



SHORTS

Dulwich Runners AC

Weekly Newsletter

September 4th 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 11	Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 17	Next Tuesday's session will be on the hill opposite Sydenham Hill station, College Rd. warm up 7.15pm, main session 7.30

In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 3 Upcoming races etc
- 3 Cross country information
- 4 Race reports, results - Assembly league, Dulwich Glory
- 8 parkrun times
- 9 Club kit, Social events etc
- 11 Wednesday route map

And much more !

Like us on Facebook @dulwichrunners

Connect with us:



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@athleticsweekley.com to go on the mailing list

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

A brief look ahead

Sep 22	SEAA road relays - Crystal Palace Park
Sep 28	England Masters Xc challenge - Bury St. Edmunds



LUCKY VEST

"tonight in the clubhouse"



Wear your Dulwich Runners vest or t-shirt for the club run on the first Wednesday of any month and you will go into a free draw and could win the £5 cash spot prize !
Vests £18 each from Ros ros.tabor49@gmail.com

NEW RUNNERS ROTA

Many thanks to **Andy Murray, Midge Cameron and Sonja Jutte** for taking out new runners last week and everyone who volunteers to take out new runners even when it's not their turn on the rota.

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

James Burrows	4/9
Eugene Cross	11/9
Yvette Dore	18/9
Sharon Erdman	25/9

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)

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.

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>

DULWICH RUNNERS 2019/20 FIXTURES

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

Road & other Cross country Club Champs Assembly League

2019	Race	Venue
Sep	22 SEAA road relays	Crystal Palace Park
	28 England Masters Inter-Area Xc Challenge	Bury St Edmunds
Oct	6 National 6/4 stage road relays	Sutton Park
	12 Surrey League cross country (men)	Guildford
	12 Surrey League cross country - 6k 11am (women)	Reigate Priory Park
	19 Surrey Masters cross country champs	t.b.c
	26 BMAF XC Relays	Long Eaton
Nov	3 Regents Park 10k (short) entry details below	Regents Park, London
	9 Surrey League cross country (men)	Wimbledon
	9 Surrey League cross country - 6k 1pm (women)	t.b.c
	16 London Xc Champs	Parliament Hill
	16 British & Irish Masters cross country,	Southport
	23 South of Thames 5 miles	Morden Park
	30 Kent Masters cross country champs	Dartford
Dec	14 or 21 tbc South of Thames 7.5 miles	Lloyd Park
2020		
Jan	4 County cross country champs	t.b.c
	11 Surrey League cross country (men)	Beckenham
	11 Surrey League cross country - 8k 11am (women)	t.b.c
	25 South of England cross country champs	t.b.c
Feb	8 Surrey League cross country (men)	Lloyd Park
	8 Surrey League cross country - 8k 1pm (women)	Richmond Park
	22 England cross country champs,	Nottingham
Mar	21 England area 12 and 6 stage relays	t.b.c
Apr	4 National 12 and 6 stage relays	Sutton Park

Entries for this years last club champs race now open:

https://www.theraceorganiser.com/listed-races/the-mornington-chasers-regent-s-park-10k-series?utm_source=facebook&utm_medium=event-page&utm_campaign=regents-park

2019	Track races and meetings	Venue
Sep	4 Sth London Harriers 1500m & 5k Festival	Purley
	11 Highgate end of season open meeting	Parliament Hill
	18 VAC 10,000m champs	Battersea

If you require information about any races in Shorts, how to enter etc then contact your respective captains:
 Men road: ebepriill@yahoo.co.uk - Men Xc: mcmann90@yahoo.co.uk - Ladies: dulwichladiescaptain@gmail.com

2019 Club Championships

Here are the club championship races for 2019
Four long and five short with two dates to be confirmed.
To complete and qualify for the champs you must run at least 5 events, including at least one from each distance category.

16 Feb	Dulwich parkrun	short
10 March	Big Half	long
14 April	Thames Towpath 10M	long
28 April	London Marathon (or alt.)	long
10 June	Sri Chinmoy 5k	short
16 June	Eltham Park 5M	short
July 14	Sevenoaks Seven Mile	long
Aug 2	SOAR Mile	short
3 Nov	Regent's Park 10k	short

SEAA road relays

Sunday 22nd September

Ladies - 4 x 4800m, starting at 1.30 p.m.

