran 2.12 in this years London Marathon. He ran 80 miles a week with his spaniel, featured below.



Following his lead, I have recently been out running with my own secret weapon (pictured below). Benji, an 8 month old Bichon Frise. We have managed an impressive 5km, and hope to follow in Mr Sesemann's footsteps. Although Benji's hair style is not exactly aerodynamic if I am being honest with you.



On Sunday, I also bumped into Michael's other half, Alexie, also out with Trudy, who has become a very fit dog. Some of you may not the full story of how Michael met Alexie (both DRs), so I've included a full clip below.

It also brought back a long repressed memory of when I beat Alexie in the Hell Runner race. She is really very competitive, but I really did beat her! As soon I started reminding her in Dulwich park she said she had to go and sprinted off with Trudy. This week saw my park run time go back in the right direction, so I'm feeling a renewed optimism. With Benji at my side, suddenly everything is possible.

Ajay Khandelwal

(Ed, fact check shows that you did beat her Ajay, but only because she gave you a massive handicap !)

Michelle Zen Provides A Mantra for All Runners Could it work for you?

One time, many summers ago, I bumped into sage Michelle L on a run. I asked her what her running mantra was. She replied, zen-like, "It can't be as bad as the Xmas shopping..." This zen like utterance was powerful then, but has an added poignancy now, as we confront the idea that we won't get what we want for Xmas, an if we do, we are guilty of destroying the planet.

There was a period of time wherever I looked, I would see Michelle L running, muttering, "It can't be as bad as Xmas shopping." I changed my travel routes, but still, I would see her running and running, muttering and muttering. It has seemed to work for her. As my running performance has fallen off a cliff, she is enjoying the form of her life.

Still, while running with Benji my Bichon, I utter these words hoping they will make the difference.

The Uncastrated Male Sheep Spotted Is he sponsored by Head and Shoulders Conditioner?

On Wednesday, at about 9.31 pm to be precise, I was getting a lift from Honor Oak Station. I heard a rustle in the bushes. I saw the great uncastrated sheep himself closeup, Jack R. I felt like I was in a safari park. I wondered, had Head and Shoulders asked him to run the streets of South London night and day as part of his running-hair influencer role? I do not know. But he certainly flew up that 10 percent gradient. I took a note of his running gait and full on attitude and promised to myself that I would integrate it into my running style.

Clare W, Good Effort But Should Have Tried Harder

Later in the week I bumped into Clare W. She casually let it be known that she was in the world duathlon champs this weekend. She thought she'd come 8th, but actually came in 4th! How annoying. 8th is ok, but if you found you'd come 4th, you'd be really annoyed with yourself. A little bit more effort and you'd get a podium place! Seriously, good work Clare.

Michael W and Trudy

I bumped into Michael and his jack russell on Sat, just after park run. Every time I see him he seems more and more like the six million dollar man. I really think it's worth watching this 2 minute video clip below and you'll see what I mean.

<https://www.youtube.com/embed/0CPJ-AbCsT8?feature=oembed>



<https://www.youtube.com/embed/Z84IFV7qLTk?feature=oembed>

**To have your results here ...update your parkrun profile to show Dulwich Runners AC as your club.
If you are no longer a member please remove DR as your club.**

Banstead Woods

173 Ran
Pos Gen
58 54 Dave West 25:19

Bath Skyline

280 Ran
Pos Gen
147 35 Katie Prior 26:54

Brockwell

292 Ran
Pos Gen
2 2 Andrew Inglis 17:10
40 37 Stephen Trowell 20:33

Burgess

474 Ran
Pos Gen
90 74 Hugh Balfour 21:52
174 127 Michael Mann 24:02
248 171 Andy Murray 26:09

Cabinteely

153 Ran
Pos Gen
20 15 Timothy Bowen 22:03

Cardiff

652 Ran
Pos Gen
47 40 Des Crinion 19:56

Crystal Palace

319 Ran
Pos Gen
1 1 Hugh Stobart 17:10
13 13 Sam Jenkins 20:25
77 66 Colin Frith 24:15
80 68 Paul Hodge 24:26
268 160 Bob Bell 32:48

Dulwich

481 Ran
Pos Gen
35 30 Tom Shakhli 18:42
43 38 Stephen Davies 19:12
53 47 Rob Fawn 19:27
55 49 Ebe Prill 19:28
59 52 Rupert Winlaw 19:36
76 66 James Auger 20:03
89 78 Lee Wild 20:34
113 10 Clare Norris 21:23
155 123 Dan Hill 22:22
160 127 Alistair Clarke 22:30
163 128 Graham Laylee 22:37
228 168 Miles Gawthorp 24:14

