



These are your SHORTS

Please send any reports, running news etc to:  
[barry@bg1.co.uk](mailto: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
- 4 Fixtures
- 7 Club runs & training
- 11 Race reports and results
- 13 Club kit
- 15 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](mailto:dulwichchair@gmail.com)

to the ladies' WhatsApp group - contact Kay/Katie - [dulwichladiescaptain@gmail.com](mailto: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](mailto:barry@bg1.co.uk)

## Pizza Night and "Beer Medal" Presentations

### Wednesday 1st May



Join us for pizza evening and awards after the club run on 1.5.24 @8.30pm Pizza £7.00 Payment by zettle at the clubhouse Place your order on the list at the clubhouse (Meat or Veg) Last orders must be in by 29.4.24. If unable to attend club then email [dulwichrunnerssocialsec@gmail.com](mailto:dulwichrunnerssocialsec@gmail.com)



## '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](mailto: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: Catherine Buglass

Yvette can be contacted at: [secretary@dulwichrunners.org.uk](mailto: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
<b>Non-committee posts</b>		
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](mailto:alexloftus75@gmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
 Katie Smith, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto: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	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](mailto: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**  
**Deadline for application - Friday 19th April. So far we still have places left.**  
 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](mailto: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.

## London Marathon - Sunday 21st

Let's get ready to go and cheer 39 Dulwiches.  
 What a well prepared supporter needs to know:  
 Start - Wheelchairs 8.50  
 Elite women 9.00  
 Elite men 9.40  
 masses in waves from 10.00 - 11.30  
 Where to watch - <https://www.tcslondonmarathon.com/the-event/the-course>  
 Post run venue - The Sanctuary House Hotel, 33 Tothill Street SW1H 9LA <https://www.sanctuaryhousehotel.co.uk/>

Here's a list of DRs  
 And if you're inspired, make a note in your diary -  
 The ballot for London marathon 2025 opens on Saturday 20/4/24 until Friday 26/4/24

Francesca Allard	2080	
Timothy Bowen	1212	
James Burrows	6233	
Edward Chuck	1036	(2.19.59)
Eugene Cross	6802	(2.50)
James Dazeley	1180	
Shane Donlon	51103	
Robert Emes	41858	(2.55)
Joe Hallsworth	1652	(2.27)
Robert Hollands	5292	
Benjamin Howe	2359	
Murray Humphrey	2718	
Nick Impey	1068	
Peter Juggins	1925	
Steven Kendall	6745	
Maeve Lane	37031	(3.40)
Harry Lawson	39420	
Michelle Lennon	49705	
Alex Loftus	2709	
Edward Martin	52543	
Sumrit Mattu	47932	(finish)
Finn Nugent	1978	

Christopher Nunn	6901	
Liberty Pattison	47605	(3.20)
Jon Phillips	2174	
Jack Ramm	1892	(2.20-2.25)
Mark Read	46897	
Victoria Read	5074	
Tom Shakhli	42550	(low 2.40s)
Helen Shannon	45808	
Ben Smith	5467	
Stephen Smythe	6986	
Steve Smythe	38470	
not a typo! We are lucky enough to have 2 but I have no idea which one is which.		
Gower Tan	41871	
Katie Thompson	47839	
Laura Vincent	6647	(3.30)
Sam Walker	40821	
Aaron Wilson	2264	
Matthew Wood	47262	

# Dulwich Runners Club Championships 2024

Paddock Wood Half Marathon (L)	completed
Dulwich Parkrun (S)	completed
London Marathon or alt. (L)	21 April
Sri Chimney 5k summer series (S)	11&25 Jun, 9&23 July
Eltham 5 Mile (Trail) (S)	16 June
Mark Hayes Mile (S)	12 July
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](mailto: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 23 April**

7:00 mins at 10k pace around edge of playing field, with some short faster bursts on the whistle and then regroup.