As this is a relay we need a multiple of 4 people to complete teams, which is never easy.

We need one more runner.

All ladies - please check your diaries and if you're EA registered and available, please let us know asap:

dulwichladiescaptain@gmail.com

The closing date is 5/9/19.

Thanks. - Ange Norris and Ola Balme

Ragnar Relay 21-22nd Sept.

Kirsty Saddler is participating in the Ragnar Relay 21-22nd Sept.

She needs two more people to complete a ten person team for the 180miles from Sittingbourne to Brighton

The event is quite unique and a lot of fun.

Only £50 entry per person.

For more info etc then please contact her ASAP:

kirsty.saddler@gmail.com

details:<https://run.ragnarrelay.com/lp/uk/relay/whitecliffs/>

Ken Croke Cross Country Champs

In 2019/20 will include the following events.

- 4 Surrey League races
- Lloyd parkrun, 28 Sep.
- London Champs, Parliament Hill, 16 Nov.
- South of Thames 5 miles, Morden Park, 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

Algarve Running Challenge

6-10 November

This annual series of races takes place at Monte Gordo in Portugal close to the Spanish border over the period 6-10 November. There are 4 races including a 5km cross country, a track mile, 3km beach race and 10km trail race. In addition to the running events there is plenty of time and opportunities for sightseeing, cycling and swimming in this attractive part of the Algarve. We stay at a 4 star hotel on the beach where half board is available. For further details have a chat to Ros, Andy, Steve Smythe or myself.

Mike Mann



Surrey League

We compete in the Surrey League and this is the club's main priority. There are 4 fixtures during the season that start on 12 Oct 2019. Fixture details will be posted nearer the time, details on Surrey League fixtures can be found elsewhere in Shorts and <http://surreyleague.org>

Keep these dates free if possible. Our men were promoted to Division 1 at the end of last season and we will need to perform consistently well throughout the season to avoid the drop. The ladies compete in Division 1.

Distance

Men's Surrey League around 8km, women's races start at 6km in the autumn, increasing to 8km in the New Year. Other races vary from around 8km in autumn to 12km plus for the men later in the season, and 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 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 both the men's and women's Surrey League there is now a B team competition where the second 5 or 10 runners score.

These races are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance, from which you will reap benefits over a wide range of races.

Surrey League entry

To take part please inform your captains to enable as many as possible online entries

for men & women to be made in advance. Men and women keep their 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

Apart from Surrey League there are cross country race most Saturdays during the season eg: the county champs (incl. Masters), London Champs, 2 South of Thames races, South of England and National champs, plus some other races for Masters. See fixture list in Shorts and on the website.

Which races to go for

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

Other races can be regarded as 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 to the two South of Thames races and the South of England champs There are other races which are not high priority, but nice to do eg: SEAA relays and Reigate Relays. Note that Lloyd parkrun, 28 September is the first race in this season's Ken Croke cross country champs (see below for further details).

Entry for other races

For virtually all races other than the Surrey League captains have to submit entries in advance. Details will be put in Shorts, by email and Facebook, requesting those

interested to put their names forward in advance of a deadline, 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, check your calendars first, 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, but late autumn onwards spikes or fell shoes are best. Make sure to buy cross country spikes, not track spikes. Spikes come in lengths from 6mm to 15mm and are screwed in. As it gets muddier change to longer spikes, particularly on courses like 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 Croke championships

2019/20 will include the following:

4 Surrey League races
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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 ebepill@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.

Assembly League - Dulwich Glory

Beckenham Place Park hosted the final race of the 2019 Assembly League season last Thursday.

Our men's team entered the race knowing that they could afford to drop one place to Kent and still win the title. Given a strong turnout and good form the main worry was whether Kent would take advantage of another magical mystery tour / wild goose chase / canter of chaos (delete as appropriate). As it proved those expecting shenanigans were not disappointed!

