

SHORTS



Dulwich Runners AC
Weekly Newsletter
October 13th 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 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.

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. 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.

Club Runs & Training Sessions

Wednesday Evening Club Runs

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

Meet upstairs in clubhouse, arrive by 6:50pm to register, pay & organise which group you'll run with....

NOTE: £1 club run fee for members and guests

each time you run - Contactless payments only

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.

Tues. 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.

Tues. 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. There are 4 fixtures during the season starting on 16 Oct. Details of these, venues etc can be found in Shorts and on the website. Details on arrangements start times, location etc. will be posted nearer the time. Information on Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if possible. While the dates are set, we are waiting for venues to be confirmed. Our men currently compete in Division 2, but with good turnouts and performances from our strongest runners, we have a chance to return to Division 1.

Distance

The men's Surrey League races are around 8km, while the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, ranging from around 8km in the autumn to 12km and over for the men later in the season.

Scoring

In the Surrey League, its first 5 women for the club and first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible. Cross country races are not elite and 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

For the men's Surrey League, all those 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

In addition to the Surrey League there are a number of other cross country races, most of which take place on Saturdays. For those who are keen, it is possible to find a race on most Saturdays during the season. Races include the county champs (including Masters), London Champs, 2 South of Thames races, South of England and National champs. There are also a number of other races for Masters. See the fixture list in Shorts and on the website.

Which races to go for

There are cross country races on many Saturdays 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 championships (see below for further details). In addition runners are encouraged to compete in the Surrey and Kent county and masters champs.

This season the English National Championships will be held at the iconic venue of Parliament Hill Fields, with the South of England championships expected to be held at Beckenham Place Park. 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 those interested in participating to put their names forward in advance of the deadline given, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

You can often get away with road or trail shoes in early season races, but as the ground becomes heavier from late autumn onwards, cross country spikes or fell shoes become necessary. You will need to make sure that you buy cross country spikes, as opposed to track spikes. Spikes come in different lengths ranging from 6mm to 15mm and can be screwed in. As the ground becomes heavier longer spikes will be needed, particularly on heavy course such as Parliament Hill and Lloyd Park in the winter months. Fell shoes are studded and have more grip than trail shoes. They are suitable for most ground conditions apart from ice. Cross country shoes can be bought at a number of retail outlets including Run & Become (Victoria), Intersport (Herne Hill), Runners Need and Sweatshop (various locations) or Wiggle 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 the 4 men's and women's Surrey League fixtures plus 4 other races. To qualify you will 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

DULWICH RUNNERS 2021 FIXTURES

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

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

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

2021			
Oct	16	Surrey League 1 (men)	Epsom Downs
	16	Surrey League 1 (ladies)	Richmond Park
	23	SEAA Relays	Wormwood Scrubs
	23	tbc Surrey Masters Champs	Richmond Park
	30	BMAF Relays	Long Eaton
Nov	13	Surrey League 2 (ladies)	Wimbledon Common
	14	Surrey League 2 (men)	Denbies Vineyard
	20	SEAA London Champs	Parliament Hill Fields
	21	South of Thames 5m	Morden Park
Dec	4	Kent Masters Champs	Dartford
	11	SEAA Masters	Horspath, Oxford
	18	South of Thames 5m	Beckenham Place Park
2022			
Jan	8	Kent County Champs	Brands Hatch
	9	Surrey County Champs	Denbies Vineyard, Dorking
	15	Surrey League 3 (men)	Richmond Park
	15	Surrey League 3 (ladies)	Mitcham Common
	29	SEAA South of England Champs	Beckenham Place Park tbc
Feb	19	Surrey League 4 (men)	Lloyd Park
	19	Surrey League 4 (ladies)	Effingham Common
Mar	26	England National Champs	Parliament Hill Fields

2021/22 Ken Croke 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 5M, Beckenham Place Park,
- Jan. 29 - South of England Champs, Beckenham Place Park (venue tbc),
- Mar. 6 - England National Champs, Parliament Hill,

To qualify you'll need to complete 5 events, incl. 3 Surrey League races. There's 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.

