

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
February 21st 2024  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

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
- 3 Club runs & training
- 6 Race reports and results
- 8 Club kit
- 10 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)

## \*\*\*2024/25 membership\*\*\*

If you are not a fully paid up member then you cannot compete in any races at all 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.)

**A: Full year April 1 to March 31** - 1st claim £47 includes EA reg. £17 - without EA reg £30 - 2nd claim £30

**B: 6 months October 1 to March 31** 1st claim £32 includes EA reg. £17 - without EA reg £15 - 2nd claim £15

If joining now see A above, remainder of this year will carry over to end of next March 31 - 2025

EA reg is £17 and can only be arranged through your 1st claim club

Any membership queries contact: [barry@bg1.co.uk](mailto:barry@bg1.co.uk)

## '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 - now only £1 a pair!

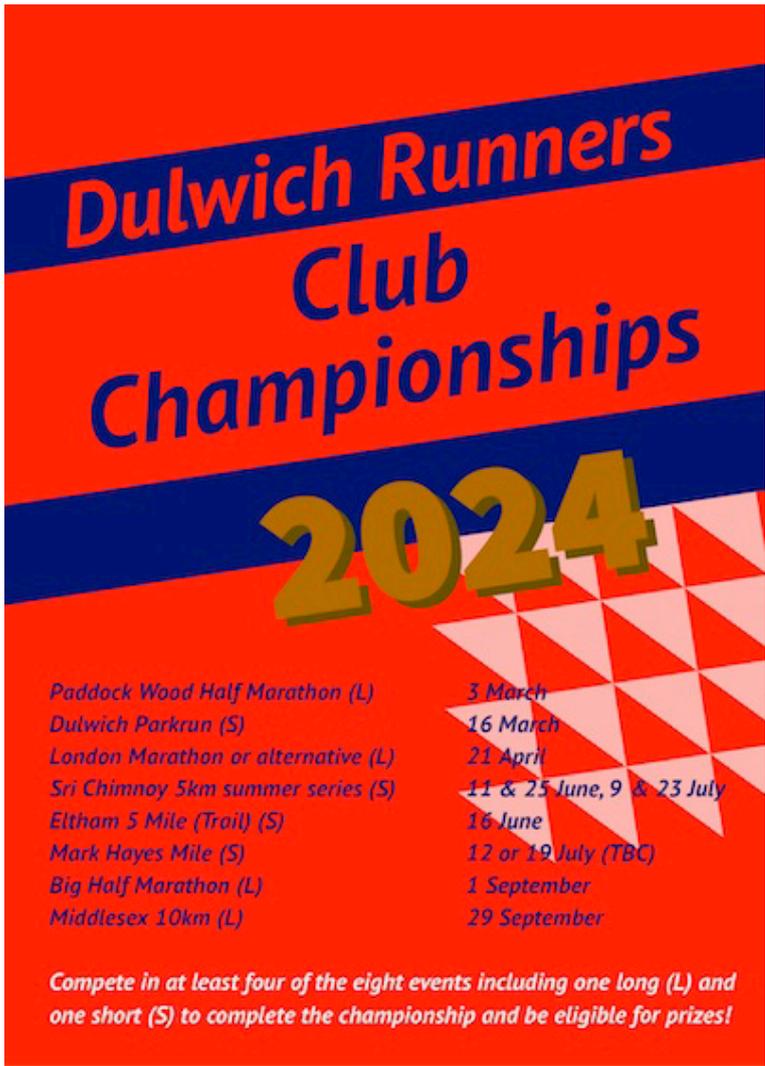


[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

# 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)



The poster features a red background with a blue diagonal stripe. The text 'Dulwich Runners Club Championships 2024' is written in large, bold, blue and yellow letters. Below this, a list of events and dates is provided in a smaller font. At the bottom, there is a red banner with white text.

<i>Paddock Wood Half Marathon (L)</i>	<i>3 March</i>
<i>Dulwich Parkrun (S)</i>	<i>16 March</i>
<i>London Marathon or alternative (L)</i>	<i>21 April</i>
<i>Sri Chimnoid 5km summer series (S)</i>	<i>11 &amp; 25 June, 9 &amp; 23 July</i>
<i>Eltham 5 Mile (Trail) (S)</i>	<i>16 June</i>
<i>Mark Hayes Mile (S)</i>	<i>12 or 19 July (TBC)</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 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.

