



These are your SHORTS

Please send any reports, running news etc to:
barry@bg1.co.uk

DEADLINE for submissions 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start
£1 fee per run pay contactless only.
Changing rooms, showers & bar available.
Paces and distances to suit all abilities
Tuesday speed work suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Fixtures
- 7 Club runs & training
- 11 Race reports and results
- 14 Club kit
- 16 Wednesday night maps.

Feel free to send in any race reports, 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 read Shorts each week as all club info on races, training events etc is always in here. Facebook and WhatsApp are also widely used.

Facebook group - <https://www.facebook.com/groups/2409157697>

To be added to the WhatsApp group - contact Ebe - dulwichchair@gmail.com

to the ladies' WhatsApp group - contact Kay/Katie - dulwichladiescaptain@gmail.com

Dulwich Runners AC AGM - Save the Date - Wednesday 24 April 2024

The 2024 Dulwich Runners AC AGM will take place on Wednesday 24 April, at the Alleyns Club House after the Club Run. Further information will be in Shorts in the coming weeks. In the meantime, please do save the date.

*** 2024/25 Renewals - April 1 ***

Yes its that time of the year !....I have sent you your email renewal requests. Please do not reply to the email unless to advise me of any changes to your details.

If you are not a paid up member you cannot compete in any races or events as a Dulwich Runner or take part in the club champs etc.

Payment only by direct bank transfer or contactless on a club night. (no cash or cheques)

The club membership year is April 1 to March 31 (same applies to EA reg.)

1st claim £49 includes EA reg. £19 - without EA reg. £30 - 2nd claim £30

EA reg and can only be arranged through your 1st claim club

Any membership queries contact: barry@bg1.co.uk

Pizza Night and "Beer Medal" Presentations Wednesday 1st May



Save the date and come along on the first of May after the club run from 8:30pm at the clubhouse upstairs bar for socialising over

a) Pizza! and b) presentation of the individual awards for two of our club champs races this year, the Paddock Wood Half 3. March and the Dulwich parkrun 16 March.

Medalists see under club championships in our Drastic app or via <https://app.dulwichrunners.org.uk/>

Beer medals are a choice of a bottle/can of either beer, alcohol-free beer or prosecco. More details to follow.



'Wear your club vest Wednesday'

Back by popular demand! Wear your club vest for the run **on the first Wednesday only of each month** and you will be entered into a draw to win a free drink.



If you need a club vest or other club kit:
ros.tabor49@gmail.com

Socks **REDUCED** from £5
size small - only £1 a pair !



After several years at the old price we have had to increase club vest prices to £23

DULWICH RUNNERS AC

ANNUAL GENERAL MEETING:

Wednesday 24 April 2023, 8.45pm

The AGM will be held in 'The Nursery' downstairs at the Edward Alleyn Club, 83-85 Burbage Road, London, SE24 9HD at 8.45pm on Wednesday 24 April.

Items for the agenda should be sent to the Club Secretary, Yvette Dore, by Wednesday 17 April.

Minor items of Any Other Business will be allowed on the day at the discretion of the Chair depending upon the time available. The meeting will start promptly at 8.45pm, so do please arrive in good time after your run to find a seat and grab a sandwich which will be provided.

Draft minutes of the 2023 AGM are available on the club website here <https://www.dulwichrunners.org.uk/agm> and will be proposed for approval at this AGM.

At the AGM, Committee positions for the coming year will be voted upon. All Committee posts are up for election with the table below showing whether the present incumbent is happy to stand again.

There are **two roles with vacancies** – **Club Secretary** and **Joint Women's Captain** - and the Committee would especially encourage members to stand for or consider suitable nominations for these positions.

Members are encouraged to stand for these and any role they may be interested in.

For further information on the responsibilities, see the brief descriptions below, or speak to the person currently in the role. It may be possible to accommodate someone who wishes to join the Committee, but who would prefer to take on one of the other roles, through some re-assigning of the remaining Committee.

If you are interested in any of the roles, or know of someone who you think would be a good fit, please contact any Committee member as soon as possible or email Club Secretary, Yvette Dore.

Nominations for any role should be sent to Yvette by Wednesday 17 April to allow time to organise an election if there is more than one candidate, but nominations can be taken up to and including the day of the AGM.

Known nominations to date

Joint Women's Captains: Laura Vincent

Club Secretary:

Yvette can be contacted at: secretary@dulwichrunners.org.uk

Outgoing Committee Members

Committee Post	Present Holder	Standing Again?
Joint Chair	Ebe Prill	Yes
Joint Chair	Ange Norris	Yes
Club Secretary	Yvette Dore	No
Treasurer	Andrea Ceccolini	Yes
Membership Secretary	Barry Graham	Yes
Social Secretary	Michelle Lennon	Yes
Joint Women's Captains	Katie Smith	Yes
Joint Women's Captains	Kay Sheedy	No
Joint Men's Captain	Alex Loftus	Yes
Joint Men's Captain	Ed Chuck	Yes
Shorts Editor	Barry Graham	Yes
Welfare Officer	Tom Poynton	Yes
Publicity Secretary	Jonathan Whittaker	Yes
General Member	Mike Mann	Yes
General Member	Jack Ramm	Yes
General Member	Gower Tann	Yes
Non-committee posts		
Honorary President	Barrie Nicholls	Yes
Welfare Officer	Mark Foster	Yes
Kit Person	Ros Tabor	Yes

Dulwich Runners AC - Committee Roles 2024

Generally, the role of all Committee members is to deliver the smooth running of Dulwich Runners AC, ensuring it remains a successful, welcoming and sociable club where members of mixed abilities can make the most of their running and have the opportunity to develop and progress.