6\*2:30 minutes on track, first 4 at 5k pace, last 2 at 3k pace, 90 seconds recovery.

### **Tuesday 30 April**

5 mins at 10k pace around edge of field, regroup to starting point.

4\*2:30 mins at 5k pace, diagonally across playing field, 90 secs recovery.

3\*2 mins at 3k pace on track, 90 secs recovery.

Questions or feedback Tom Poynton (Coach in Running Fitness) [tpoynton@hotmail.com](mailto: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](mailto: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](mailto: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](mailto: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](mailto:ebepriill@yahoo.co.uk)

Longer & faster - 9am from Dulwich Park. Circa 7.00/mile pace - Tom South: [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

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

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



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. Bendoni	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

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	

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](http://www.drastic.com) or [app.dulwichrunners.org.uk](http://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](mailto:app.dulwichrunners.org.uk)

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

 Download on the App Store

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All road, xc, fell, tri and track results etc, are welcome.

## Manchester Marathon



Alastair Low-Macrae writes: Having last run a sub-3 in late 2020 around Goodwood race track and with only seconds to spare (2.59.55), It is safe to say that I went into training for Manchester this year with some unfinished business with the distance. 2022 was a tough year, with a spectacular blow up featuring in both Manchester and London of the year. I needed a break and since joining Dulwich in late 2022, I've had an amazing time getting stuck into the club calendar, with XC, the various summer races and the Big Half keeping me busy and engaged in training. However, late in 2023, the decision was made - a big marathon PB at Manchester was the demon that needed slaying.

Chris Lawrence was in a similar position having first taken on the distance at Manchester in 2021, followed by Abingdon in 2022, both coming in above 3 hours. Having learned plenty of lessons in these two races, he signed up to Manchester with the goal of running 2:59:59. We enjoyed a few track and tempo sessions together, although I struggled with his very early morning starts, not quite being a dad yet myself! His training was a joy to watch and he completed three half marathons, in the three month build-up to take his PB from 83:18 to 80:30. Fantastic stuff.

Alongside me and Chris, there were four more Dulwich members running: Harry Bennett, Edward Simmons, Gracie Ingledew and Fabrice Chouissi.

The weather on the day was perfect, not too hot or windy, which is a miracle given the nonsense we have experienced recently. I met Chris and Fabrice briefly in the starting pen before the race to exchange final good lucks. As always Manchester attracts an amazing depth of runners around the 3-hour mark, many trying to gain qualification times for the majors. The starting pen was less hectic than it has been in the past, although I did notice a six-man caterpillar squeezing through past the 3 hour pacer and decided to follow it with my friend Tom.

We took the first mile easy and then picked up to our agreed 6:37 a mile (4:07 km) and held that, comfortably working through the crowds until they thinned out a bit at mile 8/9. At this stage the pace oscillated ever so slightly as we formed a wee group of runners and tried to shelter from wind gusts. We found a group that worked well and rolled through halfway in 1:27:26.

The fuelling strategy was one gel ever 7km, caffeine on even numbers. It worked a treat and would highly recommend. The pack was slowing slightly around



mile 15 and Tom and I felt great, we had agreed to pick up the pace slightly in the second half and found ourselves beginning to steadily overtake runners again as we "climbed" through Altrincham. The descent out of Altrincham was magic, sunny weather, big tunes and a rather silly 6.20 mile was quickly reeled back to a more sustainable 6.32 pace.

I developed a pain in my groin here, but managed to keep pushing on, using Tom as a pacer. It loosened up a bit and we managed to yo-yo off each other until



mile 21/22, where Tom started to slow. As agreed like gentlemen beforehand should the circumstances arrive at that stage in the race, I left him for dead. While I slowed to a pace of 6.48 over the final 5k, I finished in a time of 2:54:21 for a 5-minute PB and a small negative split.

Tom came through about a minute after, shortly followed by that six-man caterpillar in a world record of 2.57. Perhaps Dulwich could find a team to better them next year?

