



SHORTS

Dulwich Runners AC
Weekly Newsletter
October 23rd 2019
www.dulwichrunners.org.uk

These are your SHORTS,
Please send your reports, running news & anecdotes to:
barry@bg1.co.uk or barry@1bg1.com
DEADLINE 17:30 TUESDAY
- THE COMING WEEK -

Wed 23	Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 29	Crystal Palace Track - starts @ 7.10 with warm up taken by Elkie Mace, Anna Thomas & Katie Styles, main session with Steve Smythe @ 7.25 see below for important details about the new payment system

Connect with us:



Crystal Palace Track New Payment Arrangements

We are back at Crystal Palace until next spring

The fee stays at £2.50 for members (non members pay the standard rate of £4.45)

There will be no trackside payment

Either pay cash at reception...

(YOU MAY BE ASKED AT RECEPTION TO SHOW YOUR DR or EA DETAILS AS PROOF OF MEMBERSHIP)

If you are unable to find your Dulwich Runners membership details, contact me and i will email you a replacement.

or Online at:

<https://www.better.org.uk-leisure-centre-london-crystal-palace-crystal-palace-national-sports-centre>

Click Book Activity > Click Book Tickets > Click Athletics, Crystal Palace and follow the instructions.

Regular attendees at track sessions can obtain a GLL-Crystal Palace Activity Membership Card where you can book with a PIN number and use the card to gain entry through the barriers without having to wait at reception.

To get this card email Ras Kaur

crystalpalaceevents@GLL.ORG with your Name, Contact No and Dulwich Runners Membership No.

Thursdays morning sessions

speed-hill work mostly on grass taken by Steve Smythe.

Start 11:15 - 11:30 in various local parks.

There is no fee. Suitable for all standards.

steve.smythe@athleticsweekly.com to get on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- Sign the attendance register and **pay £1.**
- The money is to help pay for clubhouse hire, map printing, club costs etc.
- We use the register to compile the new runners' rota, so please write legibly.

In your SHORTS this week !

- 1 General information
- 2 Fixture list
- 3 Upcoming races
- 4 Cross country information
- 5 Race reports, results
- 6 parkrun times
- 7 Misc., social events , club kit etc
- 10 Wednesday route map

And much more !

[Like us on Facebook @dulwichrunners](#)

----- EVENT HORIZON -----

A brief look ahead

Oct 26	BMAF XC relays - Long Eaton
Nov 2	Reigate Relays - Reigate Priory
Nov 3	Regents Pk 10k - club champs
Nov 9	Surrey League XC - men & women

See full fixture list for more events and details



NEW RUNNERS ROTA

I am very pleased that we have been attracting a large number of new runners every week (often too many for the person on the rota).

Thank you very much to members who regularly volunteer to run with new people on a Wednesday even though its not their turn. Last week special thanks to **Sonja Jutte, Tom Wilson and Andy Murray** .

If you're on the list please try and turn up that night and make sure anybody new has someone to run with.

If you can't make it, please try and either swap with someone or let us know asap. - Thanks. - Ros

Grant Kennedy	23-10
Matt Ladds	30-10
Charlie Iound	6-11
Stephanie Lundon	13-11

Rehydration !

After your run come up to the bar, have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also)

Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. Copies will be at the clubhouse, but feel free to print your own and if your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse.

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

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

Reigate Relays - Sat 2nd Nov

1.30 p.m Reigate Priory

ladies 3 x 2.5m - men 4 x 2.5m

Ladies and men run together but in separate teams. If interested we need your names to put some teams together. Note - it is the day before the last club champs race, Regents Park 10k. Let Ange know - dulwichladiescaptain@gmail.com or on a Wednesday evening. **Closing date is Friday 25th Oct latest.**

London Champs - 16 Nov.

These champs take place at the iconic venue of Parliament Hill Fields, easy to get to and we convene for drinks afterwards at a local pub, so what more can you ask for?

This is one of the Ken Croke cross country champs.

To enter **contact your captains by 30 October**

Kent Masters Cross Country Champs - 30 Nov.

Taking place at the usual venue at Dartford on 30 November.

To enter, **contact your captains by 13 November.**

Eligibility by birth or residence; captains will be able to advise.

Big Half Sun 1st March 2020

The community places for our club are filled.