Honorary President

The Honorary President is appointed in recognition of their expertise and long service to the Club and will not be a member of the Committee. The key remit of the role will be to support and encourage members through visibility at races and presenting Club Awards at the Christmas party and after Club Championship races.

Club Chair(s)

The role of Chair can be undertaken by one individual or shared between two Joint Chairs. The Club Chair has overall responsibility for the smooth running of the Club, and Chairs committee meetings and the AGM. The Chair oversees the running and administration of Wednesday Club nights, which they can undertake personally, or delegate to a Committee Member. The Chair also oversees Club events including the Club Championships, and presenting medals when the Honorary President is unavailable to do so. The Chair listens to members' views and raises relevant issues at meetings

Club Captains – Joint Men’s Captains and Joint Women’s Captains

There are four Club Captains, two Joint Men’s and two Joint Women’s. Captains share responsibility, to ensure men and women members, new and existing, feel part of a team.

The Captains encourage members to participate in events, ensuring they are aware of fixtures, and are responsible for submitting entries for the Club’s participation in races, relays and Leagues. Where required, they also select members to represent the Club in certain races and Leagues.

In conjunction with the Athletic Development Sub-Committee (ADSC), the four Captains are responsible for selecting Club Championship races and setting the rules, and selecting events for the Ken Croke Cross Country Championships.

Club Treasurer

The Club Treasurer manages the Club’s finances and financial records, maintaining cash and income and expenditure records, and making payments and banking income as required. The Treasurer makes track bookings at Crystal Palace and Dulwich College and negotiates rates as necessary. The Treasurer produces and presents income and expenditure summaries for each Committee meeting and the AGM.

Club Secretary

The Club Secretary organises and co-ordinates five Committee Meetings per year. This includes compiling and distributing the agenda, and attending and writing meeting minutes. The Secretary also attends and minutes the AGM, and supports the Club Chair in Committee Meetings and the AGM as required.

Membership Secretary

The Membership Secretary maintains the database holding an up to date record of Club members. They send out an annual notice via email of membership renewals, register members with England Athletics, and liaise with EA throughout the year. The Membership Secretary attends Wednesday Club runs to welcome new and prospective members.

Social Secretary

The Social Secretary organises regular events to increase club engagement, such as curry nights, quizzes, and the Christmas Party. The Social Secretary is also responsible for arranging coaches to Club Championship Races that are difficult to get to or too far away for public transport.

Welfare Officer

The Welfare Officer is responsible for creating and implementing the Club’s code of conduct and policies on welfare. They play a key role in ensuring members have a safe and positive experience, and deal with any concerns or complaints should they arise.

Shorts Editor

Shorts is the Dulwich Runners AC weekly newsletter. The Shorts Editor compiles and edits where required all stories and articles, ensuring the newsletter goes out every Wednesday containing all relevant information about the Club and upcoming races and events. The Editor distributes Shorts via email to all subscribers and also makes it available on Facebook.

Publicity Officer

The Publicity Officer is responsible for promoting the Club and its achievements via a number of channels including the Club’s website, Facebook, Instagram and local forums, as well as submitting regular reports of races the Club has competed in, including Cross Country and Club Championships, to relevant publications such as the South London Press.

Kit Person

The Kit Person orders and sells Club kit, including Club vests, and maintains a stock list.

General Member – three positions

There are currently three General Member roles on the Committee. Their remit is to represent Club Members generally and feedback to the Committee by taking part in most club events (training, road and cross country races, and social activities), and representing views on general matters through input from other members as well as their own experiences.

DULWICH RUNNERS 2024/25 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:
Alex Loftus alexloftus75@gmail.com Ed Chuck chuckedward@googlemail.com
Katie Smith, Kay Sheedy, dulwichladiescaptain@gmail.com

Road/Misc. Club Champs Assembly league Cross country Track

Date		Event	Venue
Apr	21	London Marathon	Blackheath
May	2	Assembly League Race 2	Victoria Park
	18 to 19	Green Belt Relay	Around London
	25	BMAF Open Road Relays (Masters 35+)	Kirkby Mallory, Leicestershire
Jun	6	Assembly League Race 3	Crystal Palace / Sutcliffe Park
	11	Sri Chimnoy 5km Summer Series Race 1	Battersea Park
	16	Eltham 5	Eltham Park
	19	Dulwich Runners Midsummer Relays	Dulwich Park
	25	Sri Chimnoy 5km Summer Series Race 2	Battersea Park
Jul	4	Assembly League Race 4	Crystal Palace / Sutcliffe Park
	9	Sri Chimnoy 5km Summer Series Race 3	Battersea Park
	12 or 19	Mark Hayes Mile	Dulwich College
	23	Sri Chimnoy 5km Summer Series Race 4	Battersea Park
Aug	1	Assembly League Race 5	Victoria Park
Sep	1	Big Half Marathon	Tower Bridge
	5	Assembly League Race 6	Beckenham Place Park
	29	Middlesex 10km	Victoria Park

Dulwich Podium 5k 20 April - marshals wanted!

The organisers of the Dulwich Podium 5k have asked me if any Dulwich Runners would be able to help marshalling this event. There are 5 races including 2 for elite men and women . The whole event is expected to last for about 2 hours, starting at 3pm.

It will be an exciting afternoon- already some of our faster runners have entered. There may be £20 shoe vouchers given as a thank you. If you can help please can you contact me.Thanks. Ros ros.tabor49@gmail.com

Big Half - Club Championship

Sunday 1st September 2024

Entries are now open - <https://www.thebighalf.co.uk/>
Full price £56 - Discount for living in a relevant borough £47 (with EA)

Community places

The club has been awarded 30 community places. These are not because we are a running club but so that we are able to be inclusive to our membership. Price of entry has to be considered in times of more economic hardship and we don't want it to be a deterrent – it would be great for as many Dulwich Runners to take part as possible. The red and blue vests were throughout the field at Paddock Wood and this is more local, so it would be good to be the same.