Chris came through next for Dulwich in 2:58:27, a phenomenal performance and miles inside his 2:59:59 target. His pacing was excellent through 20 miles (6.40) and he left plenty of room for a graceful landing through the last 6.2 miles. Heroic finish. Next in was Harry Bennett, whose po10 confirms a 13-minute PB with a great time of 3:00:35. An incredible performance, that would suggest a very bright future for this younger member of the club.

Fabrice ran a really gutsy race, despite having had his training interrupted by a niggling injury. He went through half-way in 1.28, but, unfortunately, the final 10k took its toll. I am sure he will be back in the future to conquer this race. Ed and Gracie followed up with 3:34:30 and 3:36:05, Ed was nursing a cold/illness and was hoping the marathon gods would be kind to him. Sadly, they were not, and he sensibly cooled the pace through 10k and prioritised getting round in a very respectable time.

I would like to say a massive thank you to my lovely wife Polly Low-Macrae for another amazing cheer programme, including confetti cannons and regular updates on the position of Tom/the 6-man caterpillar.

A great race all round. Now to look forward to London Marathon supporting, track season and beers in the sun! Cheers!



Pos	Name	Bib	Chip
548	Alastair Low-Macrae	10526	2:54:21
1017	Chris Lawrence	1177	2:58:57
1168	Harry Bennett	11934	3:00:35
1648	Fabrice Chouissi	11063	3:08:08
4847	Edward Simmons	3697	3:34:30
5068	Gracie Ingledew	22465	3:36:05

# Thames Hare And Hounds 2nd Sunday 5 Mile Trail Race - 14 April 2024

We enjoyed perfect conditions with warm weather and very little mud on this friendly low key trail race. - *Ros Tabor*

afterwards provided by TH&H are an added bonus to this friendly race.

Mike Mann adds..This month's race at Wimbledon Common enjoyed much improved ground and weather conditions compared with the March event. Free hot drinks and cakes

Mike Mann	45:24
Andy Murray	47:27
Ros Tabor	48:51

## Project 20: I was Buzzed By Ed Chuck and Survived to Tell the Tale

Ajay writes: So, this week, I have dived deep into the running internet. I have found a new friend. Stephen Scullion, 2.09 Marathoner, and I are on first name terms. Well, at least I know HIS name. I watched him on youtube and he told me to "MAKE MY BED!" It was like watching the baby of Jordan Peterson and Mo Farah.

He was so authoritative, this running guru, and his calves were such a thing of beauty, that I followed in a cult-trance and MADE MY BED. I even straightened the bed sheets out, which really took me into my reserves. Stephen told me to make a contract with myself. He told me to be disciplined. My shambolic life was coming together! I watched videos of him running along the beach, topless, with a drone filming him from the sky. I wondered why Stephen didn't seem to have any friends or family in the films. I decided he was a dedicated monk. A runnernaut, at the edges of bodily experience, discovering hard things, and bringing them to me. I was going to MAKE MY BED FOREVER.

I ran Dulwich parkrun and saw Claire S. She was tail walking. I remembered the runs I did with her when she would just vanish. I'd be waiting to cross the road and she would just basically vault across the car bonnets and go! Fearless. Kung Fu Hustle. She has magical powers. Did you know the first time she ran a marathon she predicted her finish time to a 1/1000th of a second! She is a visionary, a time traveller, ruthless, and punctual.

I saw Tom S. running in the opposite direction, always a good sign. Reader, I am starting to feel some running legs coming back, but Saturday was not a great run as I had to stop a few times, as the heat made me strangely nauseous, even though I

felt good. I tried to hide at the end when I saw Barry - my chatty nemesis - coming up to me. Dam, I couldn't swerve him. He opened his arms and mouth in a show of fake bonhomie. Murdering my running pride with each cockney syllable.