Surrey League Mens fixture at Epsom

The first Surrey League fixture takes place this Saturday at 3pm.

This year we are in Division 2 and we are aiming to get promoted back to Division 1, and everyone will help aid our cause, and all men have been registered to run.

The first fixture takes place at Epsom Downs at the following venue: <https://www.surreyleague.org/slm/match/131/>

Surrey League www.surreyleague.org

Aim to be there by 2:30pm at the latest so Tom South can allocate your number and that will give you time to warm up. We will have our club banner up to help you locate us as well as a tent to leave your kit while racing.

The venue is about a 5 minute walk from Tattenham Corner train station with the journey taking an hour by train from North Dulwich (changing at Purley). The latest train that will get you there in time to avoid any cancellations is 13:00

The course map is as follows: https://files.opentrack.run/live/img/2021/slm_21_m1d234.pdf

The course should be firm, with long grass in sections and over 5 miles and likely to be a two lapper. Spikes or trail shoes will be suitable for this course, cross country spikes will be worth investing in for later fixtures this season.

Any questions, please contact myself or Ed via emails. On Saturday you will be able to contact Tom on 0797 695 8539

Kit... If anyone needs a vest for cross country I'll be at the club tonight
Also available bobble hats, buffs and socks!
Ros

London Cross Country Champs

20 November

These races at Parliament Hill have been chosen as one of our Ken Crooke cross country champs events, so you are strongly encouraged to enter. They will be good practice for the England National Champs in March taking place at the same venue, though on an extended course, and there is the added bonus that we plan to combine this with a visit to a local pub afterwards.

Distances are 6k for the women and 10k for the men. Anyone living in one of the London boroughs is eligible to compete. Those wishing to enter should contact the men's or ladies captains.

South Of Thames 5 Miles

21 November

For those of you not able to make the London champs the previous day or happy to double up, the South of Thames 5 miles will be held at Morden Park. This has been a popular race with our members in recent years as the standard is high and it offers a rare opportunity for men and women to compete together.

To be entered contact either the ladies captains or Mike Mann mcmann90@yahoo.co.uk as appropriate.

Contacts: your captains at:

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

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 ebeprill@yahoo.co.uk (exception only for late marathons up to 5. December)

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

Updated information on events below.

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

Provisional programme for this year.

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

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

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

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

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

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

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

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

New(ish) to Running Rota for Dulwich Runners

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

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

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

Add your name on the left and click on the Wednesday you'd like to volunteer. If there are two people down for a particular date, please pick a different date. Ideally you will all spread yourselves out. The rota will have dates at least 3 months out to enable planning. I have agreed to coordinate this rota and it will be reviewed at the end of the summer.

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

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

Ola Balme is an experienced Sports Massage Therapist and DR club runner. -
To find out more - 07506 554004 - www.hernehillsportsmassage.co.uk

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, object fails etc.

Manchester Marathon

“Some reflections on running my first ever marathon!”

Kay Sheedy writes: I remember when I first joined Dulwich Runners back in summer 2019, I was horrified to find out that a “short” route on a Wednesday evening club night consisted of nothing less than 5 miles! I then probably lost count of the amount of times over the next few months I told fellow members that I wasn't ‘crazy enough’ to run a whole marathon. Oh how things do change!

I was very much in awe of the clubs reputation for marathon running, in particular Steve Smythe, who I soon learned had managed to run a sub 3 hour marathon in no less than five different decades, as well as also lots of other club members who had simply run phenomenal times consistently over many years or who had significantly improved their times after joining the club and



putting in regular training. My initial plan when joining Dulwich Runners had been to get much quicker over shorter distances from 800m to 5km, but several hamstring injuries and



COVID -19 in 2020 meant that my track season that year was basically unsalvageable and I turned my focus to longer distances.

Throughout lockdown, I started upping my mileage gradually, and despite the lack of races, I found that my (virtual) 5km times started to drop rapidly. I also found out that I really enjoyed doing long runs!