Good for Age entry open at : <https://www.thebighalf.co.uk-events-vitality-big-half-good-age-entry>

Possible more regular entries as last year, but no guarantee.

Box Hill Fell Race - 2020

Saturday 18th January 2020

My annual plug to recruit some DRs to the unique joys of fell running. If you have never tried it, Box Hill is the ideal place to start. 7.5 miles and about 1800 ft of ascent, classified as a cat. B race, but on paths and grassland, with no becks, boulders or bogs,

there is no chance of getting lost, and in the right conditions you can get round with dry feet. But nonetheless it has some short but challenging climbs and three or four exciting descents.

Biggest challenge is getting an entry. Enter online at fabian4.co.uk Open at midnight 1 November and usually full by 9am the following morning! I now stay up till midnight to be sure of an entry. If you are keen to enter and would like me to text you a reminder that evening, then let me

Men's Surrey League Cross Country - 9 November

Wimbledon Common start 3pm

Race HQ and start are just north of the Wimbledon Windmill. Course is 2 laps, first half of each lap fast and flat, second half has several climbs and descents.

Fell shoes, trail or spikes are advised as will be muddy in places. Full details <https://surreyleague.org/slm/match/112/>

All those who ran last time plus all regular cross country competitors will be registered with numbers allocated, available for collection from Ebe Prill on the day, but any members newly joined intending to run should check with Ebe or myself. mcmann90@yahoo.co.uk

South of Thames 5 miles 23 November

At Morden Park with a 2pm start, course is undulating grassland but this year it is over 3 shorter laps.

Like the London Champs, it is one of the Ken Croke cross country champs races.

To enter **contact your captains by 13 November**

Hogs Back Road Race

Sunday, 8 December 2019

An 11.4 km Guildford & Godalming Athletics Club road run around the Loseley Estate. The event has been held for 59 years.

Race goes out of the estate along quiet roads, up The Mount (and along a short section of gravel track) for you to enjoy the views, then back into the Loseley estate. Take a look at your run trace and you'll have run the shape of a Hog.

<https://register.primoevents.com/ps/event/HogsBackRoadRace>

know your number. Mine is 07930 901 189. My email is hugh@christchurchpeckham.info

The main requirement is that spikes are not allowed and fell shoes are pretty essential. Trail shoes will give you a hard time, unless it is exceptionally dry or frozen hard.

I will be around for the next few Wednesdays if you have any questions, or feel free to contact me if you want to know any more.

Hugh Balfour



Surrey League

Is the main priority, 4 races this season, further details posted nearer the time in Shorts or: <http://surreyleague.org> Keep these dates free if possible. Our men were promoted to Div 1 last season and we will need to perform well again to avoid the drop. Ladies compete in Div 1.

Distance

Men's Surrey League around 8km, women's races start at 6km in autumn, up to 8km in the new year. Other races from around 8km autumn to 12km plus for men later in the season, normally not more than 8k for women.

Scoring

Surrey League, first 5 women for the club and the 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 not elite, are suitable for runners of all abilities, and in both the men's and women's Surrey League there is now a B team competition where the second 5 or 10 runners score.

Surrey League entry

To take part inform your captains so we can pre-enter men & women. Men and women use the same numbers for the entire season, so either give them to your captains after the race, or take them home, in which

case you must bring them to the next race. 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

There are cross country race most Saturdays during the season eg: county champs (incl. Masters), London Champs, 2 Sth. of Thames races, Sth. of England and National champs, and other races for Masters. See fixture list in Shorts and on the website.

Which races to go for

Main priority is the 4 Surrey League races, and races in the Ken Crooke champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

Other races are medium priority, but you are encouraged to compete for your eligible county in the Surrey and Kent county champs and Masters champs. We would also like a good entry in the two South of Thames races and the South of England champs. Other non high priority high races eg: SEAA relays and Reigate Relays. Note that Lloyd parkrun, 28 Sep is the first race in the Ken Crooke cross country champs (see below for further details).

Entry for other races

Apart from Surrey League for nearly all other races captains have to submit entries in advance of a deadline, details of which will be put in Shorts, by email and Facebook, requesting those interested to put their names forward, so please read these carefully. It is not possible to cater

for runners who decide at the last minute that they fancy a race and substitutions are not permitted.