The community places cost £15.

If you would like to have one please email Ange and Ebe – dulwichchair@gmail.com We will hold a ballot in the event of too many people applying for one. It's not guaranteed, but we may be awarded more nearer the time as happened last year.

Dulwich Runners Club Championships 2024

Paddock Wood Half Marathon (L)	3 March
Dulwich Parkrun (S)	16 March
London Marathon or alt. (L)	21 April
Sri Chimnoy 5k summer series (S)	11&25 Jun, 9&23 July
Eltham 5 Mile (Trail) (S)	16 June
Mark Hayes Mile (S)	12 or 19 July (TBC)
Big Half Marathon (L)	1 September
Middlesex 10km (L)	29 September

Compete in at least four of the eight events including one long (L) and one short (S) to complete the championship and be eligible for prizes!

The Committee is pleased to announce the proposed set of club championship events for 2024 with these shown on the accompanying poster. We have worked hard to map out the entire year of potential races and holidays to try and provide some balance and variety to people's racing calendars.

We have sought to retain successful events from 2023 with a few changes to hopefully improve participation as well as provide something different. Most notably the Mark Hayes Mile will now be the club championship event at this distance which should hopefully make the distance more inclusive. We have a 10km race we have used in the past and included the Eltham Park trail race which in the last two years featured on power of 10.

A few dates such as the Mark Hayes Mile will be confirmed nearer the time. We will also earmark one of the Battersea 5km races as the feature race (likely to be the 25 June) but that will not stop people taking part in the other three summer 5km races if they are more convenient.

As in previous years you can choose to complete any marathon with the last one counting for the awards the Valencia Marathon in early December 2024.

We will update the rules on the club website with these races in the new year.



The evening of Wednesday 19th June 2024

This is a great club event in our summer calendar, so please save the date. More details to follow but we will want both runners and volunteers. If interested in being on the organising team: Ange dulwichchair@gmail.com

Assembly League

What is the Assembly league ?

- A summer evening race series that first ran in 1975.
- Dulwich have enjoyed a lot of individual and team medal success with the men champions in 2019
- Races free to enter, no need to book in advance, men and women run together. Runners sign in on the evening when they pick up their race number.
- A competition between 15-20 London running clubs from north and south of the river.
- Extremely popular, all first and second claim members encouraged to take part whatever your standard or ability
- Just turn up on the evening with a club vest and we'll give you a number to pin on your vest. Club vests can be bought from Ros Tabor on a Wednesday evening.
- Races normally either 5km or 5.6km (3.5 miles) and usually start at 7.30pm unless otherwise advised.
- Beckenham uses the parkrun course, mixture of surfaces so consider this in your shoe choice. For the April date trail or fell shoes are likely to be helpful given recent heavy rain
- After each race organisers normally have a bar for food and drink.
- You can follow the Assembly League on Facebook

Apr 4: Beckenham Place - May 2: Victoria Pk - June 6: Crystal Palace Pk - July 4: Sutcliffe Pk - Aug 1: Victoria Pk - Sept 5: Beckenham Place

Rules

- A team's first four runners score.
- Lowest score = first place and so on.
- Unlike Surrey League a team's 5th, 6th etc finishers impact the score of slower teams who's first four finishers place after them. This rewards a strong turnout.
- 1st place team gets 15, 2nd gets 14 so seasons end team with the Highest point total wins.
- For individual awards same applies- 1st place runner in that category getting 15, 2nd 14 and so on.
- Individual champion is the runner with the most points.

Awards

- Men's A and B team, individual, U20, M40, M45 and subsequent veteran categories.
- Women's A and B team, individual, U20, W35, W40 and subsequent veteran categories.



Club Runs & Training Sessions

Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7:15pm...

time you run - Contactless payments only

Meet upstairs in clubhouse, arrive by 7pm to sign in pay & sort out which group you'll run with.

Usual runs are : long 8-9M, medium 6-7M, short around 5M

NOTE: £1 club run fee for members and guests each

If you're new at the club, we will place you with others at your preferred pace and distance.

Tuesday Evening Speed - Dulwich College Track

Speed and endurance sessions at Dulwich College Track.

9th April start at 6:30pm - then 16th and throughout the summer 7pm.

Cost £2 per session, payable at track - contactless only (no cash).

Session details to be confirmed.

Entry is via Pond Cottages rather than the gates by the tennis courts which are rarely open.

Tuesday 16 April - 2*4:30 mins at 10k effort around edge of field, with 90 secs recovery

2*900m on the track at 5k pace -75 secs recovery

1-2*1200m on the track at 10k pace-90 secs recovery

Further session plan details to follow shortly.

Questions or feedback Tom Poynton (Coach in Running Fitness) tpoynton@hotmail.com

Tuesday Morning Speed - Dulwich Park

Start 11am in Dulwich Park, meet by cricket nets, will use 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 - Alternating each week between Brockwell Park and Crystal Palace Park, mix of short hills and longer efforts on the grass - followed by coffee. - all standards and abilities - Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

8am from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 min/mile.

Contact Ola Balme - olabalme1@gmail.com

Medium pace (around 8 min/mile) long runs starting from Peckham Rye Common, bottom of Barry Road, usually starts around 9am . Contact Ebe: ebepriill@yahoo.co.uk

Longer & faster - 9am from Dulwich Park. Circa 7.00/mile pace - Tom South: thomas_south@hotmail.com

Longer & steady - 08.45am from Dulwich Park. Circa 7.30/mile pace - Tom Shakhli: tomshakhli@gmail.com

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

A spring marathon training plan

– late March - April update

The long run on Sunday 31st March is really about the last time for your longest of long runs, with a shorter run the following Sunday that gets even shorter a week later.

