



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
- 4 Fixtures
- 5 Club runs & training
- 9 Race reports and results
- 15 Club kit
- 17 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



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



'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: Catherine Buglass

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
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
	12	Dino Dash team relays	Crystal Palace 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

Big Half - Club Champs

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 ballot has now been drawn and those successful have been emailed. I'm sorry we didn't have enough for everyone.

However, we didn't receive the amount of places that we asked for. I'm hoping we will receive more as we did last year; however this is not guaranteed. If we do, those of you who have missed out this time will get priority.

Dino Dash Relays

back for 2024 on the evening of Wednesday 12 June in Crystal Palace Park.

Registration will be opening shortly with places limited so please save the date in your diaries and encourage members of your club to get involved. CPFR will share the registration page as soon as it is available.

For information or contact cpfunrunners@googlemail.com

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.

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

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: ebepri1@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

Dulwich Runners Club Championships

2024

<i>Paddock Wood Half Marathon (L)</i>	<i>Completed</i>
<i>Dulwich Parkrun (S)</i>	<i>Completed</i>
<i>London Marathon or alt. (L)</i>	<i>Until mid December</i>
<i>Eltham 5 Mile (Trail) (S)</i>	<i>16 June</i>
<i>Sri Chimnoy 5k summer series (S)</i>	<i>25 Jun (our main date), 11 June, 9 & 23 July (alt dates)</i>
<i>Mark Hayes Mile (S)</i>	<i>12 July</i>
<i>Big Half Marathon (L)</i>	<i>1 September</i>
<i>Middlesex 10km (L)</i>	<i>29 September</i>

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 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

Dulwich Runners Club Championships 2024

June and July events



Eltham Park 5 Mile (SHORT CATEGORY)

Eltham Park South, SE9 1AG
Sunday 16 June 11am

Entry open. Also 1 mile family fun run.
<https://www.eventbrite.co.uk/e/the-eltham-park-5-and-family-fun-run-2024-tickets-771864376127>



5 Km (SHORT CATEGORY)

Sri Chinmoy Summer Series, Battersea Park
Tuesday 25 June (Dashing Deer) is our main date, but you can also do 11 June, 9 July or 23 July. All races 7.00pm

Entry open. Closes 3 days before.
<https://www.eventrac.co.uk/e/sri-chinmoy-5k-races-in-battersea-park-6961>



1 mile (SHORT CATEGORY)

Mark Hayes Mile, Dulwich College Sports Ground, College Rd
Friday 12 July, Evening
Free to enter. Mike Mann will provide further details in June.

Marathon recovery and training update

Many congratulations to all of you who have already completed a spring marathon, and good luck to those about to do so. Although there are exceptions, many of you will need time for your body to recover and avoid returning too soon to regular focused training. Mentally, you might also want a break and to think about and to do other activities. It's well worth being patient and avoiding rushing back into structured training too soon and then having weeks of little niggles that get in the way of more sustained training as your next target race approaches.

Plenty of good quality sleep and a healthy balanced diet will really help with recovery, and keeping active will also help, but in a way that respects the challenge that you've just gone through and the short-term damage that it has done. So you could have a week or two of no running, with some gentle walking and low-intensity non-weight bearing exercise such as swimming or cycling, perhaps a massage too. You could then ease in with some easy runs of up to an hour, a few strides to re-familiarise yourself with faster running but without over-loading yourself, and then gradually increasing your training over a few weeks and returning to interval training after perhaps a month or so. But be flexible and don't feel guilty if you need or want a longer break, particularly if you missed a chunk of training, you really "emptied the tank" (much more so than normal or expected), if this was your first marathon or if you are older than most.

Once you've recovered then there are lots of great races to do over the summer months, in particular the club championship races over 1m (12 July), 5k (25 June is the main date), 5m (16 June), the Assembly League, the local relays and track races. The Tuesday sessions will therefore start to focus more on shorter, faster-paced running, and varying your training stimulus and target races should help you avoid monotony and thereby overtraining, even if these aren't massive priorities for you. I'll provide further advice ahead of The Big Half (1 September) and for those of you planning an autumn marathon but do get in touch if you have any questions or want any other specific advice. Tom Poynton tpoynton@hotmail.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.