The club pays for entries, so do not put yourself forward on a speculative basis but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

Road or trail shoes early season, late autumn onwards spikes or fell shoes are best. Get cross country spikes, not track spikes. Screw in spikes are from 6mm to 15mm. As it gets muddier change to longer spikes, eg: Parliament Hill and Lloyd Park.

Fell shoes are studded with more grip than trail shoes and are suitable for most conditions except ice. Cross country shoes can be bought at a number of places eg: Run & Become (Victoria), Intersport (Herne Hill), Runners Need and Sweatshop or Wiggle online. Most offer a 10% discount to those with club or EA membership.

Ken Crooke championships

2019-20 will include the following:

4 Surrey League races

Lloyd parkrun, 28 Sep.

London Champs, Parliament Hill, 16 Nov.

South of Thames 5M, Morden Pk, 23 Nov.

South of England champs, 25 Jan.

To qualify you will need to include 5 events, including 3 of the 4 Surrey League races

For further information please contact your captains at:

dulwichladiescaptain@gmail.com

or mcmann90@yahoo.co.uk

or ebepriill@yahoo.co.uk

Race Reports & Results

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

Surrey Masters Cross Country Champs Morden Park

19th October

Ladies

Ola writes...it was a lovely warm day for this race. This was a new venue for the Masters championships. The course was on grass parkland, with short hills. We all liked the course although tougher than the Richmond one.

Eleanor had a good run, followed by Ola. Ros was the next runner in followed by Sonja who also enjoyed the course and Sharon had the biggest smile at the end. Thanks for the support from the men and Sharon's family.

Eleanor Simmons	28.59
Ola Balme	29.34
Ros Tabor	33.34
Sonja Jutte	34.09
Sharon Erdman	35.02

South of England Cross-Country Relays Wormwood Scrubs

Saturday, October 19

The senior women have run this event a few times and a few years ago came very close to medals and again had a small turn out for this good early season event on a fast, flat course.

It was a little muddy on part of the course but quite fast on the rest of the two mile plus lap.

Clare did not get off to a good start, caught out when the race started when she was not expecting and then had to run much harder than she prefers early on to get back into contention, She got back up to third but could not quite hang on to leg winner Zoe Doyle of Wycombe (the W40 European and world indoor 1500 champion) and Clapham's Olivia Matthews who had finished fourth in the previous week's Surrey League to Clare's seventh.

Men

Mike Mann writes...These champs were switched from their usual venue of Richmond Park to Morden Park where the South of Thames 5 miles was held last year and will be again next month. While the course covered similar areas to last year's race it was different and arguably an improvement.

The lower lying parts of the course were waterlogged and the frequent short hills brought with them problems of oxygen debt for some. Having the race organizers under the bandstand close to the start/finish areas meant that results were presented more promptly than usual.

We had a decent turnout with 4 competing in the M60+ alongside the women in the first race of 6.3km and 6 in the second race of 9.3km. Hugh had another good run and was unlucky to miss out on a medal by only 7 seconds. I had a better run than last week, picking up M70 gold and with Graham not too far behind the three of us won team bronze for the M60s. Andy struggled with his breathing on the hills later in the race.

However her 12:04 was a course PB and represented 5:49 -miling and placed her a good third and was one of the top seven of the whole day.

Second leg Alice Williams is in good half-marathon form but a short, sharp cross-country is probably not her forte (never having run a Surrey league) and though she ran strongly (6:44 miling), 10 athletes passed her. Laura had a few more overtake her but she held on well and was 20 seconds faster than her previous run and managed 6:52 miling and we ended up 16th, well within the top half.

Teresa Northey was the B team and not at her very fittest, starting steadily, she held her pace well and overtook a few on the second half and ran well.

A team 16th	40:11
3 Clare Elms	12:04
13 Alice Williams	13:48
16 Laura Vincent	14:19

B team	
40 Teresa Northey	16:15
46 teams started, 39 finished	

There was no men's team again - despite this being in the London area and easily reachable by tube (though most of the women's team were late as they got stuck in traffic)

Yorkshire Marathon York

October 20

Steve Smythe writes...Congratulations to Buzz as he broke Charlie' Lound's club M40 marathon record.