As it takes 10-12 days for a training session to have a positive effect, it makes sense to have a last hard session around the middle of the penultimate week. After that I have suggested reducing the volume but not intensity of the sessions, so that you get to the start line feeling refreshed and ready to go. It might take a while for this tapering to have an effect so don't panic if you're a bit tired a few days before, and resist any temptation to fill this extra free time with more activities.

Questions contact: Tom Poynton tpoynton@hotmail.com

Mon 8 – Sun 14 April

Last "proper" Tues interval session, Wed club run, Sat you could possibly do a Parkrun at controlled 10k effort, Sun long run for c75mins, mostly at slightly slower than marathon pace. Otherwise one, possibly two easy runs for 40-60mins elsewhere in week.

Mon 15 – Sun 21 April

Tues interval session is a LOT shorter than usual – you could do these either at track the club session, or elsewhere e.g. Dulwich Park - 3 or 4 x1k at marathon pace. Otherwise keep your runs short (30-40 mins max) at easy pace with a few strides and feel free to take a day or two extra off.

If you would like to join a long run group

ahead of the spring half and full marathons, add your details to this spreadsheet. Our current groups are working well, but always room for more people and we would like to see if we can create a new group, in particular for those running 9:00-9:30 minute mile pace.

<https://docs.google.com/spreadsheets/d/1Vqu6i000I0D34R2ZzThnzpEvNU9Oid3ZCezx7Ef8lg/edit#gid=0>



It's no secret that Dulwich Runners love Parkrun!

In 2023 DR members recorded over **3,000 results** in over 80 different parkrun venues around the world - this was over 2/3 of all officially recorded results from our club.

Version 1.5 of the DR App has been released and offers a more detailed view of parkrun results, focusing on our club members only.

Use the new menu "**Parkrun Records**" to see how many times we've run on a given venue, and who recorded the best result every year, or the "all time" best

Parkrun Records					
	ALL	2024	2023	2022	2021
Banstead Woods [259]	17:03 T. Bowen	20:42 T. Tuohy	19:47 T. Tuohy	19:44 T. Tuohy	20:40 T. Tuohy
Beckenham Place [417]	16:11 T. Bowen	21:10 R. Rook	16:56 A. Bond	17:16 A. Bond	17:25 A. Bond
Bexley [130]	16:57 A. Bond	28:47 T. Bondoni	21:09 R. Rook	21:35 J. Leafe	
Brockwell [2008]	16:06 A. Wilson	16:52 A. Wilson	16:06 A. Wilson	16:32 E. Chuck	16:28 T. Bowen
Bromley [743]	16:12 A. Bond	29:14 P. Jackson	17:21 J. Willis	17:21 K. Chadwick	18:30 K. Chadwick
Burgess [732]	15:57 B. Howe	20:42 F. Vernon	16:08 A. Bond	15:58 A. Bond	15:57 B. Howe
Catford [124]	16:20 A. Bond	19:50 M. Ahluwalia	17:11 A. Bond	17:51 A. Wilson	17:27 A. Bond
Clapham Common [117]	16:37 N. Impey	19:09 H. Minter	16:37 N. Impey	18:04 S. Donlon	17:37 S. Donlon
Crystal Palace [2085]	16:37 A. Bond	19:42 M. Williams	16:41 A. Bond	16:47 B. Howe	17:10 H. Stobart
Dulwich [3933]	15:02 E. Chuck	15:02 E. Chuck	15:21 J. Dazeley	15:40 A. Wilson	15:03 E. Chuck
Greenwich [150]	16:34 A. Bond		20:54 J. Siderfin	18:13 K. Chadwick	21:00 M. Fullilove
Hilly Fields [407]	16:43 A. Bond	21:16 M. Humphrey	16:43 A. Bond	17:43 A. Russell	17:32 A. Bond
Lloyd [135]	16:56 E. Chuck	18:51 W. Lashley	17:27 B. Howe	19:18 W. Lashley	28:33 J. Wicks

Main events only

Gender: Women

Age Group: V40-45

- ALL
- V35
- V35-40
- V40
- V40-45
- V45
- V45-50

Banstead Woods [1]	26:23 C. Buglass	26:23 C. Buglass	
Beckenham Place [22]	21:58 L. Vincent	24:22 L. Vincent	21:58 L. Vincent
Bedgebury Pinetum [12]	21:16 K. Hainsworth	23:02 K. Hainsworth	21:54 K. Hainsworth
Bethlem Royal Hospital [2]	23:36 L. Vincent		
Bexley [4]	20:31 C. Oliver		
Blandford [1]	34:21 C. Buglass	34:21 C. Buglass	
Bognor Regis [1]	29:29 C. Lilley		
Bramhall Park [1]	19:34 A. Pickup		
Brockenhurst [3]	21:20 K. Styles	21:20 K. Styles	

You can filter by age group for additional insights, and you can show "main events only" (the ones with at least 100 results across all age groups, or at least 10 results in a given age group) or all events, if you are curious to see who ran in less popular venues.

Closed Age Groups

Version 1.5 also adds "closed age groups" in the filters: for instance, while V50 includes everyone from the age of 50, V50-55 only includes 50 to 55 year olds. Closed age group filters can be used on all types of events, and they are the same we use to maintain the club records in our [club stats](#).