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.

London Marathon

Sunday 21. April

Ebe writes: As a mere spectator at this year's race I'll only venture some summary observations here together with a table of results and split times, kindly compiled by our long standing club member Bernard Imber. For those of us who like to dig into numbers they provide stories without words about how the marathon races unfolded. For those who love more rounded stories I hope there will be more detailed reports from the participants themselves.

First of, this in all likelihood was the best result for our club at a London marathon in the men's field. I don't think we ever had four men under 2 hour 30 minutes since the first edition in 1981. And all four spaced within 2 minutes from 2:26 to 2:28. A further four men were under 2:40, six more under 2:50 and a staggering number of 20 men altogether stayed under 3 hours! Of the 36 finishers this year (8 women, 28 men) 15 ran outright personal bests, and including debuts 21 ran their fastest time in a marathon (two more were within a minute of their PBs). That speaks for the countless miles racked up in training, improvements in tech (I won't get into that here) and generally

great spirits and determination. The conditions on the day were mostly favourably too with temperatures never above 14 degrees Celsius or so and mainly cooler than that. The wind might have affected parts of the race, it was commented on by some of the elites in interviews. It was possibly a factor at the top end with less shelter in groups and more energy expended into a headwind than thought, while still sticking to an ambitious target pace. Small things can have a larger effect in a marathon than in any other race when it comes to the final miles. At least I found it remarkable how few runners managed negative splits compared to other years, even (or especially) among the elites.

Nevertheless there were so many terrific performances all across the field, PBs or not, I congratulate everyone, well done! I'm also chuffed that Helen Shannon and Maeve Lane who got our two club places this year achieved their goals and ran PBs, as did Rob Hollands who had to defer his club place from last year. So, if you feel inspired by all this and cannot get a place via ballot (open now!), good for age or championship entry, then look out for our club places to the London marathon. There will be two in all likelihood, one decided on merit by participation in club events (club champs, Surrey League, Assembly League, Greenbelt relays, Midsummer relays. Running and marshalling/volunteering counts), one drawn in a ballot at our christmas party.