"Ajay so I beat you twice now, the DOUBLE".

This was truly shameful. I smiled and joshed but inside I was dying. How could I be beaten by an actor! He was killing me. I then bumped into Michelle L. She had been beaten by her son. It reminded me of the final scene of Dune 2. I immediately fell to my knees and started kissing his feet. The new Mahdi.

On Sunday I went for a run and I thought of the Dulwich Runners doing Manchester. Reader, I must admit, I shed a tear. I just thought about how hard they must be running. So bloody hard. Emotional. I sent my thoughts to them.

I think it was definitely my empathy for them, but I am also aware it could have been because I was listening to an emotional music playlist. I thought about Chris Lawrence, and it made me sad for him to think that even though he would go on to achieve a lifetime goal of running a sub 3.00 marathon, more people would be reading my column than his. Sorry Chris. When I got to mile 6.1 on my run, I thought, that is a long way and it has taken me a long time. I when Lloyd C called me on the morning of my first marathon and said, "Remember, half way in the marathon is mile 20!" I thought about the DRs cranking out another 20! I was truly humbled, for about 10-20 seconds tops.

I started enjoying the sun and another good omen occurred. I saw Ed Chuck running around the sandy track in DP,

and high fived him. However, reader, it started getting awkward when I realised he was actually following me around the park. Like, ok, enough! Our conversation went as follows

"Ajay please can I feature in your column? I don't think I get enough column inches.... have you SEEN my times. PLEASE!"

"Ed, you need to relax a bit. Maybe the running in itself is enough reward in itself. Do not seek publicity in SHORTS. And maybe just get a bit looser, free, in your style. Stop clenching. Float, fly, dance."

I think he was satisfied after my impromptu running clinic but I wasn't sure. Next thing he ran past me in the opposite direction SO FAST that I'm sure I heard a SONIC boom. The air wooshed and I felt I had been buzzed by Top Gun. If only he could run so fast in races I thought (He can, Ed. Not the Ed. Ed., but Editor Ed.) But I was even when my handbag dog went for him and viciously chased him and showed him how to really accelerate, classy.

This week I actually did some running (8 miles Sun, 10 miles Monday). I changed my diet. Porridge and honey for breakfast, and lots more vegetables. And I have been cross training too. I trimmed my beard and that definitely made me more aerodynamic. I made my bed. Reader, I am suddenly feeling like a runner again, after a very very long time. What a great club we are. You know just thinking about how I am going to chase that ACTOR down is helping to motivate me as I launch the next phase of PROJECT 20. Dulwich Runners has everything. I think it is actually the most perfect club that ever existed

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.

### Wimbledon Common

510 ran  
Pos Gen  
256 187 Andy Murray 28:54  
265 65 Ros Tabor 29:07

### Bromley

697 ran  
Pos Gen  
598 364 Steve Wehrle 2nd cl 35:08

### Wakefield Thornes

350 ran  
Pos Gen  
137 25 Claire Barnard 29:29

### Hackney Marshes

428 ran  
Pos Gen  
33 25 Justin Siderfin 20:31

### Brockwell , Herne Hill

469 ran  
Pos Gen  
5 3 Timothy Bowen 18:08  
9 6 Shane Donlon 18:43  
44 2 Nicola Richmond 21:32  
59 46 Stephen Trowell 22:05  
62 7 Ola Balme 22:13  
132 18 Lucy Pickering 24:34  
192 128 Robbie Smith 26:15

### York

760 ran  
Pos Gen  
1 1 James Dazeley 15:24

### Beckenham Place

313 ran  
Pos Gen  
20 19 Mark Callaghan 22:52  
106 16 Jo Quantrill 26:42  
142 107 Michael Dodds 28:39  
179 48 Clare Wyngard 30:12