# 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 - Crystal Palace Track

Arrive ready for a 7pm start. Group training focussed on getting faster over 5-10k. You must pre-register with Crystal Palace Arena here <https://www.dulwichrunners.org.uk/tuesday> You need to reactivate your Crystal Palace membership on your apps and pay online.

Tuesday 27 Feb: 1600m @10k with 90 sec recovery and 4-5\*800m @5k with 60 sec recovery.

Questions or feedback contact 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

# Club Champs event - Paddock Wood 1/2M

## Sunday 3rd March 2024

This is now open for entries with 40 club members entered already..

What the organisers say - A fast, flat accurate course on roads through the hop fields and orchards of Kent. Ideal as a warm up for the Spring Marathons. Kent's largest half marathon with excellent facilities including ample parking, race pacing team for following times (1.20, 1.30, 1.40, 1.50, 2.00, 2.15 and 2.30), local train station, supervised baggage store, refreshments, physiotherapist, results on the internet and via text immediately after event and full first aid cover. Regularly voted amongst the best races in Runners World Top 100. Start & Finish Chip Timing..

Many club members have run this course before and it is popular. Early entry is recommended..<https://www.paddockwoodhalfmarathon.co.uk/>

Note – start time is 9.30 am which means travelling by train isn't possible. We can either all car share or, if there is sufficient demand, look into hiring a mini bus or coach. A mini bus would also need a driver. (Let us know if you are able to do this.)

Please let us know how you would like to travel there so we can book a vehicle if necessary. Email Ange and Ebe - [dulwichchair@gmail.com](mailto:dulwichchair@gmail.com)

## 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

**16 Mar 2024** BMAF (Open) Cross Country Champs - also the EMAA Inter-Regional Cross Country Champs -Corwen.  
**17 - 24 Mar 2024** European Masters Athletics Champs Indoor – Torun, Poland  
**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)

# Spring 2024 marathon training plan

## late January/ February update

As we get a bit closer to race day the training gradually starts to become a bit more marathon-specific. In particular the long run gets longer - up to 2:45 hours, if you're feeling strong. This is mostly run at a fairly easy pace, but (particularly later on in the month) it is worth dipping into a bit more of a harder effort, perhaps increasing the overall pace and/or adding in say a mile or two at marathon pace later on in the run. It is also worth varying the distance each week and having the odd easy week to avoid too much accumulated fatigue.

The additional demands of the long run point towards doing some easier running the day beforehand, and ensuring you recover properly afterwards. The final Surrey League XC fixture should be fine for most of you but you should keep your run the next day at a manageable pace. If you are thinking of doing the national XC champs two weeks later, do consider what impact, if any, it might have on your run the next day (some of you will be fine, others less so). I've suggested a slightly shorter long run for the day after, and I'd suggest doing that even if you are not running the XC.

Those of you not running XC could instead do a threshold run (about 10m - half marathon pace) for about 30 minutes, with a warm-up and cool-down taking this to about an hour in total,

possibly by incorporating Parkrun into your run although you could do this on a Thursday or Friday if you want to be fresh for the Sunday long run.

Interval sessions start to become a little less important in this period and do less of these so that you keep some speed but preserve some energy for other sessions. The plan therefore includes an interval session every two weeks, although they will take place every week and it's up to you which ones you attend.

Adding in a mid-week mid-distance run that gradually gets longer and closer to marathon pace, even slightly faster, starts to become a bit more important. Again, this could do this fortnightly, and do it in a week when you are not doing an interval session.

All this points towards the dangers of working in a seven day micro-cycle – there's only so much harder training you can fit into a week. Building in enough recovery and adding in more varied intensities and durations whilst keeping the benefits of regular club sessions points towards a fortnightly cycle, although different people have different approaches.

Any questions contact: Tom Poynton [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com)

### Mon 19 – Sun 25 Feb

Tuesday easy run, 75 minute Wednesday fast-steady club run, Saturday National XC champs (or threshold session), Sunday long run for 1:30-2:00 hours at an easy pace (especially if you raced hard the day before). Otherwise one, preferably two easy runs for 40-60 mins elsewhere in week.