Ebe Prill finally managed to convince me to sign up for a marathon- during one morning in lockdown we did a long run on a lovely sunny day and passed over Tower Bridge, he was telling me fantastic tales about the London Marathon and I was utterly captivated by it. Soon after that I decided to sign up for the Manchester Marathon in October 2021, along with my training buddies Chris Lawrence and Nick Fiducia. (later on joined by Rob Fawn and Alex Key)

After a very decent winters training, we set out to embark on a plan in which we would hoped we could run as close to three hours as possible. After 16 weeks of solid training prescribed for us by Tom South (involving several ridiculous 5am starts for tempo sessions on Thursdays, exhausting long runs on Sundays, lots of general moaning and complaining about it all (especially tapering!) and debating about whether beetroot juice or vodka was better to consume the night before the race), I felt we that we were ready... as much as we could ever be!

The day itself proved unseasonably warm for Manchester in October, and thus combined with a complete lack of sleep the night before, I made my first rookie mistake of not adjusting my planned pace. The first 10km felt as comfortable as it could have been but after that the wheels shortly fell off. I went through the halfway mark about a minute or so within my target time but after that it was pure torture- despite suffering a mixture of cramps, vomiting, stitches and a general feeling of wanting to stop and DNF... I willed myself to finish the race at whatever cost. The atmosphere and support from the crowd was absolutely inspirational and really kept me going in the last kilometer when I was desperate to stop.

Although overall it was a lot slower than what I had hoped to run, I refuse to be disappointed with my finishing time and I'm amazed at the mental resilience it brought out in me to just simply finish- I was definitely spurred on by all the absolutely incredible performances by Dulwich Runners in the last few weeks, whether it was at the London Marathon or in the Sahara Desert. I would also like to say thank you to Tom for bringing together a great training plan and the valuable advice he gave with it, and to Chris, Nick, Alex and Rob for being fab training buddies and putting up with me!! I definitely hope to be back again for another attempt in 2022!
1171 3:23:47 715F

Surrey Masters XC Nonsuch Park

9 October 2021

Sonja Jutte reports Saturday was the first XC event since February 2020. Muddy runs were much missed last winter, so I was really looking forward to this. It was a glorious sunny Saturday as we made our way to near Mansion House at Nonsuch Park in Cheam. There were two race - race 1 for ladies and men over 60 (2 laps) and race 2 for men (3 laps).

Around 150 of us gathered at the start at 1.45pm and set off. It was a very happy vibe - I think everyone is pleased cross country is happening again. As always, I set off too quickly. And I paid for that in km 3 and 4 before settling into a much slower pace in km 5 before managing to speed up again for the final km. I played leap frog with at least one other person on the way round, which kept things interesting. It was a pretty flat grassy course, with a few muddy areas and



a short stretch in the woods. It was a completely new park to me and running somewhere new is always exciting (so just as well Morden Park was double booked . Fab first XC back and looking forward to Surrey League.

I think I also managed to score for the team along with Eleanor and Anna. For me this is unprecedented and totally ace.

Ola adds The four of us and the M60 men kicked off the cross country season at Nonsuch Park.

The fog lifted and it was a beautiful warm afternoon. We all started off too fast as this is customary at cross country races. I couldn't sustain the momentum. The W35 team of Anna, Eleanor and Sonja came a very close third.

Thanks for the support from Ange, Hugh, Gary, Alex and Ros. We all enjoyed our outing.

44	Ola Balme	28.02
55	Anna Thomas	28.32
56	Eleanor Simmons	28.52
97	Sonja Jutte	32.11

Dave West writes: Despite being a former club XC captain, I've not run a proper XC since the 2013/14 season. I even found the same historic shoes in a dusty corner of my wardrobe (the much-lamented Adidas Swoop, bought for £45 on Christmas Eve 2009 and barely worn), but thought better of it. Morden Park was initially hired for the Surrey Masters three months ago, however a midweek course inspection revealed that Merton Council had also given permission for a clashing two-day Tough Mudder event. Fortunately, the Surrey race director wasn't easily deterred and just 90 minutes later he'd secured Nonsuch Park as an alternative venue for the Masters, leaving the Tough Mudders to their £100 obstacle race and probably providing a better course for us in the process.