While results are downloaded daily from [The Power of 10](#) and parkrun websites, if you notice some results are missing, let us know, so we can ensure they're captured in the system and, if applicable, in the club record files.

App Roadmap

The parkrun functionality will soon be extended as follows:

- By clicking on any cell of the grid, you will see a full leaderboard of "best results" from all DR members who have run on a given venue on the selected year or "all time" (filtered by age group, if one is selected)
- The individual runners page will include the runner's own "matrix" of best parkrun results organised by venue and by year, with the possibility to see the list of results on a given year and venue, sorted by time.

Questions? Suggestions? Please let Cecco know!

Visit www.drastic.com or app.dulwichrunners.org.uk and download iOS or Android App.

Physiotherapy services

Many members have used Vita Health (previously known as Crystal Palace Physio) for physiotherapy services to help them get back to full fitness and meet their athletic goals.

Did you know that Dulwich Runners members are eligible for a 10% discount Simply show your membership details ID card (which came in your annual membership email from the club membership secretary when you joined / renewed) when you come to one of Vita's clinics to receive this discount. Appointments can be made online, over the phone or at one of their clinics in person – see their website for more information: <https://www.vitahealthgroup.co.uk/>

Locations include Crystal Palace Jubilee Stand, Mottingham, Croydon, Canary Wharf, Battersea, Wimbledon and Orpington.

Masters Champs

15 - 19 May 2024 European Masters Athletics Champs Non Stadia Porto Santo, Portugal

13-25 Aug 2024 World Masters Track & Field -Gothenburg, Sweden

Sportshoes.com 10% off for the club

10% off on [Sportshoes.com](https://www.sportshoes.com) for the club

The monthly code will now only be shared on Facebook and WhatsApp to prevent it being found by non members with a Google search.

Dulwich Runners Book Swap

The last Wednesday of each month

Thanks to those who brought books along last time. I hope they're being enjoyed by their new owners.

If you're someone who reads about running just as much as you do it, then you probably have a stash of running related books. If you're unlikely to re-read them, bring them to the club house on the last Wednesday of any month.

Let's keep it to running related books - instructional, inspirational, fact or fiction.

Even if you don't have any, come and browse and borrow one.



v1 Dulwich Runners

For the latest results, personal and club records, leaderboards and runners' stats, championships standings and awards, please go to:

 app.dulwichrunners.org.uk

Now also available on iOS and Android. Search for "Dulwich Runners"



Feedback and requests **Andrea Ceccolini**
Please check your profiles on [Power of 10](#) and [Parkrun](#) are properly configured, so your results can be included automatically in the [DR App](#).

Sports Massage

Sports massage to:

- Enhance recovery
- Prevent injury
- Improve posture and function
- Pre and post event massage

10% discount to club members

Ola is an experienced Sports massage therapist & club runner

To find out more and book an appointment:

olabalne1@gmail.com



Want your race results and reports in SHORTS ? please email them to barry@bg1.co.uk
All road, xc, fell, tri and track results etc, are welcome.

Assembly League Race 1 Beckenham Place Park

4 April 2024

The first Thursday of the month Assembly League race series returned for the spring and summer to its usual bookend home of Beckenham Place Park. Publicity for the race from the organisers was typically scant. Some new clubs wondered where to meet and if it was on. Even the home club could only confirm that there would be chilli con or sin carne for £7 at the club house.

However it was alright on the night - the organiser even got us to start on the road to avoid some treacherous grass. As an added bonus no one was lost in the woods in the fading light. Some clubs also fielded ringers including at least one fast Herne Hill Harrier in the Crystal Palace ladies team. However as there are few rules (other than having a club vest, signing in on the sheet, and ideally not tempting fast runners to join your club from Stock Exchange) this was absolutely fine.

The 174 runners (including 22 from Dulwich) who did turn up were treated to a testing circa 5 km circuit using the alternative Beckenham Parkrun course with restoration works in the far field. The single race for men and women provided an enjoyable, inclusive and competitive experience. Conditions were muddier than the Southern XC champs, with some small sections of quagmire in the woods tackled twice. What is nominally a road based series was anything but on this course!

With four to score, Dulwich's men's team made an excellent start in their attempt to regain the trophy ceded to Kent AC last year. Rob Armstrong was a class apart recording a time of 17:00 to take the win. Dylan Wymer took second in a none too shabby 17:30, and Andy Bond completed the podium in 17:56 when his Vicky Park rival unfortunately took a wrong turn with a few 100m to go. This sort of made up for the start when

Andy was looking the wrong way when the whistle went and probably lost a few valuable seconds in the ensuing melee. Ed Gibson ran a measured 18:48 (10th) to complete the quartet and score maximum points (15). Kent AC were second on the night (14 points) with the debutants Crystal Palace Fun Runners third (13 points) just ahead of Eton Manor (12 points). With the move to north east London for the May edition; Eton, Victoria Park Tower Hamlets and the mooted newbies Highgate Harriers could create a very competitive race.

Claire Oxlade of Kent AC was the first female finisher in 20:34 as part of a quartet of Invicta badged runners in the top 10 helping them score maximum points. Dulwich finished second on the night (14 points) with Katie Smith (22:06, 6th) and Harriet Roddy (22:08, 7th) giving Dulwich with a strong start. Andrea Pickup was in the maroon of Beckenham finishing just ahead of former team mates Michelle Lennon (23:02, 14th) and Ola Balme (23:12, 15th). It appears as if Beckenham finished third on the night.

There is also a B team league although I don't think any prizes. The ladies B team had a good night with Katie Styles (23:41, 17th) Yvette Dore (23:43, 18th) and Ange Norris (23:47, 19th) separated by 6 seconds. Lucy Pickering (24:55, 25th) completed the B team just ahead of Philippa Goodhew (24:57, 26th). Midge Cameron (27:05, 35th), Ros Tabor (28:15, 39th) and Lindsey Annable (28:26, 40th) all had excellent runs.