## 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/1Vqu6i000I0D34R2ZzThnzpEvNU9Oid3ZCezx7Ef8Ilg/edit#gid=0>

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.

## Lee Valley Middle Distance Open Lee Valley

February 14

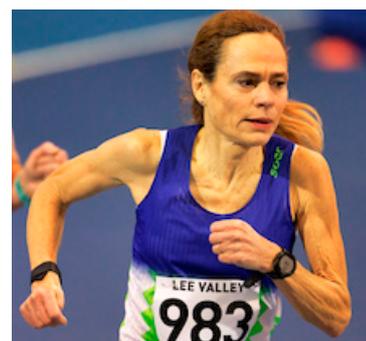
Clare Elms, who still holds the world indoor W50 1500m world record, added the W60 mark with 5:05.44.

One week earlier she had broken the world W60 mile record by 12 seconds.

The previous 1500m record was held by American Sue McDonald, who was the overall 2023 World Masters athlete of the year with 5:08.88 set in Torun last year at the World Masters Championships.

The time was quicker than Fiona Matheson's British outdoor record of 5:08.10 and Matheson's 5:09.58 was the previous British Masters indoor best.

Clare can certainly lay claim to be Britain's current most prolific



masters 1500m and mile record-breaker, as while some marks previously set have been bettered, she still currently holds 15 official British records at the two events (W45, W50, W55 outdoor 1500m and mile, W45, W50, W55 and W60 road mile and W50, W55 and W60 indoor 1500m and W55 and W60 mile). Additionally her two W60 indoor marks are superior to the outdoor records.

Clare was almost as pleased with the response as the run as her Instagram post in collaboration with AW, currently has got over 1500 likes. - Steve Smythe

## Chichester Priory 10k

4 February

As the Chichester Priory 10k this was a club championship race a dozen or so years ago. We went down then by coach and had a jolly pub lunch together afterwards. The course started in town, went out to the north on country lanes and returned with a downhill last 2k, so quite fast and attracted an elite field.

The race has now relocated to the Goodwood motor race circuit to the north of town and was selected as the British Masters 10k championship race, so a small chance of age group medals for some of us.

Four DR's, plus Graham's wife Jill, assembled amongst around 1500 runners on a drizzly day. The first two miles and last mile were on the race circuit, easy running on smooth wide tarmac. We then went out to the hedgerow-lined country lanes used for the middle of the old course, going right until a u-turn then back and to the left until some undulations and another u-turn back to the race circuit. There was only spectator support at start, finish and where we passed the circuit entrance but the out and back lane sections meant we could see runners on the other side.

Most of us went well for the first half and were tested to varying degrees by the undulating bit at around 7k. The course was a bit



uninspiring but good for running. We had a pleasant evening in Chichester the night before. Clare was our best in age group at 7th; with two men and two women we didn't quite close a team in either. Andy Murray

Chip times and age group positions (including non-BMAF)  
Clare Norris 42:16 7 w45  
Graham Laylee 46:54 10 m60  
Ros Tabor 53:37 10 w70  
Andy Murray 55:21 23 m70

## BMAF Indoor Champs

17-18 February

Mike Mann writes: This meeting spread over 2 days is the highlight of the short indoor track season. Star performer was Clare Norris who bettered her 1500m time at the VAC Champs the week before by just under 12 secs. Ros ran a strong and steady 800m. My own performances were down on my best last year, not helped by going straight in the deep end with no "practice" events in the preceding weeks.

Steve Smythe adds... Clare Norris was second in the W45 1500m

to European 800m champion Zoe Doyle in a PB 5:33.61. Mickle Mann was third in both the M75 1500m in 6:48.25 and 800m in 3:24.59.

Ros Tabor was third in the W70 800m in 3:32.16.

Clare Elms set a time that would have been a world record but for Wednesday as she won the W60 1500m after a slow start by over half a minute in 5:07.46.