### Crystal Palace

481 ran  
Pos Gen  
42 38 Paul Hodge 22:33  
53 5 Yvette Dore 23:09  
144 20 Joanne Shelton Pereda 26:01  
164 24 Eleanor Simmons 26:22  
384 241 Bob Bell 34:25  
422 146 Chris Bell 36:48

### South Norwood

172 ran  
Pos Gen  
98 69 Peter Jackson 30:44

### Eastville

614 ran  
Pos Gen  
58 48 Jamie Robinson-Nicol 22:03

### Dulwich

778 ran  
Pos Gen  
5 5 Joe Hallsworth 15:55  
9 9 Jon Phillips 16:22  
31 29 Rob Hollands 17:39  
69 57 Nick Wood 19:07  
87 70 James Brown 19:33  
118 11 Michelle Lennon 20:31  
124 101 Robert Tokarski 20:38  
190 21 Polly Low-Macrae 22:05  
234 183 Graham Laylee 22:57  
316 239 Barrie John Nicholls 24:27  
330 53 Victoria Holdom 24:41  
359 270 Ajay Khandelwal 25:16  
412 82 Lindsey Annable 26:16  
468 315 Harry Lawson 27:19  
743 396 Fazlur Rahman 37:27  
773 286 Claire Steward 49:42

### Tilgate

573 ran  
Pos Gen  
220 173 Gary Budinger 28:28

### Burgess

766 ran  
Pos Gen  
77 68 Hugh Balfour 21:38  
766 319 Susan Vernon 56:34

### Southwark

550 ran  
Pos Gen  
269 194 Paul Keating 27:38

### Peckham Rye

413 ran  
Pos Gen  
7 7 Joe Farrington-Douglas 19:02  
48 43 Huw Russell 22:05  
50 45 Wander Rutgers 22:10  
53 47 Dan Hill 22:14  
150 111 Grant Kennedy 25:56

### Folkestone

411 ran  
Pos Gen  
71 66 Miles Gawthorp 24:09

### Hereford

245 ran  
Pos Gen  
4 4 Andrew Inglis 19:03

### Northallerton

109 ran  
Pos Gen  
1 1 Rob Mayes 19:47

### Penrose

191 ran  
Pos Gen  
13 2 Laura Vincent 21:05

### Tooting Common

657 ran  
Pos Gen  
20 17 John Kazantzis 19:47  
195 138 Ian Sesnan 25:36

### Erris

20 ran  
Pos Gen  
15 6 Becca Schulleri 43:32

### Hogmoor Inclosure

231 ran  
Pos Gen  
81 70 Dave West 27:16

### Malmö Ribersborg

74 ran  
Pos Gen  
48 30 Ed Gibson 28:31

### Jamaica Pond

458 ran  
Pos Gen  
174 47 Olivia Bishton 26:20

### Catford

250 ran  
Pos Gen  
32 31 Edward Smyth 21:50

### Groe

141 ran  
Pos Gen  
22 6 Carys Morgan 23:12

### Bethlem Royal Hospital

62 ran  
Pos Gen  
1 1 Andy Bond 19:34

### Sutcliffe

271 ran  
Pos Gen  
31 29 Michael Fullilove 21:11

### Charlton

198 ran  
Pos Gen  
38 35 Stephen Smythe 23:03

# 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](mailto:ros.tabor49@gmail.com)



**Crop tops - £25**

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An ideal face covering !



**! Available now !**  
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**vests - £25**

**For all club kit enquiries: [ros.tabor49@gmail.com](mailto: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](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