Nonsuch Park has a rich history. Nonsuch Palace stood in these grounds from 1538 to 1683. The Palace was Henry VIIIth's last vanity project - a grand construction the like of which "Nonsuch" shall ever see. Including him as it happened, because he died before its completion. His daughter Elizabeth 1st made more use of it and the royal hunting grounds that now form the park. Little of the original Palace remains, but a mansion was built in the park in the mid-18th century and it's still surrounded by a huge green space virtually hidden away from the main roads. More recently, it hosted the men's National XC Champs in 1989 in freezing rain and very muddy underfoot conditions with the start

gun being fired a minute early, catching out some of the favourites that day including Eamonn Martin, the last British male winner of the London Marathon, who celebrated his 63th birthday on the day of this race. It still occasionally hosts Surrey League events and inevitably a Parkrun.

Come the day of the race, the early morning fog had lifted, the sun came out and the ground had been nicely softened by the recent rain. Perfect conditions. The course consists of grassy trails, soft and uneven in places, a raging torrent of a river (okay a small trickle), with no real hills but a slightly downhill start balanced by a deceptively uphill second half to catch out those who had gone off too quickly (who would do that?) There were two races - a two lap 6km event for Women over 35 and Men over 60; three laps and 9km for Men over 40 and under 60 (despite equality there is no men over 35 category).

The Dulwich representation was small, but everyone seemed to enjoy themselves. I followed Anna Thomas at the start and was quickly passed by Ola Balme, Eleanor Simmons and Martin Kelsen on the run down to the site of the old Palace. Annoyingly, I was also passed at speed very early on by a V60 from Collingwood who I'd beaten quite convincingly in the Roundshaw Parkrun a few weeks ago over similar terrain. As the route climbed a little and became muddier past Stoneleigh Swamp, I started to suffer for my

initial enthusiasm and the other DRs disappeared into the distance. The rest of the run was more about keeping going through swamp and streams (not really) but I only lost a few more places once the race settled. At a sharp turnaround point I could also see Sonja Jutte closing and looking strong. I ran much of the second lap with a gap in front and behind so perhaps eased off more than I should.

49	Martin Kelsen	28:13	13M60
85	Dave West	30:52	20M60
110	Andy Murray	34:25	8M65
133	ran		

As a cherry on the cake, Anna, Eleanor and Sonja were third in the Surrey Championships W35 team category and only one point behind Herne Hill in second. Well done to them! Martin, Dave and Andy were 6th In the M60s.

In the longer second race, Alex Loftus was 25th in 35:25 (10th M45) and Hugh French was 70th (22nd M45). 97 Ran. Thanks to Ros Tabor for marshalling and vocal support, Ange for the pictures and her encouragement and Gary Budinger for being team captain for the day despite being unable to run himself. This is great event for those "as are of Riper Years" (as the 1662 Book of Common Prayer written in the glory days of Nonsuch Palace would have it), and a good way to kick off the XC season.

Chase the Moon Hyde Park 10K

6th October

When I entered this, I didn't think I'd actually be chasing a moon, but as it happened the lighting sensors in the park weren't working so after the first 10 minutes, the race was in the pitch black with no torches as no one had been expecting it. My first experience of running in complete darkness. Interesting when you can't judge your speed with any visual clues but have to rely on feel alone.



Having recently watched the film about the Sri Chinmoy self Transcendence 3100 race, I was already in awe of their mental prowess but this definitely highlighted the skill of night running. So I don't know if I ran slower or faster as a result. But PB nonetheless of 43.15, 3rd female home. Clare Norris