Buzz had had hip problems in the build up and had not run for a week and was doubtful of even competing until a few days before.

He then made it extra hard for himself, ignoring all advice and blasted through halfway in 72 minutes (when his previous best ever distance race at any distance was 71:42 in the 2018 Big Half) and though inevitably slowing,(dropping from 5:20 to 5:30 miling to 6:30-6:40) - though ran the second half 10 minutes slower but it was still a three minute PB and three minutes off Charlie's record.

24 Buzz Shephard 2:34:30 (Club M40 record)

Charlie led our team home in the M40s/M50s race after missing his train stop and arriving only 10 minutes before the start, while Ebe fared even worse, leaving his bag on the same train in his rush to get off at the next stop and spending the next hour of so retrieving it, thankfully successfully, but he missed the race. Gower continued his improved form over the last year in a strong run and Mark also had a good run. Miles Gawthorp enjoyed his debut run with the club and plans to take part in future cross country races. Gary and Joe,

both cross country regulars, completed our team.

Race 1 6.3km

Hugh Balfour	27:03	4M65
Mike Mann	29:12	1M70
Graham Laylee	30:38	
Andy Murray	35:37	

3rd M60 team

Race 2 9.3km

Charlie Lound	37:44
Gower Tan	40:22
Mark Foster	41:42
Miles Gawthorp	45:39
Gary Budinger	48:14
Joe Brady	49:19

and four women is a poor turn out but at least four more than the men. Some clubs had four teams or more.

For the first ever time, we will have no team in the British Masters XC relay Championships in Long Eaton this coming week. With a simple train journey, it's a few hours away and the club would have assisted in travelling.

Obviously there was not a great response from runners but from what I can see there was a very half-hearted effort from those in charge to get athletes to run. Considering we have often won medals and have over a 100 active runners over the age of 35, the lack of any team is quite disappointing and demoralising.

The following week is the National cross-country relays at Mansfield which is a hugely popular event and attracts hundreds of clubs but we have never entered a single team for what is regarded as the best team event in the country and the captains have made zero effort to ever try and get a team there.

We also had no runners in the recent National Road Relays. The men did not run because they did not qualify at the South of England relays though the

women could have run but again made zero effort to even contemplate having a team.

We had 65 runners at the previous week's track session but the whole point of doing tough speed sessions is to prepare for important races. However, at the moment I cannot recommend Dulwich as a club to join if you want to do important races, and if runners can't be bothered to turn up for important events, then i'm beginning to think there's no point in organising sessions. It probably doesn't help in getting teams out for team events when quite a few members are running marathons at this time of year.

Personally I think it is best for fitness and health and avoiding injury and maximising running potential to focus exclusively on one marathon a year in the Spring but I appreciate not everyone was able to do one in the spring.

We did have good teams at last month's South of England road relay championships at Crystal Palace but it's no good just getting runners out for very local events. Perhaps, we can try and see if we can get some big races organised in people's own gardens so they don't have to travel very far.



October 19

For your results to appear here ...

you need to update your parkrun profile to show you are a current member of Dulwich Runners AC.

Bethlem Royal Hospital

78 Ran

Pos Gen

48	10	Claire Steward	27:27
55	43	Peter Jackson	29:47
56	13	Clare Osborne	30:29

Brockenhurst

214 Ran

Pos Gen

124	43	Clare Wyngard	29:10
125	82	Michael Dodds	29:11

Brockwell , Herne Hill

317 Ran

Pos Gen

17	17	Jonny Hough	19:59
55	48	Neville Webb	22:24
163	49	Catherine Buglass	27:02

Burgess

466 Ran

Pos Gen

465	206	Susan Vernon	54:41
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Bushy

1123 Ran

Pos Gen

138	127	Michael Williams	21:39
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Cambridge

379 Ran

Pos Gen

25	2	Katie Styles	21:28
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Catford

194 Ran

Pos Gen

7	1	Kim Hainsworth	19:51
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Crystal Palace

302 Ran

Pos Gen

24	2	Belinda Cottrill	21:09
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84	72	Bob Bell	24:00
142	119	Ameet Patel	27:04