The absence of a loud speaker and course map meant that few knew what to do from the start other than follow the person in front but that was no good for Ed and Lewis who led confidently from the start but ended up taking a bunch of people to inspect the new swimming lake before realising that wasn't the way. So a quick 180 turn got the leading pack on to some semblance of a course but this then put many of our runners at a disadvantage as they ended up running further than people who didn't have to turn around.

The lack of marshals didn't help matters and surely something for the Assembly League committee to consider in their wash up. It really shouldn't happen again and again given that there is the weekly Parkrun, numerous cross country events and the Beckenham Relays all running slightly different courses but able to transport a collection of runners from A to B and back to A without losing some of them on the way! A request to the leading clubs for 1-2 volunteers should be enough for each race. A bit of fun is good but not to the detriment of fair competition.



Rebecca Schulleri

Anyway after a while the supporters spotted the runners reappearing taking a direct route straight through the weekly village

fete with ice cream van on one side and marquee on the other. It really confirmed the Fawltly Towers farce before our eyes!

Thereafter the laps became shorter and shorter and back to normality. Ed and Lewis finished without further alarm to take a 1-2 in 16:48 and 16:51 for the 5 and a bit kilometre course, 29 seconds ahead of the chasers. Ed's win



Ed Chuck - Andy Bond - Tom South - Lewis Laylee

also confirmed the overall senior title - the first Dulwich man to collect the trophy since a spritely T. Tuohy in 2012. Lewis should have been in the podium standings for either the senior or U20 title but as his performances were spread across the two categories and no chance to correct things at the awards he had to make do with an overall team medal. Andy (17:31) and Tom (17:34) then followed in 5th and 6th and undoubtedly lost a place in the diversionary melee but still an excellent end to the season for both of them.

This dominating display secured the title and possibly the first ever win for the men's team? In addition to those present at Beckenham the title has been built on a strong overall team display with A team scoring runs from Jack Ramm (2nd to Ed in the overall title), Buzz Shephard, Daniel Mann and Alastair Locke over the course of the season as well as a strong training group and coaching, building on the marathon season and track / grass sessions / Sunday runs.

Andy picked up the M45 title with Steve Davies runner up. Tom ended up runner up to Buzz (17:43) who in 10th did enough to pip Tom to the M40 title despite their tied points finish. Special kudos to Buzz for running around the course whilst holding his phone 'on call'. Daniel Mann who wasn't present picked up 3rd to ensure a clean sweep of the M40 medals.

James Burrows (19:01 - 39th), Matt Cooke (19:04 - 41st) and Joe Farrington -Douglas (19:20 - 53rd) finished strongly if annoyed, placing further down the rankings than they should have done given their extra yardage around the lake. It's likely that this cost us winning the B team race on the evening



although this wouldn't have been enough to change the overall standings.

Ross Rook was even more disgusted with the farcical scenes (reminding him of Spurs defending from the 1990s) that he placed in 125th in 22:02. There were solid runs from Graham Laylee (135th - 22:50) Barrie John Nicholls (147th - 23:22), Joe Brady (153rd - 23:46) and Ian Sesnan (159th - 24:01) with Barrie picking up the silver medal for the M65 category on the night although it now appears as if he should have been given the gold, finishing 5 points clear of the next runner!

The Ladies team finished 4th overall in the main championships with a lack of points in the previous race at Victoria Park preventing a chance of a podium finish. There was an excellent battle between Clare

Norris, Katie Styles and Anna Thomas on the night with Clare finishing strongly in 84th (20:16) not far behind serial W40 winner Teresa Murphy from Kent.

Anna must have pipped Katie in a photo finish with both recording 20:19 (86/87) with Katie's run enough to secure her the silver medal in the W35 category behind Amy Clement.



Joseph Brady

Rebecca Schulleri was the final A team scorer in 20:28 (90th) seeming to enjoy the farcical race conditions. Laura Vincent started quickly but was another who lost ground with the detour finishing in 108th (21:04). Claire Steward finished in 24:47 (164th) taking second place ahead of Ros in the W65 category over the course of the season. Lucy Pickering wasn't present but there is a bronze medal for her third in the W50 category over the course of the season. The medal ceremony was then a bit delayed allowing us to find out over a few beers that a number of great tennis pros had also received a trophy on the hallowed Beckenham turf. As 1989 Kent all-comers winner J. McEnroe would have said of the race - you can't be serious!

