



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
- 2 Fixtures
- 7 Club runs & training
- 9 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](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



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](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:

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	4	Assembly League Race 1 note: 7.10start	Beckenham Place Park
	6	National 6/12 Stage Road Relays	Sutton Park, Birmingham
	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	5	Assembly League Race 6	Beckenham Place Park
	1	Big Half Marathon	Tower Bridge
	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

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.

# 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](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.

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

### Track etiquette

We are a big group with others on track at the same time, act safely, treat them with the same respect we'd expect to receive.

All members using the track must: give others plenty of space when overtaking or moving off the track.

- keep to lanes 1&2 whilst running reps, use outer lanes for warm ups, recoveries and cool downs.
- wait between reps off the track (or outer lanes) and step onto the track just before they start their next rep.
- act on any instruction from a coach, even from another club, to ensure the safety of others.

## 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

# A spring marathon training plan

## – late March - April update

The long run on Sunday 31<sup>st</sup> 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](mailto:tpoynton@hotmail.com)

### **Mon 1 – Sun 7 April**

Tues easy run, Wed club run, Sun long run for c1:45h a bit slower than marathon pace. Otherwise two, preferably three easy runs for 40-60min elsewhere in week.

### **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. 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

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](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

 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:

[olabalne1@gmail.com](mailto:olabalne1@gmail.com)

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

## European Masters Indoor Track And Field Champs Torun Poland

This was the 4th time that Torun has staged indoor masters' track and field championships. Two previous world champs (2019 & 2023) and European (2015). Andy and I have participated all 4 times. The track is excellent and the city (which has UNESCO heritage status) very attractive. There is a parkrun which we

ran easily together on the Saturday before the championships began (29.16). On Monday I ran the 3000m. On Tuesday we both ran 6k cross country (in different races). On Tuesday I ran the 800m and on Saturday the 1500m. I was very pleased to finish with 3 bronze medals as I am at the top of my age group (75 in August).

6k XC	M70	Andy Murray	34:59	
800m	W70	Ros Tabor	3:26	4th
1500m	W70	Ros Tabor	7:05	Bronze
3000m	W70	Ros Tabor	14:55	Bronze
6K XC	W70	Ros Tabor	35:06	Bronze

Steve Smythe also competed in the cross country (8k for his age group) and Clare Elms won 5 gold medals – individual 800m, 1500m, 3000m and 8k XC, and team gold for the XC as well.

Ros Tabor won three bronzes and Steve and Andy competed in the cross-country.

W60 800m:	1 Clare Elms	2:34.70
W70 800m:	4 Ros Tabor	3:26.09
W60 1500M:	1 Clare Elms	5:13.67
W70 1500m:	3 Ros Tabor	7:05.73
W60 3000m:	1 Clare Elms	11:15.17
W70 3000m:	3 Ros Tabor	14:55.93
W60 XC (8km):	1 Clare Elms	33:58. Team: 1 GBR
M65 XC (8km):	11 Steve Smythe	39:19
M70 XC (6km):	19 Andy Murray	34:59
W70 XC (6km):	3 Ros Tabor	35:06

A full report is here: <https://athleticsweekly.com/event-reports/britain-win-50-euro-masters-golds-in-torun-including-five-for-clare-elms-1039976658/>

## European Masters Indoor Champs, Torun, Poland

March 17-23

Supported by two of her three triplets, Clare Elms won five gold medals in the 800m, 1500m, 3000m and cross-country and the cross-country team. She was the only athlete in Europe to win these five golds.

They were all comfortable wins and second in both the 800m and 1500m was the Swede Karin Wahlsted who followed her home in the same events 15 years ago in the W45s in the last time Clare competed in these championships.



## Britain win 50 Euro masters golds in Torun including five for Clare Elms - AW

Briton is top distance runner while Irie Hill, Helen Godsell, Caroline Powell and Darren Scott are in record-breaking form at European Masters Indoor Champs in Poland

[athleticsweekly.com](https://athleticsweekly.com)

## Guernsey Easter runs

March 29-April 1

Congratulations to Max Milarvie who became the first Dulwich Runner (and he was wearing his Dulwich club vest)

to win such a stage event. He was second in the 10km but won the cross-country and 5km. Olympian Steph Twell won the women's race.