Dulwich

336 Ran

Pos Gen

6	6	Thomas South	16:37
9	9	Daniel Mann	17:19
17	17	Rob Hollands	17:51
22	22	James Burrows	18:26
28	28	Edward Harper	19:01
30	30	Tom Wilson	19:19
43	2	Ellie Balfe	20:10
44	3	Michelle Lennon	20:12
63	6	Rosalind Johnson	21:46
93	81	Giles Robertson	23:14
135	108	Ian Sesnan	24:46
179	136	Camilo Vargas	26:23
286	189	Mick Mead	32:56

Exmouth

318 Ran

Pos Gen

119	33	Lindsey Annable	26:30
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Hackney Marshes

361 Ran

Pos Gen

20	20	Will Lawn	19:04
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Hanworth

88 Ran

Pos Gen

1	1	Andy Bond	16:49
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Hilly Fields

230 Ran

Pos Gen

3	3	Ian Lilley	19:18
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Highbury Fields

337 Ran

Pos Gen

122	103	Paul Collyer	24:52
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Kingston

268 Ran

Pos Gen

1	1	Joe Twomey	17:57
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Leicester Victoria

371 Ran

Pos Gen

116	17	Marjorie Epton	25:57
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Malling

218 Ran

Pos Gen

218	98	Tereza Francova	47:16
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Margate

127 Ran

Pos Gen

12	12	Edward Smyth	22:20
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Newbury

517 Ran

Pos Gen

175	33	Karina Burrowes	26:21
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Peckham Rye

263 Ran

Pos Gen

9	9	Cameron Lund	20:21
23	3	Emma Ibell	21:21
63	53	Gideon Franklin	23:41

Riddlesdown

156 Ran

Pos Gen

24	4	Ange Norris	22:39
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Sheffield Hallam

523 Ran

Pos Gen

23	23	Matthew Cooke	19:25
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Wakefield Thornes

311 Ran

Pos Gen

77	7	Claire Barnard	25:06
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Peter Warren RIP

Chris Vernon writes:

Members will be sad to learn that Peter passed away on 30th September at the early age of 63. He joined DR in 1998 when he was living at Belvedere, a long trek to Dulwich on a Wednesday. He soon became an enthusiastic member, sometimes too enthusiastic as he had a habit of haring off at the start of races, only to be caught after a mile or so, by steadier souls.

He was a friend to all, Clare Steward recalls missing out on a club place for London which she desperately

wanted to do and Peter gave her his. He did, subsequently, get a place from elsewhere. He was a regular on Steve Wehrle's club overseas trips, of which there are many stories but what happens on tour stays on tour!

Richard Pole remembers sharing a room with him on the Cyprus challenge, Richard was off to bed when Peter announced he was going to a party with Norwich Runners and that's where he met his wife-to-be, Christine.

Peter later moved to Norwich and continued to represent DR for some time ,posting his results in shorts regularly.

Christine wrote recently "his running days were almost over so he had turned to cycling in recent years but suffered a heart attack while riding a Sportive. Although he initially survived he died on 30th September. This was a huge shock as he had not had any symptoms"

His funeral will be in Norwich on Monday 28th October at 2pm and I know several of us will be there.

PS Thanks to all who have contributed memories of Peter. We had a good evening at the club last Wednesday recalling them. Cheers Pete.

SOCIAL SPOT

P
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T

Upcoming events.

Watch this space !.....

THE SOCIAL EVENT OF THE YEAR IS COMING.

The Dulwich Runners Christmas Party is taking place on Saturday 14th December, so keep your diaries free.

Further details to come, but there will be dancing, food, and the all important club awards.

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004

ola.balme@btinternet.com

www.hernehillsportsmassage.co.uk

Rehydration !

After your run come up to the bar and have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also available)

Cox's Walk Oak Trees

We often run through Sydenham woods. There are plans to cut down two 200 year old oak trees in Cox's walk. If you would like to find out more, and sign a petition to try and prevent the felling, click on the link below. - Ros

<https://you.38degrees.org.uk/petitions-save-the-cox-s-walk-footbridge-oak-trees>.

Dulwich Runners are on Instagram....So if you would like to see photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z, please send through to Jonathan Whittaker who will take care of it!

And If people would mention [@dulwichrunners](https://www.instagram.com/dulwichrunners) on their posts then we can easily repost pictures on the main Dulwich



Instagram

Runners account of key achievements that you want to share, or cover club races .