		Pos.	Cat.	Cat. Pos.	5k	10k	15k	20k	Half	25k	30k	35k	40k	Finish	
Edward	Chuck	74	M18-39	65	0:16:11	0:32:45	0:49:39	1:06:42	1:10:27	1:23:53	1:41:39	1:59:24	2:17:56	2:26:02	PB
Jack	Ramm	80	M18-39	71	0:16:46	0:33:39	0:50:45	1:07:42	1:11:27	1:24:37	1:41:39	1:58:58	2:17:45	2:26:14	*
James	Dazeley	101	M18-39	89	0:17:15	0:34:46	0:52:23	1:09:57	1:13:48	1:27:28	1:45:02	2:02:14	2:19:49	2:27:26	PB
Joe	Hallsworth	114	M18-39	101	0:17:15	0:34:46	0:52:52	1:09:57	1:13:48	1:27:28	1:45:05	2:02:45	2:20:23	2:28:09	PB
Benjamin	Howe	347	M18-39	287	0:18:11	0:36:12	0:54:26	1:12:43	1:16:41	1:31:02	1:49:27	2:08:04	2:26:30	2:34:21	
Finn	Nugent	385	M18-39	316	0:18:12	0:36:27	0:54:47	1:13:13	1:17:14	1:31:34	1:49:47	2:07:42	2:26:12	2:34:37	PB
Jon	Phillips	506	M18-39	409	0:18:01	0:36:06	0:54:25	1:12:31	1:16:30	1:30:42	1:49:00	2:07:54	2:27:28	2:36:49	**
Timothy	Bowen	736	M40-44	112	0:18:17	0:36:52	0:56:56	1:15:01	1:19:09	1:34:06	1:53:47	2:13:07	2:31:49	2:39:43	
Peter	Juggins	905	M18-39	669	0:19:13	0:38:19	0:57:36	1:16:52	1:21:05	1:36:06	1:55:29	2:14:51	2:33:48	2:41:57	
Harry	Lawson	1029	M18-39	746	0:19:19	0:38:47	0:58:01	1:17:18	1:21:28	1:36:41	1:56:16	2:15:57	2:35:22	2:43:26	PB
Nick	Impey	1038	M40-44	164	0:17:11	0:34:29	0:51:54	1:09:17	1:13:06	1:27:38	1:47:47	2:08:36	2:34:44	2:43:32	
Shane	Donlon	1387	M40-44	229	0:20:04	0:40:16	1:00:10	1:19:35	1:23:46	1:39:02	1:58:25	2:18:15	2:38:14	2:46:57	PB
James	Burrows	1529	M40-44	253	0:19:58	0:40:01	1:00:12	1:20:00	1:24:20	1:39:49	1:59:43	2:19:46	2:39:35	2:48:12	PB
Eugene	Cross	1743	M40-44	295	0:19:57	0:40:00	1:00:05	1:19:57	1:24:20	1:39:49	1:59:43	2:20:00	2:40:53	2:49:45	PB
Ben	Smith	1910	M40-44	320	0:19:57	0:40:01	1:00:12	1:20:17	1:24:41	1:40:20	2:00:46	2:21:34	2:42:23	2:51:15	
Robert	Hollands	1916	M40-44	323	0:20:04	0:40:26	1:00:46	1:21:00	1:25:29	1:41:17	2:01:38	2:22:03	2:42:18	2:51:16	PB
Murray	Humphrey	1952	M18-39	1273	0:20:04	0:40:07	1:00:13	1:20:07	1:24:41	1:40:20	2:00:32	2:21:03	2:42:03	2:51:52	Debut
Alex	Loftus	2109	M45-49	222	0:19:58	0:40:02	1:00:12	1:20:01	1:24:21	1:39:50	1:59:45	2:20:07	2:41:52	2:52:39	
Tom	Shakhli	2584	M40-44	467	0:20:03	0:40:17	1:00:40	1:21:05	1:25:28	1:41:17	2:02:03	2:23:43	2:45:51	2:55:28	
Robert	Emes	3044	M40-44	561	0:20:13	0:40:33	1:00:54	1:21:12	1:25:40	1:41:46	2:02:35	2:24:35	2:47:47	2:57:48	
Sam	Walker	3735	M18-39	2007	0:20:34	0:41:36	1:03:07	1:24:29	1:29:12	1:46:03	2:07:54	2:29:39	2:51:03	3:00:34	PB
Gower	Tan	3871	M50-54	234	0:20:16	0:40:47	1:01:24	1:22:06	1:26:40	1:43:00	2:04:17	2:26:53	2:50:21	3:01:38	
Steven	Kendall	4842	M18-39	2391	0:20:05	0:40:36	1:01:34	1:22:31	1:27:05	1:43:36	2:05:42	2:30:43	2:56:40	3:07:52	
Helen	Shannon	5140	W40-44	78	0:22:15	0:44:52	1:07:23	1:29:48	1:34:38	1:52:12	2:14:46	2:37:19	2:59:36	3:09:29	PB
Michelle	Lennon	6909	W55-59	16	0:23:02	0:46:24	1:09:57	1:33:30	1:38:35	1:56:55	2:20:24	2:44:06	3:07:40	3:17:50	PB
Matthew	Wood	7170	M18-39	3180	0:22:33	0:45:17	1:08:07	1:30:35	1:35:32	1:53:27	2:17:15	2:42:16	3:07:42	3:19:07	Debut
Francesca	Allard	7746	W18-39	838	0:22:00	0:44:32	1:07:09	1:30:22	1:35:31	1:54:07	2:18:53	2:44:33	3:10:41	3:21:43	
Liberty	Pattison	7979	W18-39	886	0:23:16	0:46:46	1:10:23	1:34:30	1:39:48	1:58:46	2:23:05	2:47:54	3:12:15	3:22:46	Debut
Laura	Vincent	8955	W40-44	258	0:24:21	0:48:24	1:12:42	1:37:03	1:42:20	2:01:15	2:25:30	2:50:13	3:15:16	3:26:22	PB
Edward	Martin	12295	M18-39	4859	0:24:54	0:51:03	1:16:45	1:42:22	1:47:52	2:07:54	2:33:56	3:00:08	3:25:39	3:37:07	Debut
Maeve	Lane	12335	W18-39	1647	0:24:56	0:50:09	1:15:25	1:40:26	1:45:53	2:05:18	2:30:33	2:57:06	3:24:24	3:37:16	PB
Victoria	Read	12845	W50-54	212	0:25:33	0:51:07	1:17:02	1:43:21	1:48:54	2:09:02	2:35:12	3:01:42	3:27:54	3:38:53	PB
Katie	Thompson	14244	W40-44	590	0:26:25	0:52:34	1:18:44	1:45:40	1:51:19	2:11:44	2:38:05	3:04:49	3:31:40	3:43:11	Debut
Christopher	Nunn	17070	M50-54	1294	0:23:54	0:47:52	1:12:22	1:36:41	1:41:57	2:01:58	2:27:08	2:57:06	3:33:38	3:50:56	Debut
Stephen	Smythe	20861	M65-69	134	0:25:39	0:50:45	1:16:17	1:41:46	1:47:25	2:08:18	2:36:47	3:08:43	3:42:25	3:59:52	
Sumrit	Mattu	24550	M18-39	8625	0:26:32	0:53:44	1:21:44	1:49:58	1:56:09	2:18:11	2:46:59	3:23:31	3:58:29	4:11:52	