### 800m

Mike Mann 3:24.59  
Ros Tabor 3:32.16

### 1500m

Clare Norris 5:33.61  
Mike Mann 6:48.25

### Banstead Woods

203 Ran			
Pos	Gen		
21	21	Tony Tuohy	21:31

### Bromley

735 Ran			
Pos	Gen		
409	288	Peter Jackson	29:15
604	356	Steve Wehrle	34:54

### Brockwell

507 Ran			
Pos	Gen		
11	8	Shane Donlon	19:14
24	19	Nick Wood	19:59
83	70	Stephen Trowell	22:32
128	14	Lucy Pickering	24:08
192	138	William Hooper	25:55
320	199	Andy Murray	29:00

### Beckenham Place

319 Ran			
Pos	Gen		
10	10	Ross Rook	21:10
43	5	Christina Dimitrov	24:20
46	6	Laura Vincent	24:22
99	16	Eleanor Simmons	26:37
167	45	Claire Barnard	29:05

### Crystal Palace

521 Ran			
Pos	Gen		
47	3	Yvette Dore	22:39
150	24	Joanne Shelton Pereda	25:33
211	160	Joseph Brady	27:10
287	80	Claire Steward	28:59
289	194	Paul Keating	29:02
361	222	Paul Hilton	31:16
410	239	Bob Bell	33:47
449	175	Chris Bell	36:05

### Lloyd , Croydon

160 Ran			
Pos	Gen		
2	2	Wayne Lashley	19:02

### Riddlesdown

134 Ran			
Pos	Gen		
1	1	Dylan Wymer	17:55
67	11	Ange Norris	31:23

### Eastville

772 Ran			
Pos	Gen		
83	70	Jamie Robinson-Nicol	22:13

### Dulwich

662 Ran			
Pos	Gen		
11	11	Thomas South	16:36

15	15	Andrew Inglis	16:59
37	34	Alastair Low-Macrae	18:25
53	48	Gower Tan	19:02
57	52	Mark Callaghan	19:09
88	75	Rob Fawn	19:57
104	88	Andrew Ng	20:17
136	113	Paul Vivash	20:52
143	13	Michelle Lennon	21:04
196	162	Rob Mayes	22:26
311	242	Matthew Wright	25:04
327	48	Alexandra McClelland	25:26
328	49	Polly Low-Macrae	25:28
392	278	Michael Dodds	26:53
406	287	Tommaso Bendonì	27:13
407	91	Gabriela Rothova	27:14
645	365	Fazlur Rahman	40:30