Jonathan Whittaker

BMC Meeting

Eltham, 14 August

Duncan Hussey writes... Unfortunately I was unable to attend but as a former 800m runner myself, I was delighted when Oscar not only took over two seconds off his PB in one go but finally broke the magical 2 minute barrier.

His previous PB was a tantalising 2.00.16 and with the prospect of rain and the uncertainties of seeding, setting a new PB was in doubt.

After a difficult autumn when he badly injured his ankle in a rogue tackle in a hockey match and had his foot in a boot, he has worked hard this summer to regain fitness and speed.

The race itself was exciting. Second at the bell in 57 and at 600 in 1.26, a sub 2 time was on. However, winning the race 3 metres down with 100m was not.

In a thrilling finish, Oscar kept strong inching towards the leader who was fading. Both dipped on the line and both were given exactly the time with Oscar winning in a photo finish. Oh, what a night!

Race E

1 Oscar Hussey 1.57.93 PB

Serpentine Last Friday 5k Hyde Park

30th August

A slight reduction to six Dulwich Runners turned out this month to have another go on the slightly slower (my opinion anyway) 'B' course in the current default weather setting of warm conditions but a bit windy. The Dublin Dynamo appears to be really back on his game at the moment; he only went sub-16 here for the first time a few months ago but did it again with a great run and just missed winning the race in a close three-up finish. Andy's blistering start to lead the race for a while saw him falter a bit mid-race and lose contact with the very front, but he still finished high up as top M40 as well as M45.

Dan certainly got his pacing right this time; I didn't see him all race until inside the last mile when he cruised past to put nine seconds into me and smash his course best by nearly half a minute with his first sub-17 here. I was running on fumes at this point wondering where Paul was as we were resuming battle after some very close head-to-heads recently. The answer, little did I know, was right behind me (never look behind you, it's not worth it) as he'd battled to close the half a dozen seconds I'd got on him after starting too fast. The downhill impetus towards the final sprint was just enough to hold him off as we both clocked times very

Epsom & Ewell Night of Mad Miles

Thursday 29th August

Tony Tuohy writes... Epsom & Ewell Harriers followed recent trends by promoting a single distance theme night and their low-key inaugural event of eight mile races certainly proved popular enough to local runners, attracting over 100 entries. Clare's very good 4:48 1500m a few days previously in searing heat inspired hope of improving her season's best mile, but even she can't robotically produce in every race and that bete noire of all milers, the dreaded slowing on the third lap, scuppered her chances on this occasion.

My experience was in reverse; having been a bit disappointing at the 1500 on Monday I was a bit too enthusiastic on the first 409m chasing the bunch in a daft 72 seconds. A 76 lap saw the half-mile pass in 2:28 but a third lap in 78 (see comments above) put the hoped-for sub-5 in jeopardy; however a last lap battle with an Epsom runner pulled a sub-73 out of the bag for a satisfactory season's best.

Steve Smythe adds..

Race 7

Clare was on target to regain her world record at halfway which she reached in 2:34. though she dropped outside schedule on the third lap failing to get the help she needed. It would have been a world record in June.

12 Clare Elms 5:12.9 1st woman overall

Race 8

Tony strengthened his hold on third place in the UK M55 rankings with another excellent run.

6 Tony Tuohy 4:58.8 1st M50/55

Race 2

Second claimer Jo, who trains with our Thursday morning group, ran a steady race.

15 Jo Quantrill 7:17.0

close to our course bests. Our little band was rounded off by Ian's commendable sub-18 in what appears to be his first open 5k.

Tony Tuohy

2	Tim Bowen	15:59	
5	Andy Bond	16:21	1st M40/45
14	Daniel Mann	16:59	2nd M40
19	Tony Tuohy	17:08	1st M50/55
20	Paul Devine	17:11	
33	Ian Fenn	17:56	

St. Mary's Richmond Open 3000m/1500m, Twickenham

Sunday 1st September

I gave myself one last chance at 3000m to improve on my two 9:49s from back in the indoor season but a very windy afternoon made life hard. After only one go into the wind on the back straight my lap of 78 (9:45 pace) was faltering already but luckily Rich Berry from West 4 Harriers was impatient enough to come round and take it on.