53802 Finishers in the mass start. Out of these 30973 Men, from 2:14:27 first M18-39 to 13:23 17 last M75- * within 11sec of his 2022 PB
79. 22784 Women, from 2:33:53 first W18-39 to 13:05:23 last W55-59 44 Non-Binary, from 3:02:22 first ** within 40sec of his 2022 PB
NB18-39 to 7:46:22 last NB45-49. *Compiled by Bernard Imber with some small additions from Ebe Prill*



Blackpool Marathon

Chris Cooper writes: Blackpool. Famous for the illuminations, the pleasure beach, Funny Girls and the Blackpool Tower (you know, from Strictly Come Dancing). Perhaps less famous for the Blackpool Festival of Running, an annual two-day event run by the Fylde Coast Runners, which offers a 2k, 5k, 10k, half and full marathon.

Now I wasn't planning on a marathon this year – the last two (Hamburg and Liverpool) were DNFs due to a piriformis issue, so it didn't seem achievable. But running with Chris Nunn as he trained for London, when we got to the 28km long runs I thought, why am I doing this without a goal? A bit of googling, and it turns out Blackpool Marathon was the same day as London, so a perfect fit with the training plan.

And what a good run it was. The route itself was a two-lap affair, somehow managing to not be boring despite (as many commented) it being the straightest route ever for a marathon.

Mile markers were sparse, but it didn't matter on such a route. The promenade made up most of the two-lap out and back. Fortunately, this takes in not only the pleasure beach (lined with b&bs) but the north end offers sea views as you run through a long beach side park, which also adds a bit of a break from long flat road. Blackpool's middle walk (where the race began and ended) and lower walk took you closer to the sea and gave enough variety to keep things interesting.

While London saw record crowds of 49,500 runners this year, Blackpool marathon saw just 435 entrants, and despite the half marathon starting at the same time, the route was in places very quiet, but if you like a quieter marathon, it might be a good option for you.

As for me, when I hit 10 miles without starting to limp I knew things were going well. Things started to slow at 32k, but I hung on and achieved my second-best time in a marathon, 3:28:58, ten years since getting that PB in my very first one. Hurrah!

Podium 5k, Dulwich Park

Saturday 20 April 2024

James Blackwood writes: On a crisp spring afternoon, Dulwich Park was graced by a deluge of supershoe-donning runners on Saturday for the inaugural Podium race in SE21. The club was represented by a skeleton crew of Tom South, Alex Winchester, Max Bloor and myself, as apparently there was a slightly longer run taking place the next day which many had entered.