# Dulwich Runners Summer Map B

All routes go anti-clockwise

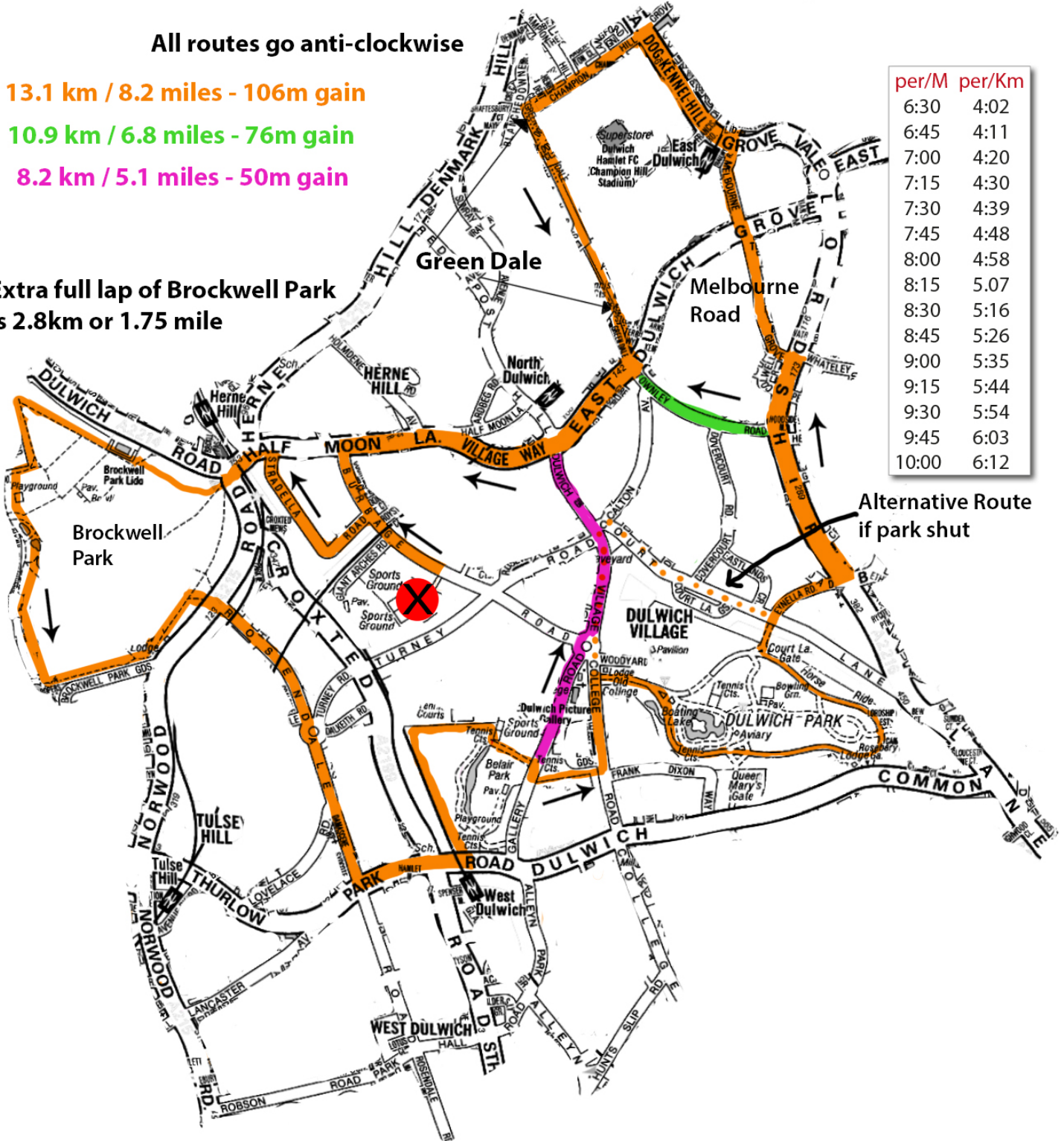
13.1 km / 8.2 miles - 106m gain

10.9 km / 6.8 miles - 76m gain

8.2 km / 5.1 miles - 50m gain

Extra full lap of Brockwell Park is 2.8km or 1.75 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