A report with photos of Max is here <https://athleticsweekly.com/event-reports/steph-twell-shines-in-guernsey-1039976965/>

# Crystal Palace 5k Canter

This month's Canter took place in sunny but breezy conditions and there was a decent turnout from the usual club suspects.  
Mike Mann

Jo Quantrill 25.02  
Dave West 25.31  
Barrie Nicholls 25.52  
Lindsey Annable 26.50  
Paul Keating 27.07  
Clare Wyngard 30.28  
Mike Dodds 30.29  
Bob Bell 34.26

## Project 20

### Photo Finish/ VAR/ Shock Defeat for Chris Lawrence

Ajay Khandelwal writes: When I grow up I want to be like Mike Mann. We all have our club crushes. I wouldn't shell out for a Taylor Swift stadium ticket, but I would go and see Mike perform every night

Why? Because he has the midas touch, the magic sauce. The holy grail. He straddles the incredible psychic polar opposites of being fast AND modest. By contrast I am SLOW and NOISY. Ok reader, no need to kick a man when he's down...please stop adding insulting (even if factually accurate) adjectives in your own head. I hope by hanging out with Mike M I will benefit from some characterological osmosis. Perhaps by breathing the same air I will undergo a spontaneous alchemical reaction and become more Mike. I will listen more, speak less, and do intervals. Enter international masters competitions. Pyramid sessions will float through my mind and I will become a warrior-runner-priest! I will move to a celestial Mike plane of being where my flat feet hardly brush the ground. I will be in the cosmic dance!

Yes dear reader, this transformation and evolution from hubris and self delusion could take decades, and possibly several reincarnations including many life times spent as a cockroach.

But it will be worth it if I can be even 1 percent of Mikes toenail.

Who is your club idol? Which Dulwich Runner gladiator do you want to be like when you grow up?

....

Imagine my suprise when I bumped into rising club star Chris L on park run. I conducted an interview on the run.

A: How did you get into running?

CL: My cousin Nick. We are very competitive and try and beat each other at everything.

A: What's the plan for Manchester?

CL. I am staying at a youth hostel for £50 and hoping to drink the blood of young people the night before the race to boost my performance

A: Nice

CL: I'm going to set off with the 4 hour pacer for the first half, and the sub 2 hour pacer for the second half, thereby ensuring a negative split and sub 3!

A: Genius!

CL Since you asked I'm feeling nervous but not terrified .... which is a good omen ...

Reader, enough to say I took him down on the Park Run line, using elbows, tripping, biting and every other method in my park run arsenal. I guess the Mike M transformation programme will have to begin next week....

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.

### Edinburgh

691 Ran  
Pos Gen  
49 7 Gracie Ingledew 20:17

### Bromley

786 Ran  
Pos Gen  
475 337 Peter Jackson 30:00  
780 442 Steve Wehrle 2nd cl. 52:28

### Old Deer Park

142 Ran  
Pos Gen  
54 45 Barrie John Nicholls 26:18  
64 9 Lindsey Annable 27:23

### Southampton

1079 Ran  
Pos Gen  
31 27 Will Culley 18:54  
358 55 Victoria Ferrer 26:13

### Hampstead Heath

391 Ran  
Pos Gen  
321 94 Gabriela Rothova 35:35

### Brockwell , Herne Hill

273 Ran  
Pos Gen  
9 7 Shane Donlon 18:44  
47 44 Robbie Smith 21:55  
51 47 Stephen Trowell 22:12  
148 111 Hugh French 27:00  
212 65 Sharon Erdman 30:35