The course was heralded as 'London's flattest and poshest loop' by the organisers – dubious claims on many levels (Battersea surely wins on both those counts), but the usual parkrun loop had been rejigged to make the start and finish opposite the café. This gave the course an enticingly rapid downhill last kilometre, with sections round this bend possessing an electric atmosphere as supporters and bemused dogwalkers looked on. Racers were also serenaded by the excellent Dulwich College jazz band as they rattled round, with crowd-pleasers such as 'Tequila' and 'The Final Countdown' blasting across the lawns.



I was the sole Dulwich Runner in the first wave, with the uphill by the usual parkrun start claiming a few casualties after the first pack blasted out of the traps. I felt strong but couldn't quite catch the group of 10 out front, so moved between small groups throughout. A 15 second PB was the end result, no doubt helped by the home advantage and

great support from the various DRs marshalling and lingering at the finish.

Max, Tom and Alex all set off in the next race, and were joined on the start line by Olympic silver medallist Laura Muir. Max went through the first two laps in a nosebleedingly quick 10 minutes, but couldn't quite cling on at that pace for the final third. Although deprived of a finish line dust-up with an Olympian, Max held on to finish in 15:45. No doubt Laura will reference their first lap battle in her post-race interviews in Paris, as it spurred her on to claim an enormous road PB of 15:19. Alex Winchester moved through the gears to claim a sublime PB of 15:39. Tom South worked well in a pack and showed a rapid turn of pace in the last lap to complete his 345986th circuit of Dulwich Park and finish in 16:18.



All in all a great event, and hopefully the first of many in the park. Alongside Laura Muir, the race attracted some big names such as Marta Perez (9th in the women's 1500m at Tokyo 2020), and who knows who could've shown up had the Marathon not been on the next day. Many thanks to the DRs who marshalled, assisted at registration and turned up to support.

Alex Winchester	15:38	PB
Max Bloor	15:45	
James Blackwood	16:07	PB
Tom South	16:18	

Pictured: L: Scottish running royalty (back left) with Laura Muir (centre); R: post-race team photo

Project 20:

Huw Drinks Beer at Brixton Academy Nirvana Tribute and Sweats it Out at Park Run

Running Rabbit Holes and the MAF

Ajay writes: I've been in my podcast and internet running rabbit hole. Here is what I found out. Jo Friel, author and athlete says athletes who do nothing for 10 years lose 15% of VO2 max; those who carry on running lost 10% percent; and those who compete only lost 7.5%. So that's why it's essential, as the Club stalwarts know, to continue racing. Find your own Project 20. If you stop racing, competing, it's CURTAINS. This week, my crush has been Phil MAF. His formula is to do most runs at the heart rate of 180 - age. He's an eccentric dreamer. No sugar. Watch out for radioactive cleaning substances. Don't listen to music on a run. But I like him. So I've upped my mileage by running much slower, but I have remained fresh as a daisy, and have found that I can run most days without injury or fatigue. Phil MAF gave up coaching and decided to become a very obscure singer song writer. In his song Running he sings...."Everyone is Running. In the middle of the Day....Running....Running.... Running...(available on Spotify). Everyone is Running. Even faster in the Night." A classic.

Marathon Man

On Friday I was cycling through Dulwich Park at 7.30 pm and was lucky enough to spot Runner Poet extraordinaire Jack R doing rings in the park. Last time I bumped into him was in Dulwich Woods where he gave me an exposition of Schopenhauer

versus Nietzsche as competing philosophies of running and life. The guy is DEEP and FAST. He exudes an other worldly melancholy from a different era. He told me to keep up, so I put the bike into 52 x 9 and went full pelt. He looked like he was going to take off in fresh white TSHIRT. He doesn't even look like he's trying.

Nirvana and Beer Man

I bumped into Huw, a new acquaintance, proudly running DR club colours, post park run. I asked him how he'd prepared. "A Nirvana Tribute band at Brixton Academy last night." Well, he looked fresh and spirited as he ran, "sweating out the beer."