Alternative Route if park shut

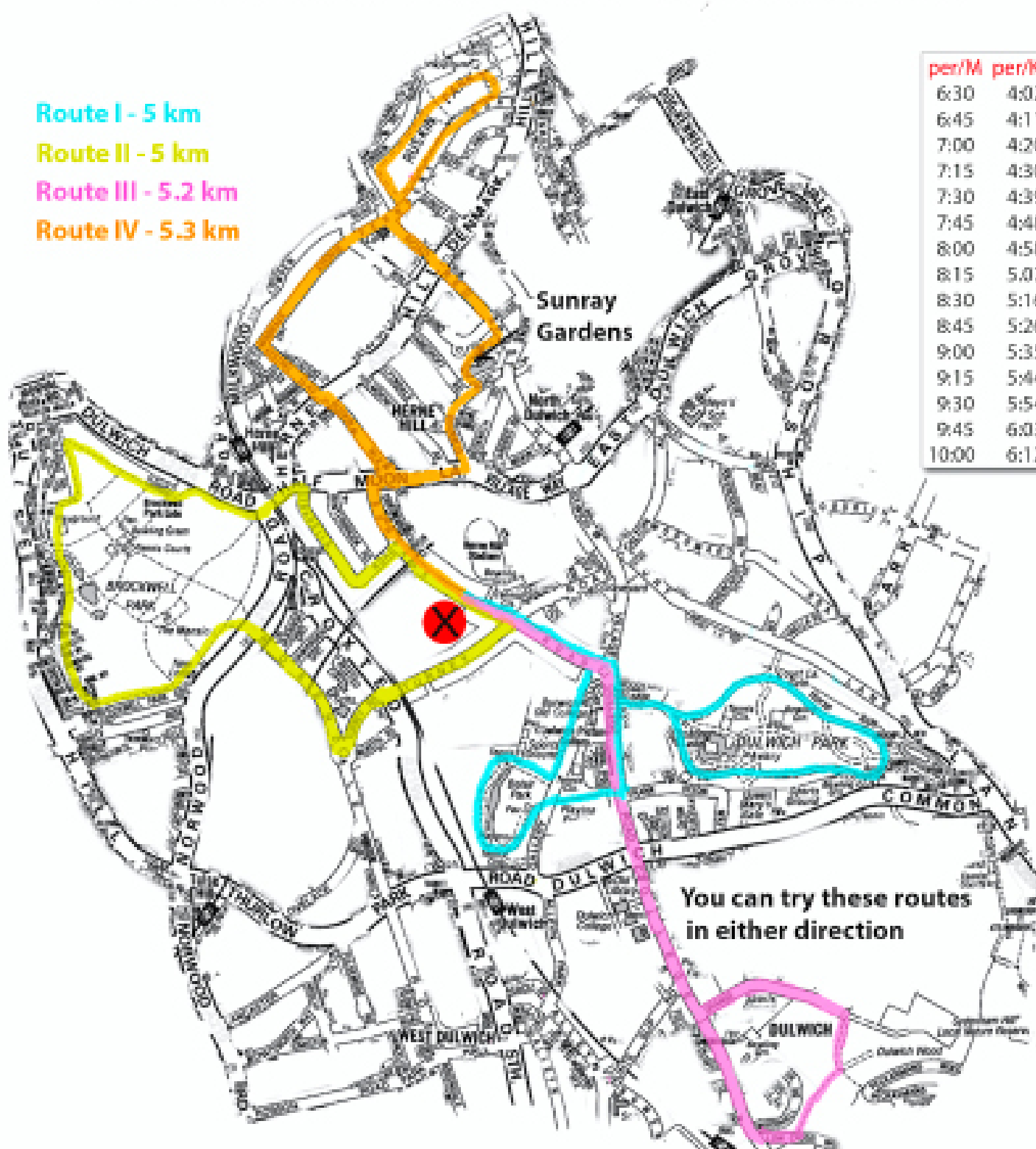
# Dulwich Runners Summer 5km routes

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

You can try these routes in either direction