### Gladstone

292 Ran			
Pos	Gen		
149	112	Mike Crilly	27:51

### Burgess

704 Ran			
Pos	Gen		
68	3	Gracie Ingledew	20:31
228	187	Hugh Balfour	24:11
686	268	Susan Vernon	47:30

### Southwark

520 Ran			
Pos	Gen		
50	43	Lee Wild	20:52
149	21	Shoko Okamura	24:14

### Chipping Sodbury

363 Ran			
Pos	Gen		
1	1	Tom Shakhli	17:17

### Singleton

153 Ran			
Pos	Gen		
42	15	Clare Elizabeth Wyngard	30:31

### Keswick

313 Ran			
Pos	Gen		
8	6	Michael Williams	17:57

### Peckham Rye

436 Ran			
Pos	Gen		
12	10	Joe Farrington-Douglas	19:19
40	32	Sam Crump	21:29
55	7	Ola Balme	22:20

### Dartford

220 Ran			
Pos	Gen		
9	9	Michael Fullilove	21:42

### Folkestone

356 Ran			
Pos	Gen		
81	73	Miles Gawthorp	24:55

### Rutland Water

399 Ran			
Pos	Gen		
18	15	Chris Lawrence	19:31

### Tooting Common

530 Ran			
Pos	Gen		
16	13	John Kazantzis	19:45

### Bedgebury Pinetum

189 Ran			
Pos	Gen		
21	4	Kim Hainsworth	23:02

### Clapham Common

963 Ran			
Pos	Gen		
341	250	Ryan Duncanson	26:36

### Sizewell

120 Ran			
Pos	Gen		
11	11	Dan Hill	23:00