The first km passed in 3:17 (9:51 pace) and I was already despondent as I was hanging on and heading for a poor time. I tucked in as much as I could each time up the back straight but nearly tripped the poor bugger a couple of times when I felt a light touching of feet. The second km was even slower (3:20) as we clocked 6:37, level pace for 9:55; I was knackered and thought I'd have to let him go in one more lap, but then there was only 600m to go so you hang on, don't you?

With 500m to go I went past him with the wind behind and

started to sprint, which produced a last lap battle all the way, holding him off by less than a second with a fast last lap in 74, which salvaged a last km in 3:12. Rich didn't even have a go at me for my almost complete lack of help into the wind, very decent I thought. As for managing to sprint, it must be all in the mind... but I still missed a season's best by a tenth of a second.

Less than an hour later I forced my legs into the 1500m to give the afternoon an extra workout. The plan was go steady to the bell and try a kick with what's left but the best part of three laps averaging 79 seconds felt quite hard enough. I got the sprint momentum going with the wind again approaching the bell and had plenty of targets ahead, so closing in under 71 seconds on tired legs was pleasing; in fact surprisingly nippy finishes to both races.

3000m
5 Tony Tuohy 9:49.2

1500m
3 Tony Tuohy 4:44.6

Ladywell 10,000

September 1

Steve Smythe writes... This excellent event has a good atmosphere and support and plentiful food and drink and good commentating and pacing (a lower key version of the Highgate night of the 10000s) and there was a small Dulwich presence though a few pulled out on the day.

Race 4

While some Dulwich Runners even on their tenth race of the week would do anything to avoid helping a fellow club member to set a time, Kent AC are full of more generous minded members and Clare, running her first ever track 10000, was assigned a pacemaker who was told to run a 37:00 pace. The world record is 36:53.81 and the UK record 37:04.54.

Requiring 88.8, the early laps were a little erratic (89.8, 86.5, 91.2) before settling down at 91s. Clare was aware that this was far too slow but the pacemaker did not react to the advice initially until the seventh lap when he picked up to 90s. Through halfway in 18:39, she was well down on schedule and then the pacemaker reacted with four much faster laps in the 87 range but Clare found that increase in pace hard and slowed. She passed 8km in 29:55.8 with the record just out of reach but two good laps of 88.9 and 87.4 moved her closer but she then really struggled and almost came to a halt with laps of 1:44.6 and 1:42.5.

Just before the bell she was passed by fellow member Grant Kennedy, who had run more steady 91s, which woke Clare up

and she ran a very good last lap of 80.

Her time of 37:39.5 disappointed her and felt she could have run quicker with a faster first half but it was still the eighth fastest W55 time in the world and two minutes quicker than anyone else in the world has run this year which is encouraging when she tackles the 10,000 in Jesolo.

Grant who went through halfway in 18:47 and was 25 seconds down on Clare with three laps to go, eventually finished eight seconds back and ran his fastest 10km on road or track.

17/2W Clare Elms 37:39.5
18 Grant Kennedy 37:47.5

Race 3

Daniel Mann had another strong run close to his road 10k form. He passed 5km in 17:10 close to former member Tom Marshall though lost a little ground on the second half.

Peter Jenkins was through halfway in 17:27 but slowed a little on the second half.

15 Daniel Mann 34:52.5
20 Pete Jenkins 35:17.0

Race 2

Tim, not at his London Marathon form after missing training in the summer, made a steady start (78.9 first lap), then ran 76-78 laps up to 4km but then slowed to 81s through halfway (16:29 first half). Three laps out, he began to pick up again and his final laps were a strong 77.1, 76.2 and 68.1 and his very strong kick got him inside 33 with ease.

Lewis was making his debut and was through halfway in 16:10 but did not feel good and pulled out with six laps to go while 14 seconds ahead of Tim

10 Tim Bowen 32:54.0

The Golden Ball 20

1st September 2019

The road to Berlin continues.....

Yes your eyes don't deceive you this was a race called The Golden Ball. Not quite the Beckhamesque plural variety but close enough to cause some amusement. Apparently it is named after the organising running club's local pub but you have to be in the know to avoid the more famous footballer reference!