2nd Sunday Run Wimbledon Common

12 October

A birthday bash the previous day meant that I couldn't make the Surrey Masters cross country the previous day so I entered this monthly 5 mile trail race on Wimbledon Common as an alternative. Despite recent rain the lollipop course was in good condition apart from soft wet grass at the start and finish and a few puddles along Beverley Brook. It takes in 2 efforts up a long uphill drag on stony ground called the Toastrack, a narrow fenced path between two parts of the golf course. Matt Cooke, using it as a practice for next week's Surrey League match, had a strong run, finishing in 7th place. I was 26 secs faster than in September, after a battle with a rival M70, finishing up 4 secs adrift. Andy Murray used the race as a recovery run following his cross country the day before at Nonsuch Park, and Sadie Sholem finished close behind him. Mike Mann

7 Matt Cooke	33:55
32 Mike Mann	42:28
46 Andy Murray	47:03
48 Sadie Sholem	47:25
58 finishers	

Royal Parks 1/2M

10th October:

Last race of the season for me and 4th of 4 half's this year. Unfortunately a horrid cold took the edge off any excitement. But adrenaline works wonders and steel pans and my two boys cheering spurred me on, with relatively even splits, bringing me home in 1.34.10, a new PB and 3 minutes quicker than 2 years ago. 5th in my category and 24th female back out of nearly 5000.

Winter training here we come...
Clare Norris

Royal Parks 1/2M

After the Big Half went quite well with not much training I decided to splash out on a charity place for Royal Parks with the aim of training well and going for a PB. The latter part didn't happen for various reasons including a vets rugby tour to Portugal which put me 'off games' for a few weeks!

Anyhow, it was a nice event. I went off too quickly

and started flagging from about mile 5 or 6. Had to give myself a series of pep talks as I wended around Hyde Park. Managed to squeeze in just under 1.30 which was OK. But I can't pretend it was good fun! Good training though I suppose.

196 Paul Greenhalgh 1.29.43



London Marathon - last one.

**Steve Smythe 24877th
4:55:49**

There were some brilliant times in London this year - well done Jack especially and all the sub-3's and 4's made it one of the club's better overall performances since 1981 but note only one club runner/walker missed their PB by nearly two and a half hours and set a PW by well over 90 minutes.

Under normal circumstances I wouldn't have considered doing a marathon in my current condition. However, I have run at least one marathon every year since 1976 and this would be my 46th year in a row (38th consecutive London and 40th London Marathon overall) so I convinced myself do just one very last final marathon and I thought I would not risk injury in the build up by doing any proper training.

Pulmonary Embolism in both lungs earlier in year and no real desire to train anymore (in all previous marathons a

sub-3 was I felt possible and now it obviously wasn't) meant I was barely in shape to run 6.2 miles let alone 26.2 with a five mile a week average and a 10 miler longest run which destroyed me for a week plus even more training lost with a few bike crashes and I wondered if the previous 50 years of relatively good training would help - it didn't.

In the end I did actually 'run' through to halfway in a relatively controlled 1:56 but knew the second half would be tough and with 10 miles to go my legs turned to concrete and running became near impossible even if I was still full of energy so with a minimum target of double my 2:29 PB I walked as fast as I could calculating what I needed at the end of each kilo - roughly 9 minutes per kilo after 20 miles.

And I actually picked up the walking pace from 22 miles to the finish with the knowledge that it was almost certainly the last one and the end of an era/error. I did break into a final trot in the straight when I heard DJ Chris Evans was closing though even he easily beat me on chip even if I just beat him to the line as I bettered my modest target by a few minutes. Only Barry-John's excessive acting work schedule stopped me from being Dulwich's slowest London Marathoner this year having often been the fastest for a while in my younger days.

Though can I claim a moral victory if of less than a tenth of the training I was only twice as slow as the club's best?

No, obviously not as I didn't run it all but it was my 76th completed marathon including the 2020 virtual one as my average time this year over those 76 dropped from 2:51 to 2:53 though I did retain my position as having the longest sub-3 marathon span in Britain and Europe (41 years -1976-2017) as London fastest ever present Chris Finill missed out with a below par 3:10 but as he ran 1983 and I didn't (my one missed one) it's a moral victory for him especially as he has beaten me in 31 of the 40 London's we've both done.

Overall I can't say I enjoyed my first run-walk though the crowds were brilliant even if this year I don't think any of the people who normally give me a shout spotted me as I was around 24000 places further back than normal.