DULWICH RUNNERS CLUB KIT

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

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



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



Buffs-snoods - only £6

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

ros.tabor49@gmail.com



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



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 and hoodies.

You just click on 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

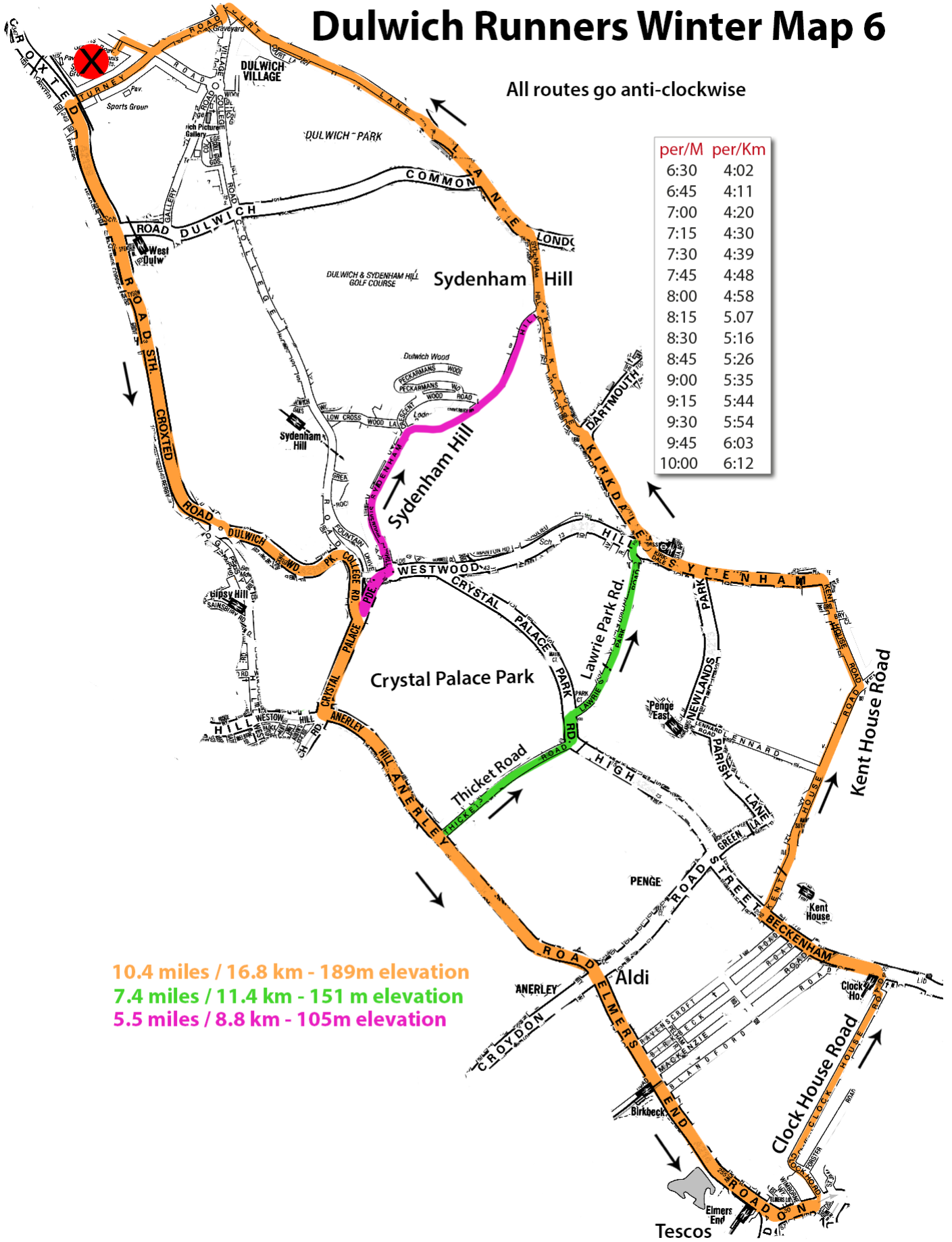


Pro Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map 6

All routes go anti-clockwise

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



10.4 miles / 16.8 km - 189m elevation
 7.4 miles / 11.4 km - 151 m elevation
 5.5 miles / 8.8 km - 105m elevation

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