Returning to the men, Tom Barker (19:28, 20th) and Murray Humphrey (19:29, 21st) got us off to a great start in the B team standings. Jonathan Whittaker (21:15, 57th) lost a few more places with conservative downhill running than he made going up hills. Mike Mann (26:05, 129th) in his alternative trainers completed the team scoring after his first choice trail shoes had shrunk following too many Lloyd Park races. There were also commendable runs from Dave West (26:52, 143rd) and Barrie John Nicholls (27:28, 149th).

The next race is at Victoria Park on Thursday 2nd May, race whistle: 7.30pm.



VETS AC 5K

2 April

At the first fixture of the summer series at Battersea Park runners had to put up with wet conditions, but it was reasonably mild with little wind.

Having led the field at one stage, Ade Russell had a good race, finishing in 3rd place. Although finishing only a second his official time at the recent club champs parkrun at Dulwich, Graham Laylee was a bit disappointed with his time, given that his own recorded time at Dulwich was faster as a result of the

BM10km

7th April 2024

Dave West writes: The human body is a strange thing. As runners, we spend a lot of time recording our every movement with the latest technology (or is that just me?) and fine tuning our training to hit the peak of running perfection on a single day (that's definitely not me!), and yet it still seems to be a matter of luck and mindset how things turn out. More so as I get older.

I recently cruised round the Hastings ½m (with nearly 1000 feet of climb) despite struggling with the distance in training, but the following weekend had trouble completing Crystal Palace parkrun. With the BM10km looming another week on, and race fees, hotel and train tickets all booked, I decided to ignore all logic, take no notice of what my body and Garmin were telling me and just enjoy the week leading up to it as scheduled. Even if that week comprised the Crystal Palace Canter 5km, the Beckenham Assembly League and of course Saturday is Parkrun day – so who needs a taper when three race type 5km efforts will do?

Miraculously, Tuesday's CP Canter was two minutes quicker than the CP parkrun just a few days before so off to a good start. Then, knowing the Beckenham course well, I was able to make the most of it in Thursday's Assembly League, overtaking through the muddy sections and finished feeling strong. Then on to Saturday and Riddlesdown Parkrun, where I'd planned a gentle run on soft ground. But somehow deep puddles, sticky mud and long water features unlocked my inner mudlark and I returned home with a smile, caked in the brown stuff. 1st in the M65 age category and within the top third of the field. Inov8 Mudtalon shoes take a bow!

So down to the south coast on a sunny, but blustery day with

incompetently organised finish funnel there. I was also slower than at Dulwich, running at a steady pace but a touch too slow. A few excuses come to mind but none wholly convincing, so I put it down to an off day. Following recent knee surgery Gary Budinger struggled and was forced to pull out. Second claimer, Clare Elms equalled her best time this year.

The next fixture on 7 May is a 5 mile race. Mike Mann

Ade Russell	16:34 (2nd M45)
Clare Elms	18:36 (1st W60)
Graham Laylee	22:57 (2nd M65)
Mike Mann	23:46 (2nd M75)

nearly knackered carbon racers replacing the newish fell shoes from the day before for the BM10km. This is part of a race weekend that includes the Brighton Miles on Saturday and a 10km/marathon on Sunday. I think I was the only Dulwich Runner in my race but others were tackling the marathon.

For reasons I can't explain, I've been running significantly more slowly this year than when I last ran the BM10km in 2023, now averaging just under 26 minutes on a flat parkrun against low 24s twelve months earlier. The revised Brighton course is fairly flat with a gentle climb through the St James shopping area around half way, a couple of tight turns and this year, a swirling south-westerly cross-wind to cause issues in the second half. With our race starting at 8:45am, the temperature was ideal but due to rise for the marathon runners heading our way by early afternoon.

From the start, I felt like I was struggling possibly because I was being passed throughout the race. It was also hard to focus and keep steady pace on the long straight stretches. Nevertheless, I went through halfway in 25:45 which included all the uphill and it was then into the wind for the return and a final time of 51:58. Somehow, I'd managed to run back-to-back 5kms at the sort of pace I'd currently run one.

Thanks to the tech, I have cadence, stride length, ground contact time for left and right feet, vertical bounce, respiration rate, heart rate and even estimated sweat loss for the whole 10km and the weeks leading up to it. For all that, I still have no idea how I'm going to run day-to-day. However, I have to admit that the parkrun was more my thing. Where I'd been avoiding potholes in Brighton, I deliberately ran through every puddle and bog on Riddlesdown even when I didn't need to. I'm just a big kid really!

Dave West (age 65¾)

Brighton Marathon 2024

It appears I joined Dulwich in 2013, and in all that time I have been masquerading as a runner, having never completed a Marathon until Sunday. BrightTown was the host having got a place after applying and being declined for London (although think it's easy to get into Brighton anyway). I basically did enough training for a half, and was aiming First - to get round, and Second - to get close to 3.30.

The last 8 or so miles were tough, partly down to fuel but mainly just sheer lack of milage in the legs. Hove (and maybe Portslade) is the venue for the real race, last 10k-ish, and was a Zombie like zone when I went through, as fellow runners swayed side to side, as if out of a pub after an all-dayer. The residents here really earn their rent, having to stretch out cramps, pick folk up from the gutter, and of course,

shout encouragement. Bowls of sweets were knocked out of children's hands as disoriented runners made misjudgements and the cardboard box signs made no sense, they probably said something like 'stupid fools!' I had some of the sweets, fruit pastels, but struggled to chew. There was a dashing array of orange slices on offer, mostly served upon silver platters, but that's football grub and running is serious stuff, so I declined.