In our search for an organised 20 mile race for a Barrie's Berlin marathon build up we had to opt for one in the northern town of Lancaster. Despite its geographical distance the journey there was actually quite straightforward with a two and a half hour train trip from Euston.

We booked the hotel on recommendation of the organisers just out of town due to the proximity to the start. In fact we couldn't have been closer as the race started by the river outside our bedroom window.

Oddly it was at the rather later hour of 11am so it was a very leisurely start on race morning as we watched them set up the start and finish area. The course was a two lap for the twenty mile participants and there was a one lap ten mile option too. I had hoped to take part in the latter but am still struggling to go much beyond forty or fifty minutes at the moment so that was well and truly ruled out.



The route was pancake flat along a tarmacked path by the River Lune. It headed up-river for a mile and a half before going back through the start and towards a backdrop of glorious rolling hills and shepherds herding their flocks. A welcome contrast to the rolling roads of South London.

Barrie set off and I decided to do a short run up the route - there's only so much you can expect of a loyal supporter travelling two

hundred miles to watch a race! The weather had been scheduled to be changeable but was bright and sunny if not about ten degrees colder than London.

After I had done my run I stayed near the start to spectate. The course favoured spectators as you could see the runners a couple of times without moving from where you were. Barrie came though ten miles in a steady 1 hour 40 but ahead of what I thought he would do. I was on hand with a banana to bolster Barrie's energy reserves as the aid stations only offered water and white chocolate mice!

Unfortunately the weather turned and started to lash down with rain. I waited until he came back through 13 miles. The hotel then came into its own as I was able to retreat indoors for a cup of coffee to warm up.

I ventured outside again about an hour later, this time in blazing sunshine which had dried the runners off. I soon saw Barrie come in at just outside three and a half hours. He'd had a blip at seventeen miles where he had struggled but managed to pick it up and hang onto some people who came past him. Nothing changes there then!

The race goodies were a rather large and stunning medal featuring three local landmarks, a golden lettered T-shirt and Jammie Wagon Wheel. Obviously there's a completely different perception of race recovery food not to mention race snacks! Jammie Wagon Wheels rule!

We sat on the hotel terrace in the late afternoon sun and had a late lunch. The weather had turned back to magnificent sunshine so we went a walk to stretch aching legs. Our hotel was not far from a rather imposing aqueduct designed by John Rennie. We couldn't resist climbing up the steps although it was a rather steep and painful ascent for Barrie.

Such is the splendour of the aqueduct it had been painted by none other than JW Turner and carried a canal which headed towards Preston. In its heyday the barges had carried coal to the cotton mills outside the town. The intention had been to build a similar structure at Preston but the cost had been so exorbitant it had put a stop to the canal's further progress.

It was such a lovely afternoon we ended up walking a couple of miles along the sun-soaked towpath, which went beyond the brief of a gentle cool-down stroll. Still the dappled sunshine on the water was irresistible with small fish in the shallows and mallards motoring up and down the waterway. Back at base we had the more conventional post-race refuel of pasta with a celebratory drink or two.

Barrie was very pleased to win his age category and be awarded with a bottle of wine. That was his second age category win in an open race in a very short space of time so training is obviously starting to pay dividends. In all the trip was well worth it for a low key but well organised race. If you are doing an autumn marathon it's certainly one to consider, being very accessible despite the distance from London. Job done for a 20 miler. Roll on Berlin!

Lindsey Annable



Barrie John Nicholls 3:31:11 (1st MV65)



August 31

Bethlem Royal Hospital

90 Ran

Pos	Gen		
1	1	Andy Bond	17:36

Beckenham Place

298 Ran

Pos	Gen		
16	1	Kim Hainsworth	19:49
49	44	Paul Hodge	22:15
190	58	Clare Osborne	28:50
216	147	Stephen Smythe	30:06