### Trelissick

310 Ran  
Pos Gen  
54 45 Cameron Timmis 25:23

### Norwich

583 Ran  
Pos Gen  
60 6 Libby Turnell 20:49

### Crystal Palace

452 Ran  
Pos Gen  
5 5 Dylan Wymer 18:04  
43 1 Michelle Lennon 22:13  
48 2 Ola Balme 22:33  
70 64 Hugh Balfour 23:39  
109 95 Graham Laylee 24:34  
112 10 Jo Quantrill 24:37  
165 26 Lucy Pickering 26:23  
166 27 Ange Norris 26:24  
199 146 Michael Dodds 27:25  
200 147 Dave West 27:25  
201 148 Ebe Prill 27:26

224 162 Paul Keating 27:57  
247 51 Clare Wyngard 28:30  
402 146 Belinda Cottrill 36:50  
403 147 Chris Bell 36:56  
421 161 Eleanor Simmons 40:19  
440 176 Susan Vernon 54:15  
441 177 Claire Steward 54:16  
451 240 Chris Vernon 81:39  
452 185 Joanne Shelton Pereda 81:39

### Riddlesdown

105 Ran  
Pos Gen  
14 12 James Wicks 25:11

### Eastville

548 Ran  
Pos Gen  
99 82 Jamie Robinson-Nicol 23:17

### Dulwich

554 Ran  
Pos Gen  
94 7 Olivia Bishton 20:48  
185 20 Victoria Holdom 23:19  
235 190 Ajay Khandelwal 24:50  
236 191 Chris Lawrence 24:52  
538 307 Fazlur Rahman 40:44

### Southwark

407 Ran  
Pos Gen  
18 17 Jonathan Whittaker 19:45  
153 120 Lee Wild 25:31

### Keswick

552 Ran  
Pos Gen  
71 60 Edward Simmons 21:42

### Parke

106 Ran  
Pos Gen  
31 28 Mark Foster 26:13

### Peckham Rye

293 Ran  
Pos Gen  
1 1 James Blackwood 17:08

### Folkestone

474 Ran  
Pos Gen  
135 111 Miles Gawthorp 24:56

### Leicester Victoria

408 Ran  
Pos Gen  
147 26 Josephine Mottram-Epson 26:39  
148 27 Marjorie Epton 26:43

### Tooting Common

351 Ran  
Pos Gen  
115 86 Ian Sesnan 26:35

### Worthing

686 Ran  
Pos Gen  
271 215 Gary Budinger 26:21

### Victoria Dock

190 Ran  
Pos Gen  
5 1 Kay Sheedy 18:51  
28 25 Justin Siderfin 20:43  
82 72 Michael Mann 24:53  
99 14 Ros Tabor 26:20  
117 93 Andy Murray 27:52