Felixstowe

211 Ran
Pos Gen
92 15 Hannah Issett 27:07

Foots Cray Meadows

150 Ran
Pos Gen
4 1 Clare Elms 20:01
24 21 Stephen Smythe 24:00

Gladstone

204 Ran
Pos Gen
48 37 Stephen Williams 23:07

Hanworth

63 Ran
Pos Gen
30 25 Nicholas Brown 27:56
Hilly Fields
246 Ran
Pos Gen
17 1 Kay Sheedy 20:34
48 39 Martin Kelsen 22:41

Kingdom

88 Ran

Pos Gen
4 4 Lloyd Collier 21:23

Peckham Rye

241 Ran
Pos Gen
10 1 Polly Warrack 18:53
22 2 Michelle Lennon 20:42

Preston Pk, Brighton

420 Ran
Pos Gen
4 3 Thomas South 17:10

Richmond

398 Ran
Pos Gen
119 95 Barrie John Nicholls 24:39
147 26 Lindsey Annable 25:36

Riddlesdown

136 Ran
Pos Gen
11 9 James Wicks 23:11
37 8 Ange Norris 26:08

Southampton

793 Ran
Pos Gen
129 7 Laura Vincent 21:53

South Norwood

143 Ran
Pos Gen
4 4 Jamie Nicol 19:43
40 4 Carys Morgan 24:35

Wolverhampton

255 Ran
Pos Gen
93 77 Sam Mattu 26:52

DULWICH RUNNERS KIT

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

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



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



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

Socks only £5



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 Winter Map 8

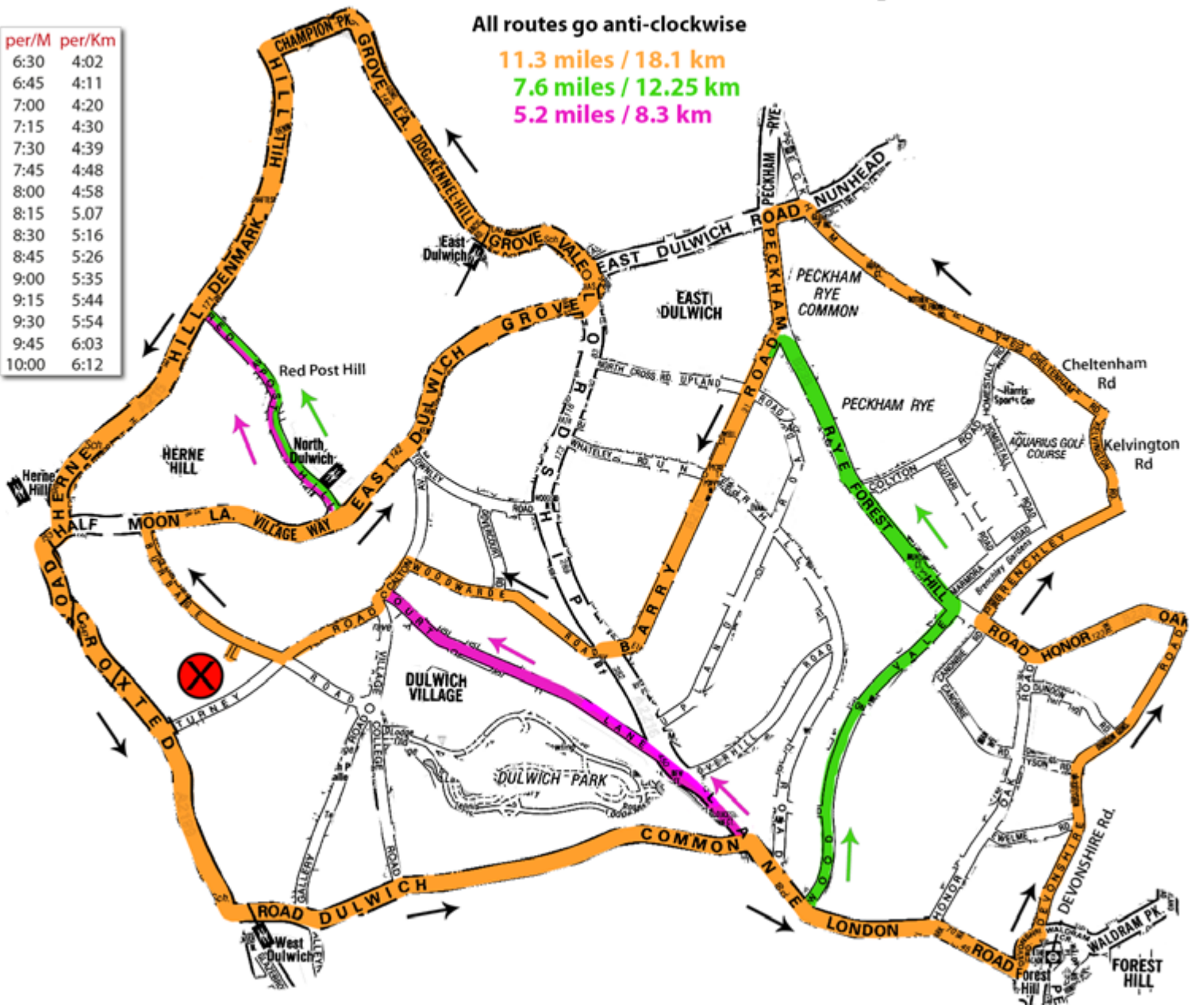
All routes go anti-clockwise

11.3 miles / 18.1 km

7.6 miles / 12.25 km

5.2 miles / 8.3 km

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



All maps on Strava (you don't need an account)

<https://www.dulwichrunners.org.uk-wednesday-night-routes>