I do have a good excuse to not do any more as for the first time in 40 years I am no longer good enough to have either a Championship (1981-2010) or good for age time (2011-2021) so without a place logically next year I can watch for the first time but I have just stupidly worked out even if I walk all the way and take 9 hours for my next one I will then have a sub-3 average for 77 marathons.

Banstead Woods

170 Ran			
Pos	Gen		
7	7	Tony Tuohy	20:40

Beckenham Place

244 Ran			
Pos	Gen		
35	4	Laura Vincent	23:06
72	11	Claire Barnard	25:04
121	32	Hannah Harvest	27:43

Bedgebury Pinetum

181 Ran			
Pos	Gen		
15	3	Kim Hainsworth	22:15

Bethlem RH

63 Ran			
Pos	Gen		
1	1	Andy Bond	20:10
52	17	Clare Osborne	32:15

Blickling

232 Ran			
Pos	Gen		
100	17	Rebecca Davis	25:43

Brockwell

271 Ran			
Pos	Gen		
1	1	Andrew Inglis	17:20
27	26	James Auger	20:14
30	29	Mark Foster	20:33
86	74	Graham Laylee	23:40

Burgess

507 Ran			
Pos	Gen		
1	1	Jake Herrera	16:10
7	7	Adrian Russell	17:01
104	77	Dan Hill	21:35
167	121	Martin Kelsen	23:24
316	70	Ros Tabor	27:18
486	155	Susan Vernon	38:50

Cannon Hill, B'ham

509 Ran			
Pos	Gen		
91	6	Susan Cooper	22:58

Cirencester

126 Ran			
Pos	Gen		
4	3	Michael Fullilove	20:38

Conwy

277 Ran			
Pos	Gen		
270	138	Chris Vernon	49:43
Clapham Common			
531 Ran			
Pos	Gen		
166	116	Ian Sesnan	24:20

Crystal Palace

293 Ran			
Pos	Gen		
19	17	David Benyon	20:52
24	21	Sam Jenkins	21:08
39	1	Yvette Dore	22:06
40	2	Emma Kelly	22:08
63	7	Naomi Crowther	23:47
107	81	Michael Dodds	26:16
118	17	Jenny Bomers	26:57
177	48	Belinda Cottrill	29:32
235	135	Bob Bell	32:45

Dulwich

419 Ran			
Pos	Gen		
1	1	Ben Howe	15:43
9	8	James Brown	17:42
54	49	Lee Wild	20:21
62	56	Rupert Winlaw	20:49
84	74	Neville Webb	21:39
146	121	Ajay Khandelwal	23:43
157	127	Miles Gawthorp	24:00
182	28	Claire Steward	24:50