### Leazes

163 Ran			
Pos	Gen		
46	42	Sum Mattu	24:51

### Ifield Mill Pond

171 Ran			
Pos	Gen		
46	41	Dave West	25:55

### Charlton

172 Ran			
Pos	Gen		
3	1	Kay Sheedy	18:56
46	41	Stephen Smythe	24:32

### The Great Field

257 Ran			
Pos	Gen		
3	3	Andy Bond	17:23

### Southall

93 Ran			
Pos	Gen		
44	36	James Wicks	29:04

# DULWICH RUNNERS KIT

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



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



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



**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](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

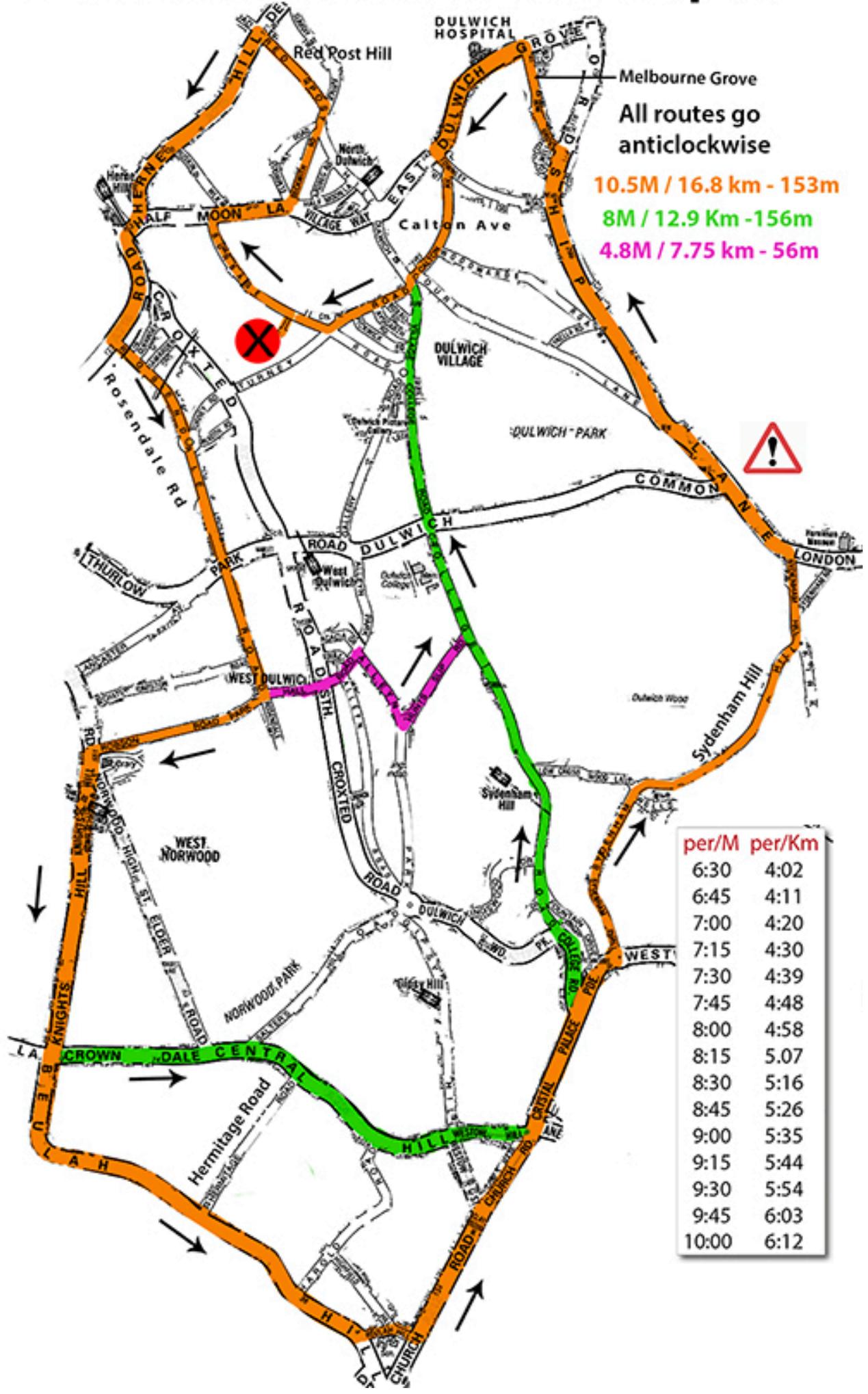


Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

# Dulwich Runners Winter Map12



All routes go anticlockwise

10.5M / 16.8 km - 153m

8M / 12.9 Km - 156m

4.8M / 7.75 km - 56m

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

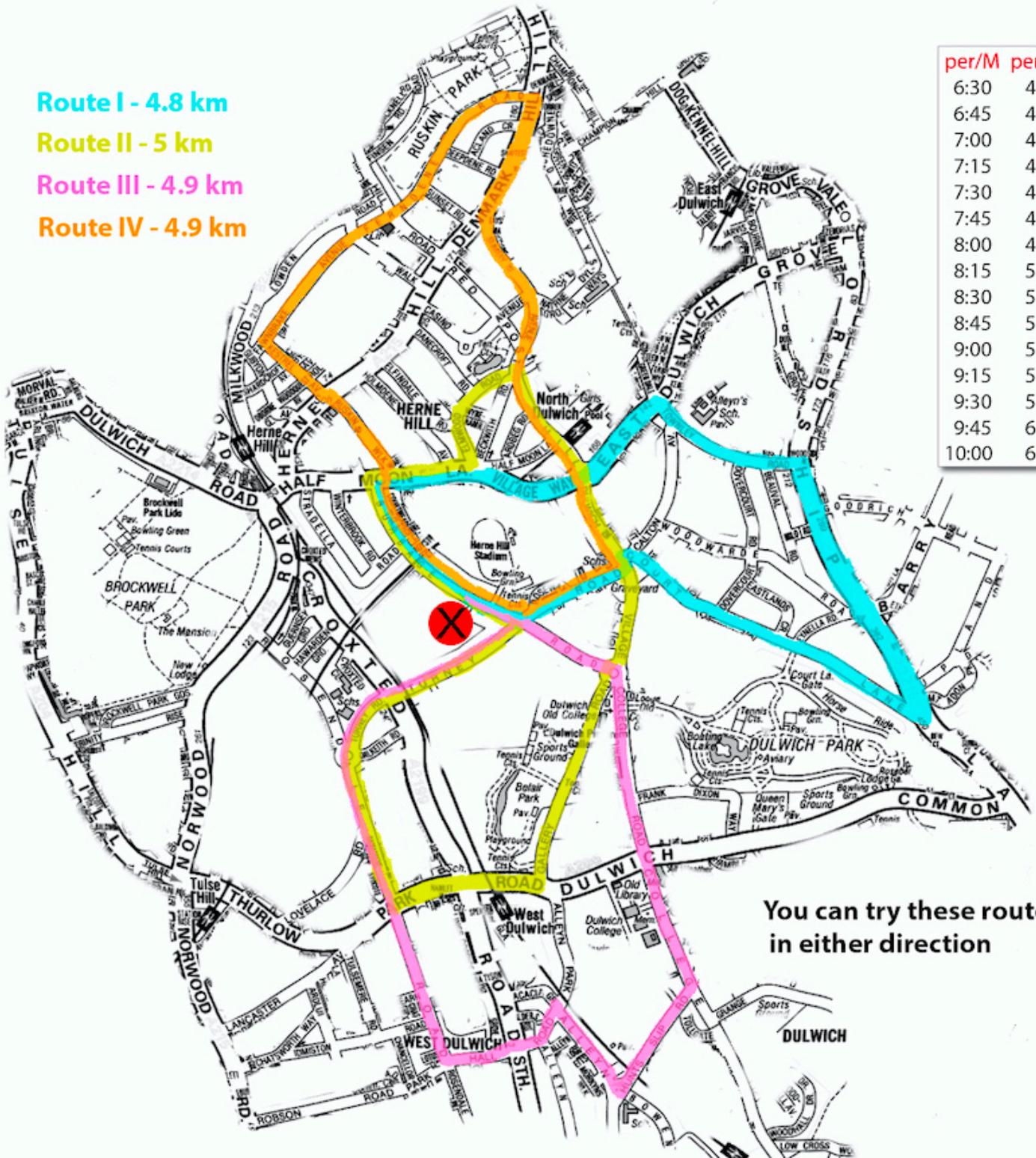
Route I - 4.8 km

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