At one point I noticed a hipster dash from his house with a glass of water for a weary runner. We then both watched in horror as the runner took off, glass in hand, gulping, spilling, realising he was about to chuck it, thinking it was plastic, the resident put in a spint to grab it back. I shuffled to the end, the final straight taking ages, as if the Finish Sign was being moved back. It's a

good course – not flat, great support, albeit a bit lonely out to Ovingdean. Very loud Downtown, where Mark C gave a great shout. For the first mile or so I ran with Ben S who was on a training jaunt. Miles G was also out upon the field but did not manage to see him. Think that was the Dulwich Runners crew, may have been more, sorry if I missed you.

No buzz afterwards, just a bit sick to be honest. In reflection I think the 'Millwall' got me, prob about 18 miles when a voice entered my head and said 'you aint finishing', so in that respect it was good to beat the mental challenge. Song in head for most of way round, from either a Choir or someone's speaker system – 'Brimful of Asha' by Cornershop.

Ross Rook 3.38:14

Project 20:

A Revolutionary Twist

Ajay writes: What happened? I tried an experiment. I decided that if I put 1 percent of the time I spend making excuses, procrastinating and drinking wine, and turn that into pure training effort, well maybe this could stop being a joke column and could become a running column.

After all, look at the position of my prose. The editor deems fit to tack it on as add on right at the end. Back of the pack, an afterthought! Maybe one day I could be the HEADLINE act on Shorts. Maybe I could move up the columns, slowly but deftly sneaking into first place! No more Lanterne Rouge.

Yes, reader, this week I decided that there was no other way around it. I would have to submit to the running gods and actually run. As Michelle L is famed for muttering, "It's not as bad as doing the Christmas Shopping." True, that is not the most poetic or inspiring phrase, but it is just perfectly true, and real. And if it will bring me closer to Michelle's running

performances, I will utter it morning and night and in my sleep. I invoke our leader Yoda-Ros, and say, "Help me!" She says she will get back to me once she sees I'm making a proper effort. This makes me even more determined. This week I knocked some time off my park run for the first time in a long time. I've ridden my bike. Auspiciously I saw the ever ebullient Tom S running in the opposite direction during the park run. Surely a great omen! Rupert W ran by me, and said Hi. Gosh, people in the club know who I am.

Clearly, Chris L, still smarting from his shock defeat last week, was in hiding and nowhere to be seen. I met a guy at the end who had been selected to run in the new Alphafly 3 trainers. I held them in my hand and felt electricity jolt through me. I asked him if I could borrow them for my important project 20. I had to move on and I'm not sure exactly what he said. Maybe my agent has already been in touch with Nike with a sponsorship deal.

In my new approach I've mixed in some rowing, cycling and weights, with a bit of running sprinkled in. I'm feeling things are moving in the right direction. I'll be channeling my chi towards all the club runners doing Manchester this week and hoping to capture some of that amazing club energy!

To see your results here ...update your parkrun profile to show Dulwich Runners AC as your club. Only the results of current members will be shown....If you are no longer a member please remove DR as your club from your parkrun profile.

Bromley

739 ran
Pos Gen
678 369 Steve Wehrle 2nd cl. 42:02

Brockwell , Herne Hill

414 ran
Pos Gen
3 3 Timothy Bowen 18:12
5 5 Andrew Inglis 18:52
7 7 Austin Laylee 19:13
11 11 John Kazantzis 19:58
45 44 Stephen Trowell 22:14
123 101 Graham Laylee 24:49

Bath Skyline

258 ran
Pos Gen
65 7 Ange Norris 24:53

Crystal Palace

488 ran
Pos Gen
8 8 Eugene Cross 19:07
35 33 Michael Williams 21:27
167 22 Eleanor Simmons 26:15
262 59 Clare Wyngard 28:42
386 231 Bob Bell 33:23
427 157 Chris Bell 36:58
469 186 Claire Steward 50:06
470 187 Jo Quantrill 50:19

South Norwood

156 ran
Pos Gen
33 4 Carys Morgan 25:14

Riddlesdown

94 ran
Pos Gen
32 26 Dave West 28:53

Eastville

626 ran
Pos Gen
138 121 Jamie Robinson-Nicol 24:42

Mile End

481 ran
Pos Gen
262 188 Paul Keating 28:34

Dulwich

711 ran
Pos Gen
29 27 James Burrows 18:18
38 33 James Brown 18:41
53 5 Helen Shannon 19:22
103 86 Hugh Duffie 21:08
108 11 Michelle Lennon 21:13
128 107 Mark Callaghan 21:38
153 123 Huw Russell 22:16
217 168 Edward Simmons 23:50
218 169 Ajay Khandelwal 23:51
366 88 Alexandra McClelland 26:48
367 89 Polly Low-Macrae 26:49

Tilgate

596 ran
Pos Gen
270 192 Gary Budinger 30:04

Burgess

807 ran
Pos Gen
317 72 Ros Tabor 26:28
805 347 Susan Vernon 01:41
806 388 Chris Vernon 70:41