Marathon Day

I was otherwise engaged on this special day. But I could feel it in South London, could you feel it too? 30 of our glorious runners dreaming the dream. At about 4pm when I could contain myself no longer I went and did my longest run of the year, revelling in the achievements of my club mates.

Mileage Log Sunday 13.1 miles easy

Monday 5 miles easy

Tuesday I'm going out now post Short deadline

Weigh in: Down from post holiday 77kg to 73.8kg

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.

Banstead Woods

279 ran

Pos Gen

1	1	Dylan Wymer	17:34
53	3	Ange Norris	23:50

Bromley

726 ran

Pos Gen

433	307	Peter Jackson	29:52
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Brockwell , Herne Hill

449 ran

Pos Gen

15	13	Jonny Hough	19:59
20	1	Lucy Thraves	20:31
36	3	Nicola Richmond	21:16
48	6	Catherine Buglass	21:39
52	43	Simon Burnett	21:47
56	47	Stephen Trowell	21:51
60	7	Ola Balme	21:57
63	8	Klara Saville	22:03
71	60	Mark Foster	22:16
78	65	William Hooper	22:37
214	49	Lucy Clapp	26:54
311	102	Sharon Erdman	29:43

Beckenham Place

331 ran

Pos Gen

163	115	Joseph Brady	29:07
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Nonsuch

794 ran

Pos Gen

759	447	Fazlur Rahman	43:46
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Crystal Palace

484 ran

Pos Gen

49	3	Laura Denison	21:54
58	4	Yvette Dore	22:23
97	82	Michael Mann	24:15
105	88	Graham Laylee	24:28

106	10	Jo Quantrill	24:33
115	97	Alistair Clarke	24:48
155	23	Joanne Shelton Pereda	26:09
252	56	Clare Wyngard	28:29
253	175	Michael Dodds	28:34
289	195	Ryan Duncanson	29:18
433	150	Chris Bell	36:45
483	187	Belinda Cottrill	54:01

Dulwich

713 ran

Pos Gen

2	2	Ed Gibson	15:34
63	59	Rob Fawn	19:41
77	67	Rupert Winlaw	20:00
80	69	Mark Callaghan	20:10
125	109	Huw Russell	21:36
131	9	Polly Low-Macrae	21:53
239	186	Hugh French	23:55
306	227	Ajay Khandelwal	25:05
332	238	Tom Childs	25:32
341	243	James Gordon	25:41
695	262	Claire Steward	38:17

Burgess

918 ran

Pos Gen

407	92	Shoko Okamura	26:51
896	383	Susan Vernon	48:56

Southwark

748 ran

Pos Gen

141	123	James Wicks	23:09
162	141	Lee Wild	23:40
352	263	Paul Keating	27:25

Fulham Palace

775 ran

Pos Gen

1	1	Calum Nicol	16:41
32	1	Rose Penfold	19:13
276	208	Barrie John Nicholls	25:38
338	70	Lindsey Annable	27:03

Peckham Rye

437 ran

Pos Gen

27	23	James Brown	20:24
30	25	Garry Meehan	20:28
50	3	Harriet Roddy	21:54
58	4	Emma Ibell	22:16
120	14	Michelle Lennon	24:12
121	92	Ebe Prill	24:13
228	53	Ros Tabor	27:14
235	147	Andy Murray	27:30

Tooting Common

688 ran

Pos Gen

23	22	John Kazantzis	19:37
223	167	Ian Sesnan	25:47
438	249	Austin Laylee	30:30

The Old Showfield

164 ran

Pos Gen

10	8	Nick Wood	19:27
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Sutcliffe

362 ran

Pos Gen

2	2	Andy Bond	16:26
87	79	Michael Fullilove	23:59

Charlton

246 ran

Pos Gen

2	2	Harry Lawson	19:16
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Thames Path, Woolwich

422 ran

Pos Gen

24	21	Justin Siderfin	20:57
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Wakehurst

423 ran

Pos Gen

119	104	Dave West	25:44
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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 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.