### Prospect

138 Ran  
Pos Gen  
6 4 Mark Callaghan 20:51

### Leazes

121 Ran  
Pos Gen  
46 39 Sum Mattu 24:53

### Squerryes Winery

127 Ran  
Pos Gen  
12 1 Laura Vincent 23:55

### Sutcliffe

272 Ran  
Pos Gen  
96 81 Michael Fullilove 24:56

### Charlton

175 Ran  
Pos Gen  
6 6 Lloyd Collier 20:33  
39 37 Stephen Smythe 23:31

### Lordship Rec. Ground

154 Ran  
Pos Gen  
14 14 Tom Shakhli 19:49

### Sharpham Estate

149 Ran  
Pos Gen  
2 2 Alastair Low-Macrae 18:29  
17 2 Polly Low-Macrae 22:52

### Muncaster Castle

150 Ran  
Pos Gen  
9 1 Klara Saville 21:47

# 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)

## Beast from the East !

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



**Crop tops - £25**

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



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



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

**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

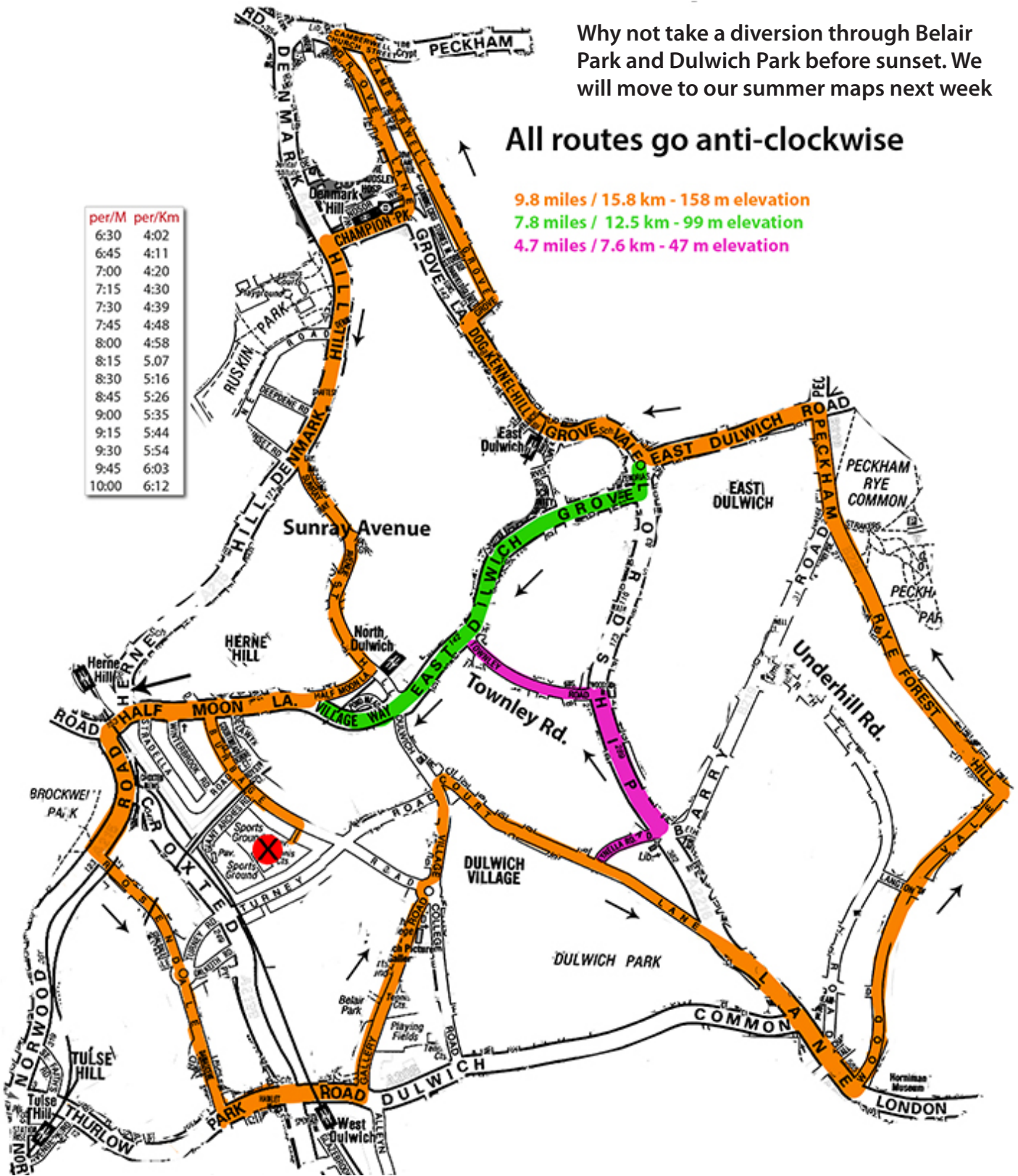
# Dulwich Runners Winter map 14

Why not take a diversion through Belair Park and Dulwich Park before sunset. We will move to our summer maps next week

All routes go anti-clockwise

9.8 miles / 15.8 km - 158 m elevation  
 7.8 miles / 12.5 km - 99 m elevation  
 4.7 miles / 7.6 km - 47 m elevation