Bexley

483 Ran

Pos	Gen		
13	13	Michael Fullilove	21:01

Brockwell , Herne Hill

374 Ran

Pos	Gen		
23	23	Gower Tan	19:52
51	5	Lucy Pickering	21:11
70	8	Anna Thomas	21:47
124	108	Graham Laylee	23:24
131	114	Jamie Nicol	23:34
236	52	Sharon Erdman	27:19
246	57	Susan Cooper	27:33
297	214	Desmond Edwards	29:15

Bromley

942 Ran

Pos	Gen		
520	403	Peter Jackson	28:42

Burgess

515 Ran

Pos	Gen		
80	73	Hugh Balfour	21:27
514	198	Susan Vernon	55:52

Cardiff

712 Ran

Pos	Gen		
18	1	Carys Hughes	18:28
183	24	Ros Tabor	24:14
290	236	Andy Murray	26:31

Catford

232 Ran

Pos	Gen		
3	3	Ross Rook	19:40

Crystal Palace

384 Ran

Pos	Gen		
18	17	Tom Wilson	20:54
33	3	Belinda Cottrill	21:49
50	46	David Benyon	22:44
155	24	Emma Kelly	26:00
297	91	Jenny Bomers	30:51
300	93	Clare Wyngard	31:05
301	208	Michael Dodds	31:06

Dulwich

486 Ran

Pos	Gen		
12	12	Tom Shakhli	17:29
75	71	James Auger	20:54
88	83	Matthew Ladds	21:13
121	111	Simon Burnett	22:31
148	17	Eleanor Simmons	23:07
149	132	Grzegorz Galezia	23:08
253	50	Colleen Williams	26:35

272	59	Charlotte Sanderson	27:28
296	70	Karina Burrowes	28:09
299	72	Natasha Chivers	28:13
332	91	Elizabeth Begley	29:04
432	290	Mick Mead	33:55

Fulham Palace

523 Ran

Pos	Gen		
285	66	Lindsey Annable	27:18

Guildford

539 Ran

Pos	Gen		
161	31	Teresa Northey	25:17

Huddinge

26 Ran

Pos	Gen		
1	1	Ian Lilley	20:14

Lanhydrock

215 Ran

Pos	Gen		
6	6	Rob Hollands	21:09

Leicester Victoria

561 Ran

Pos	Gen		
168	26	Marjorie Epton	26:20

Moors Valley

624 Ran

Pos	Gen		
57	5	Ange Norris	22:22

Peckham Rye

319 Ran

Pos	Gen		
8	8	Charles Lound	18:57
156	38	Michelle Key	28:03

Pegwell Bay

221 Ran

Pos	Gen		
16	2	Tereza Francova	20:58

South Norwood

153 Ran

Pos	Gen		
48	47	Martin Double	24:57
54	52	Joseph Brady	25:48

Southwark

435 Ran

Pos	Gen		
202	44	Claire Steward	26:07
243	175	Paul Keating	27:29

Tamar Lakes

140 Ran

Pos	Gen		
1	1	Alastair Locke	17:38
132	60	Helen Lister	41:44

Tooting Common

751 Ran

Pos	Gen		
239	214	Ian Sesnan	24:33

For your results to appear here ...
you need to update your parkrun profile to show you
are a current member of DR AC.

DULWICH RUNNERS CLUB KIT

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

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

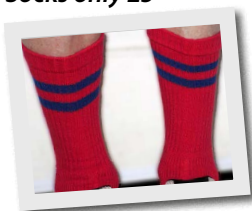


DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or
slightly longer- Both styles are a bargain £15.



Bufs/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

SOCIAL SPOT

P
O
T

Upcoming events.

Watch this space !.....

Dulwich Runners are on Instagram....So if you would like to photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, or Jonathan Whittaker who will take care of it! If people mention [@dulwichrunners](https://www.instagram.com/dulwichrunners) on their posts then we can easily repost pictures on the main Dulwich Runners account of



Instagram

key achievements that you want to share, or cover club races that neither Jonathan or Yvette are at.