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"

 Download on the App Store

 GET IT ON Google play

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:
olabalme1@gmail.com

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 C

13.9 km / 8.6 miles - 127m gain

11.1 km / 6.9 miles - 101m gain

8.1 km / 5.1 miles - 53m gain

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

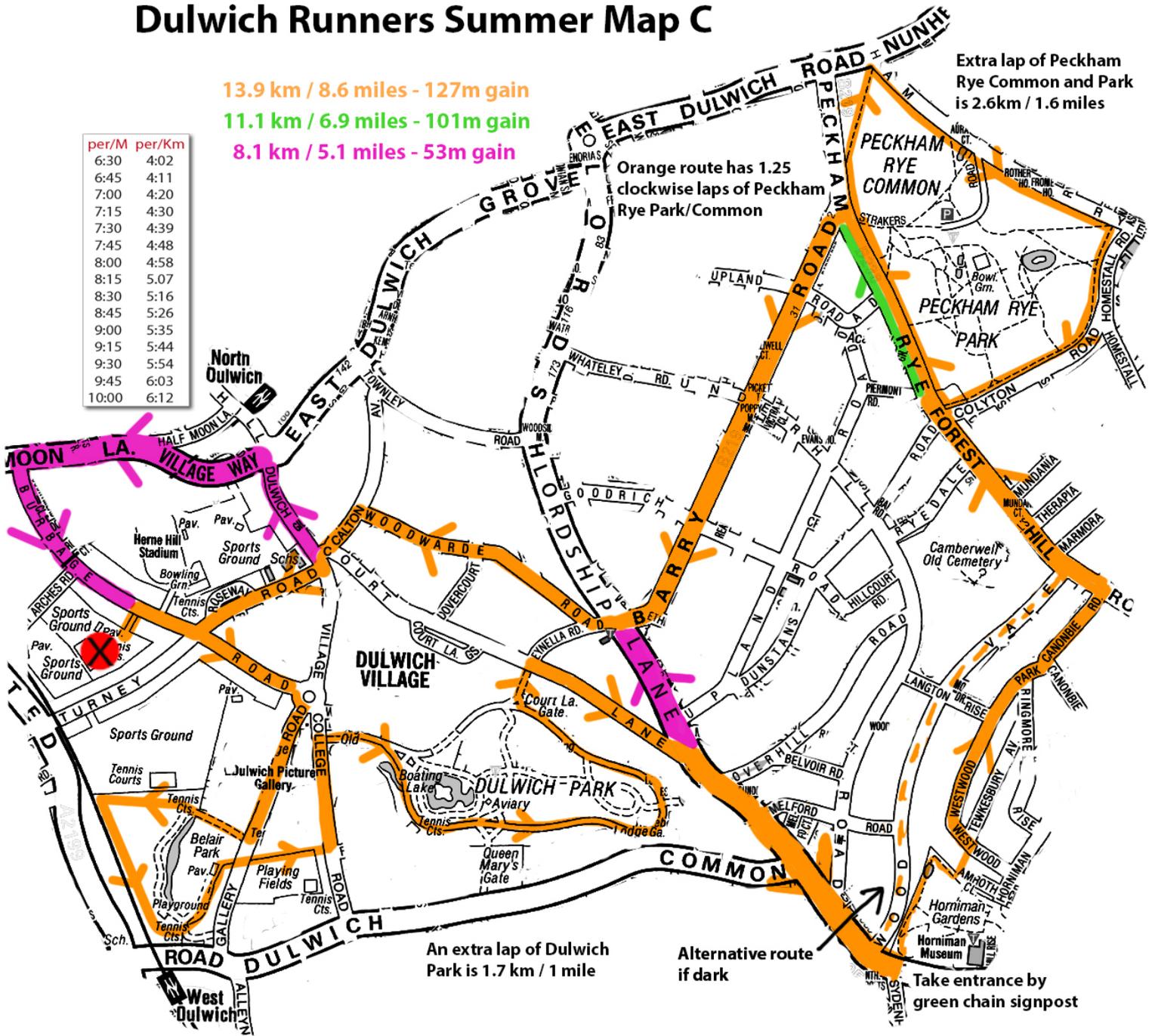
Extra lap of Peckham Rye Common and Park is 2.6 km / 1.6 miles