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





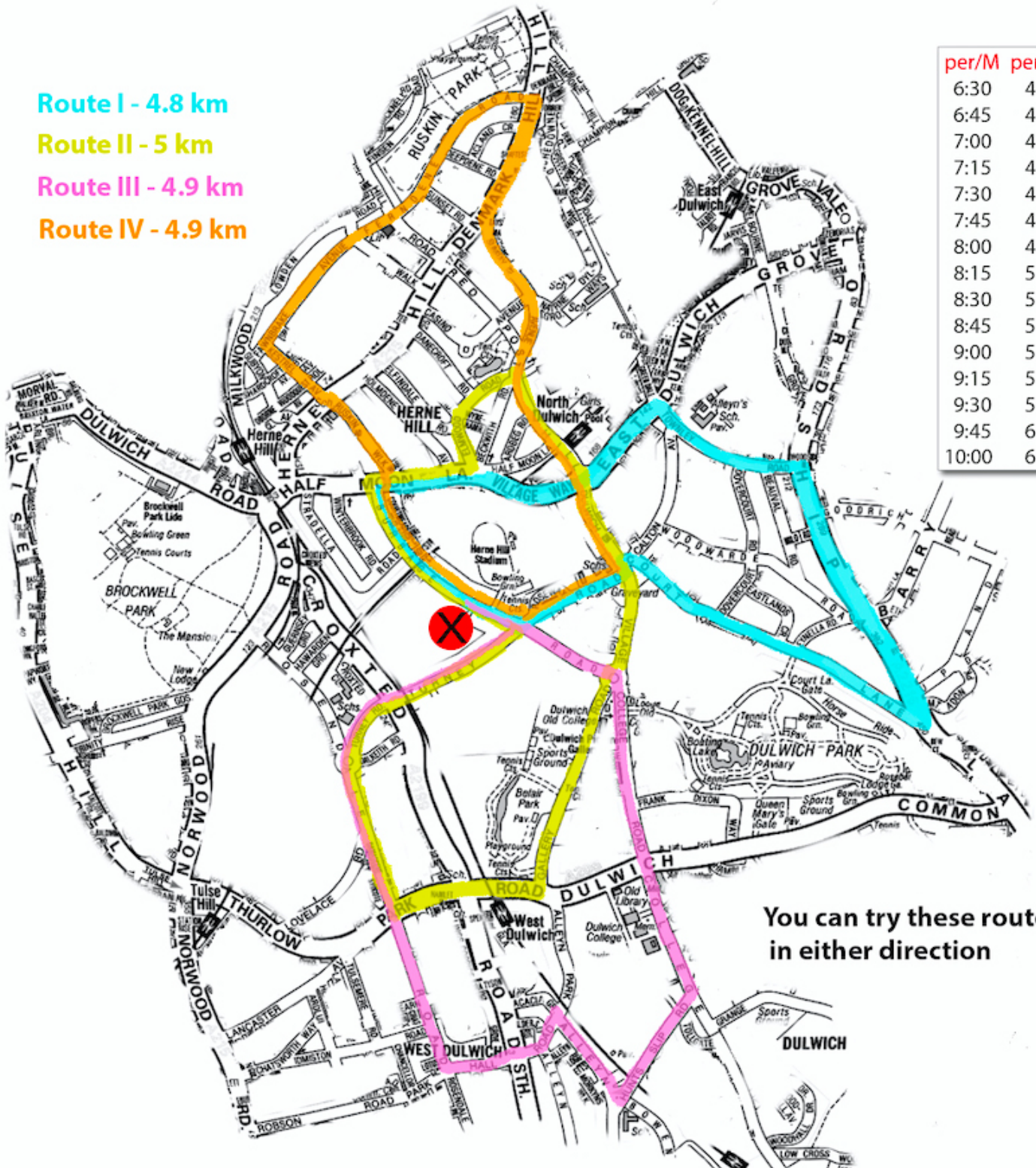
# Dulwich Runners Winter 5km routes

Route I - 4.8 km

Route II - 5 km

Route III - 4.9 km

Route IV - 4.9 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