Southwark

537 ran
Pos Gen
140 111 Lee Wild 24:35

Peckham Rye

370 ran
Pos Gen
56 6 Ola Balme 22:26

Leicester Victoria

390 ran
Pos Gen
115 14 Marjorie Epton 25:41

Tooting Common

551 ran
Pos Gen
197 132 Ian Sesnan 26:55

Clapham Common

953 ran
Pos Gen
189 154 Cameron Timmis 23:54

Malmö Ribersborg

106 ran
Pos Gen
1 1 Ed Gibson 15:52

Morecambe Prom

334 ran
Pos Gen
4 3 Daniel Mann 17:52

Sutcliffe

304 Ran
Pos Gen
83 67 Michael Fullilove 24:25

Sandringham

324 ran
Pos Gen
6 6 Joe Farrington-Douglas 20:09

Charlton

215 ran
Pos Gen
41 36 Stephen Smythe 24:05

Southall

72 ran
Pos Gen
27 4 Lindsey Annable 26:10

Nth. Yorkshire Water Pk

206 ran
Pos Gen
1 1 Andy Bond 17:07
4 4 Toby Bond 19:31

Lordship Rec. Ground

188 ran
Pos Gen
33 27 James Wicks 22:47

Ehrenbreitstein

23 ran
Pos Gen
7 7 Justin Siderfin 26:02

DULWICH RUNNERS KIT

Socks REDUCED from £5 - small only - £1 a pair !



Vests	£23 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



Crop tops - £25

Beast from the East !

It's always on the way!.. be prepared..get yourself a bobble hat £15



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



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



! 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



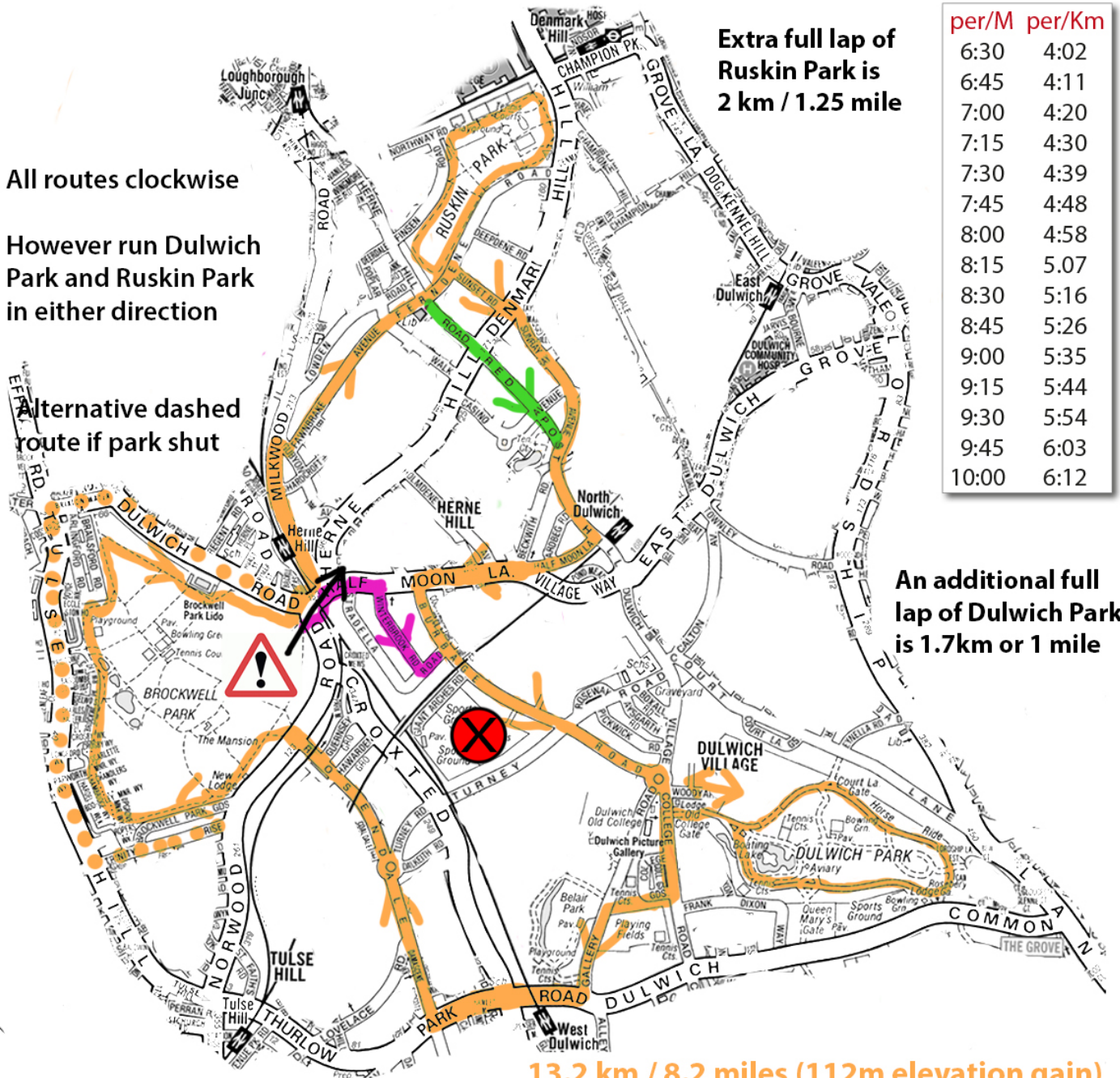
Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer Map A

All routes clockwise

However run Dulwich Park and Ruskin Park in either direction

Alternative dashed route if park shut



Extra full lap of Ruskin Park is 2 km / 1.25 mile

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

An additional full lap of Dulwich Park is 1.7km or 1 mile

Extra full lap of Brockwell Park is 2.8km or 1.75 mile

13.2 km / 8.2 miles (112m elevation gain)

11.0 km / 6.8 miles (91m elevation gain)

8.6 km / 5.4 miles (61m elevation gain)

Dulwich Runners Summer 5km routes

- Route I - 5 km
- Route II - 5 km
- Route III - 5.2 km
- Route IV - 5.3 km

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