Harrow

207 Ran			
Pos	Gen		
49	44	Sam Mattu	24:24

Hilly Fields

219 Ran			
Pos	Gen		
11	11	James Burrows	19:27
46	4	Emma Ibell	22:59

Hoblingwell

66 Ran			
Pos	Gen		
4	1	Clare Elms	21:01
18	16	Stephen Smythe	26:18

Hove Promenade

419 Ran			
Pos	Gen		
29	2	Michelle Lennon	19:45

Hull

468 Ran			
Pos	Gen		
124	97	Paul Hodge	25:24

Lews Castle

63 Ran			
Pos	Gen		
9	8	Edward Smyth	22:17

Old Deer Park

153 Ran			
Pos	Gen		
1	1	Nick Impey	18:17
63	16	Lindsey Annable	27:04

Örebro

47 Ran			
Pos	Gen		
4	4	Paul Collyer	21:14

Peckham Rye

258 Ran			
Pos	Gen		
71	45	Kevin Chadwick	24:06

Riddlesdown

139 Ran			
Pos	Gen		
21	18	James Wicks	24:26

Southwark

322 Ran			
Pos	Gen		
7	6	Martin Belzunce	18:14
206	55	Shoko Okamura	28:08

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

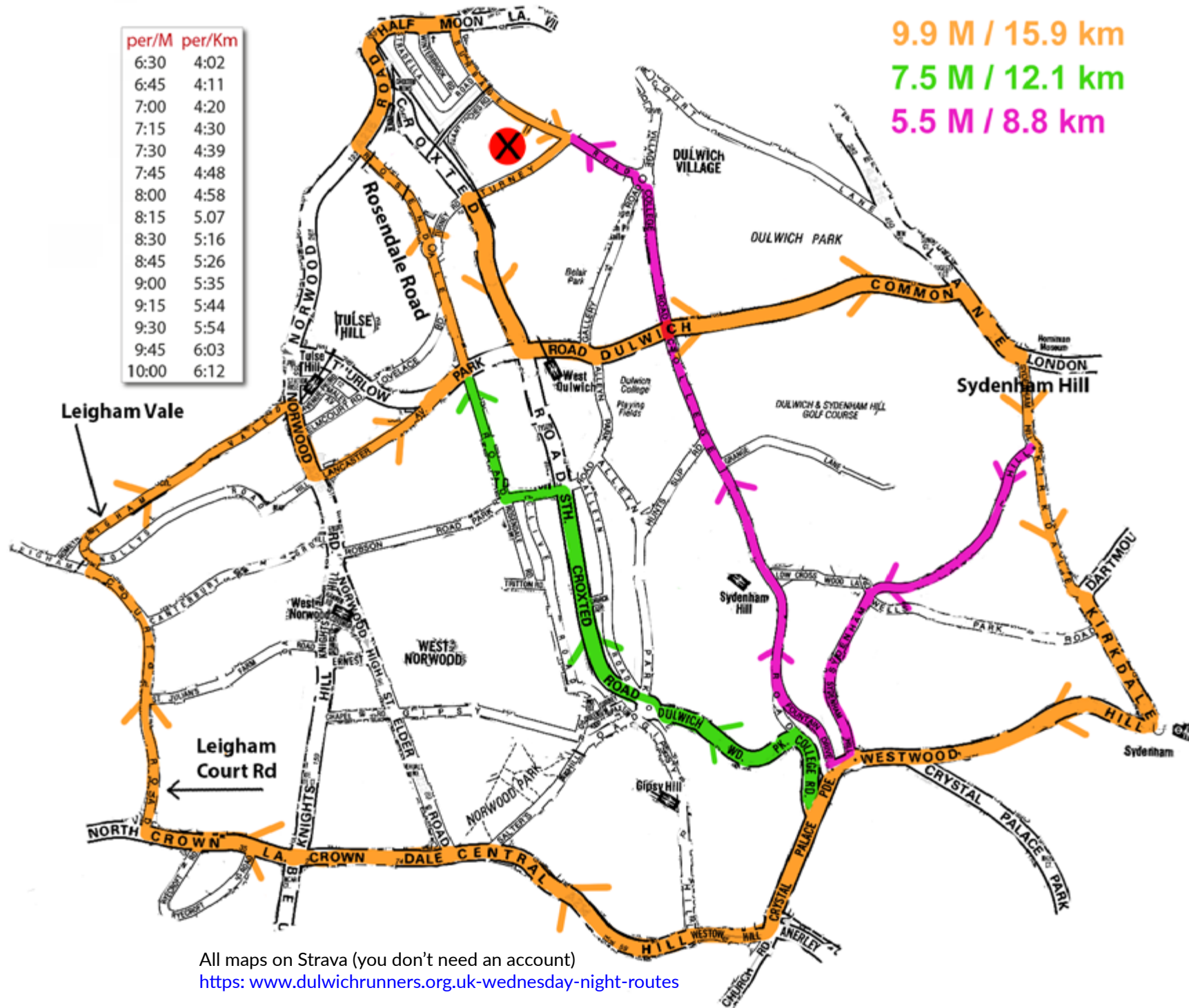


Pro Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map 3

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

9.9 M / 15.9 km
 7.5 M / 12.1 km
 5.5 M / 8.8 km



Leigham Vale

Leigham Court Rd

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