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>

PARTY PARTY PARTY

Chris and Sue write:

We hope our Dulwich Runner friends will join us this Saturday 7th September at Burgess parkrun for a triple celebration. Our Golden Wedding anniversary, Chris's 300th parkrun and Grandson Freddie's 50th parkrun. There will be cake and bubbles

Dulwich Runners Summer Map C

8.2M / 13.1km

6.5M / 10.4km

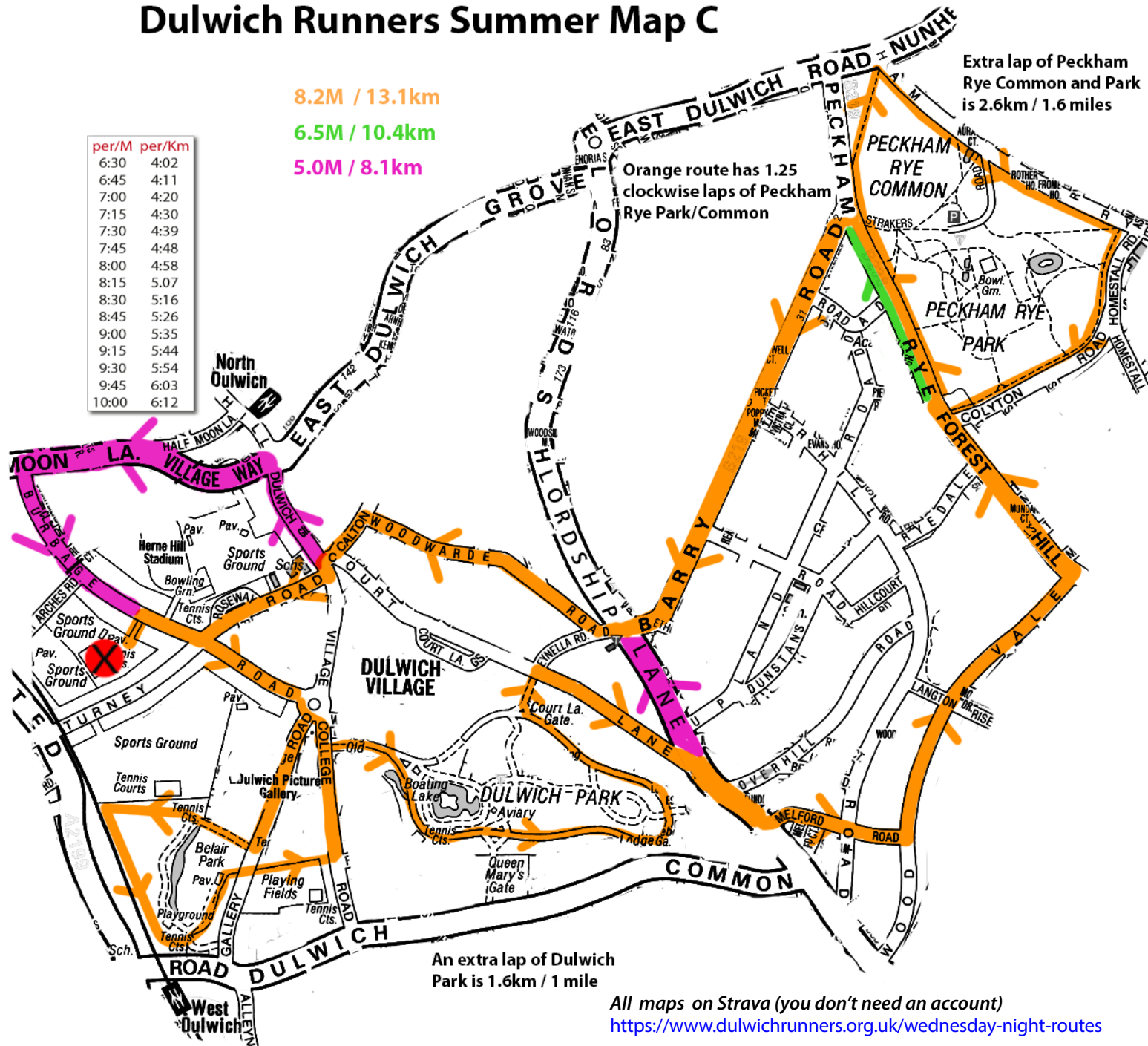
5.0M / 8.1km

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

Extra lap of Peckham Rye Common and Park is 2.6km / 1.6 miles

Orange route has 1.25 clockwise laps of Peckham Rye Park/Common

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



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

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