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

An extra lap of Dulwich Park is 1.7 km / 1 mile

Alternative route if dark

Take entrance by green chain signpost



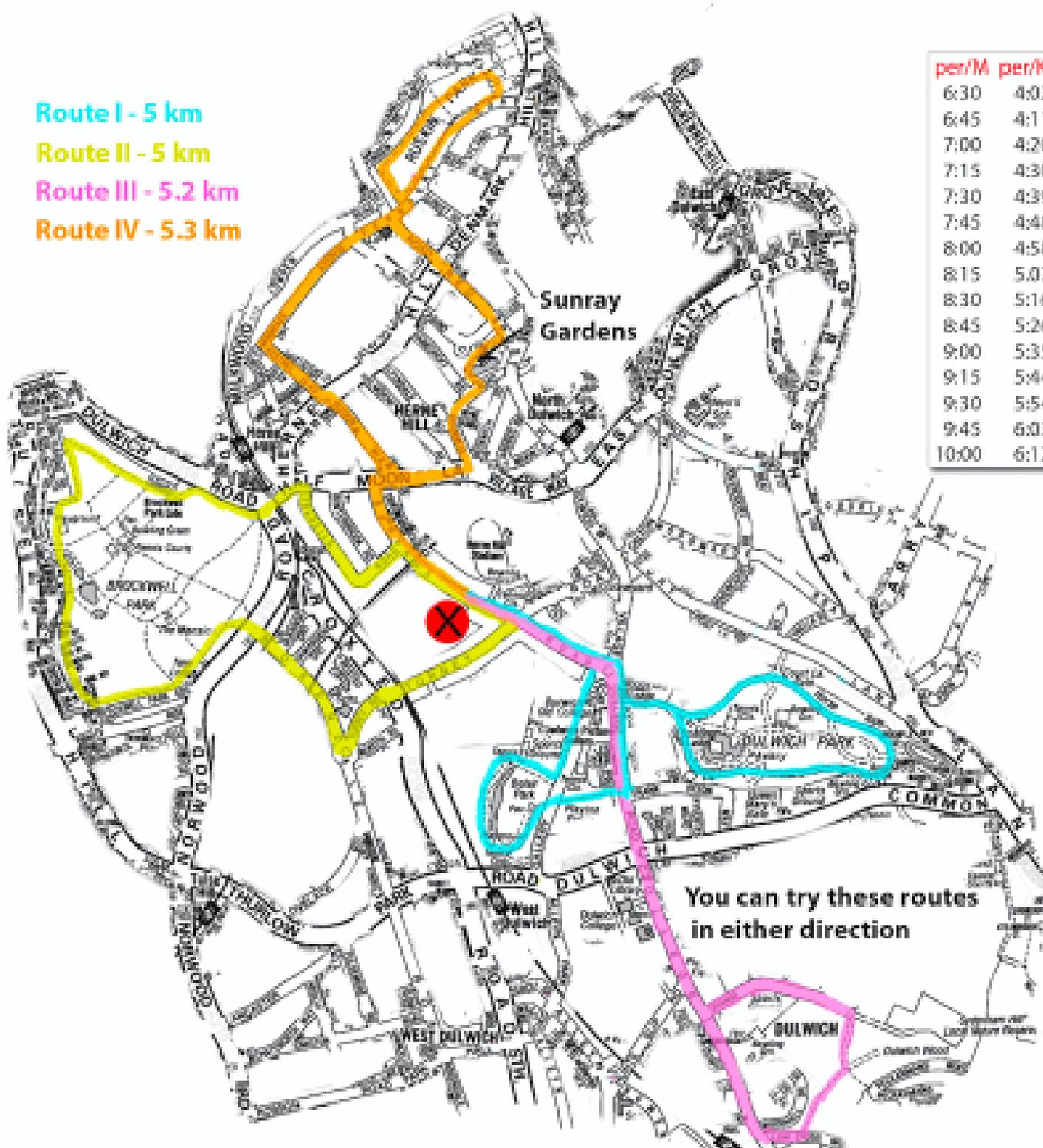
Dulwich Runners Summer 5km routes

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