

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
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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

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.)

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

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

3 months January 1 to March 31 1st claim £24.50 includes EA reg. £17 - without EA reg £7.50 - 2nd claim £7.50

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

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

'Wear your club vest Wednesday' makes a return

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

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

Dulwich Runners Cross Country (Xc) Fixtures 2024

These races are open to all Dulwich Runners members. They're free to enter as the club pays for race entry. All you need is a club vest which can be bought on a Wednesday evening. Speak to captains Kay Sheedy, Katie Smith, Ed Chuck and Alex Loftus for more information. Men and ladies will run in Division 1

Races with trophy 🏆 icon feature in our annual Ken Croke Cross Country Championships with awards for all men and women age groups. Take part in at least 4 races (at least 2 Surrey League) to qualify. Cake and social events also feature post race

Surrey League XC

🏆 10 February Division 1 Race 4

www.surreyleague.org

Ladies & Men run at the same venue

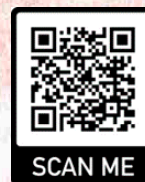
West Horsley Place

Other popular fixtures (Ladies & Men run at the same venue)

24 February England National Championships Weston Pk, Staffordshire

For more information about cross country including suitable shoes for different conditions see our dedicated section on the club website <https://www.dulwichrunners.org.uk/crosscountry>

Further race details on will appear in the Shorts Newsletter each week.



Dulwich Runners Club Championships 2024

Paddock Wood Half Marathon (L)	3 March
Dulwich Parkrun (S)	16 March
London Marathon or alternative (L)	21 April
Sri Chinmoy 5km summer series (S)	11 & 25 June, 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.

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 13 Feb: 3*1600m @10k with 90 sec recovery + 3-5*400m@5k with 45 sec recovery.

Tuesday 20 Feb: Pyramid 400m/800m/1200m/1600m/1200m/800m/400m, longer reps at 10k pace with 90 sec recovery, shorter reps at 5k pace with 60 sec recovery.

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

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.

Crystal Palace update

GLA Programme Manager working on this says there will soon be a cleaning machine for regular clean up of goose mess. Work still to be done assessed shortly and will advise time scale for completion. More work to be done for track certification so races can be held there. Let me know if anything specific you'd like me to raise with them. Tom Poynton

Tuesday Morning Speed - Dulwich Park

Start 11am in Dulwich Park, meet by cricket nets, will use the grass and or the parkrun circuit - followed by coffee. Further details Mike Mann mcmann90@yahoo.co.uk

Thur. Mornings - Brockwell & Crystal Palace Pk.

Sessions at 11.00am - Alternating each week between Brockwell Park and Crystal Palace Park, mix of short hills and longer efforts on the grass - followed by coffee. - all standards and abilities - Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

8am from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 min/mile. Contact Ola Balme - olabalme1@gmail.com

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

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

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

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

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

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

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

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

Mon 5 – Sun 11 Feb

Tues easy run, Wed 70 min fast-steady club run, Sat Surrey League XC (or threshold session), Sun long run 2:15-2:30 hours easy pace (especially if you raced hard the day before) plus one, preferably two, easy runs for 40-60 mins elsewhere in week.

Mon 12 – Sun 18 Feb

Tues interval session, Wed 60 min easy-steady club run, Sun long run 2:30-2:45h easy pace. Otherwise two, preferably three easy runs for 40-60 mins elsewhere in week.

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/1Vqu6i000I0D34R2ZzThnzpEvNU9Oid3ZCezx7Ef8lg/edit#gid=0>

Strength and Conditioning Webinar – Wednesday 7th February

We have arranged an online webinar with a strength and conditioning coach. We will join in together using the big screen in the clubhouse after the run, or if you can't get there you can join individually from home. Read on to find out what will be included.

He says: -

As we're all aware the importance of strength training is well documented, but often the 'how to' and 'when to' put it into your program is one of the biggest struggles.

From preventing injury to producing more strength and power across your run, bike, swim the benefits you'll see are unquestionable.

But where do we begin?



ONLINE WEBINAR AND Q&A

STRENGTH & CONDITIONING FOR RUNNERS

with Kriss Hendy - Strength For Endurance

Wednesday 7th February - 8.30pm

Watch LIVE from the club house or tune in from home

[REGISTER NOW](#)

STRENGTH FOR ENDURANCE

DULWICH RUNNERS

We're really excited to announce that Kriss from Strength for Endurance will be hosting a one-off webinar to help you finally decode what strength training looks like, SPECIFICALLY for runners.

WHEN: Wednesday 7th February 8.30pm - Watch from the clubhouse straight after training.

WHERE: Online Zoom Webinar

HOW: Register your place on Eventbrite by clicking the link below:

<https://www.eventbrite.com/e/strength-conditioning-for-runners-dulwich-running-club-tickets-810116318717?aff=oddtcreator>

You need to register on the eventbrite link to be able to log in on the night, so don't miss out!

What to expect...

Part 1: Understand the key strategy that most endurance athletes are missing and is holding them back from unlocking their potential.

Part 2: Finally decoding strength training as your fundamental building block for performance and injury prevention.

Part 3: How to set yourself up for your best season ahead and consistently get better results by being a smarter athlete.

Part 4: Q&A - Learn with like minded individuals. Your chance to finally have all your questions about strength training answered.

Surrey League Division 1 Match 4

10th February

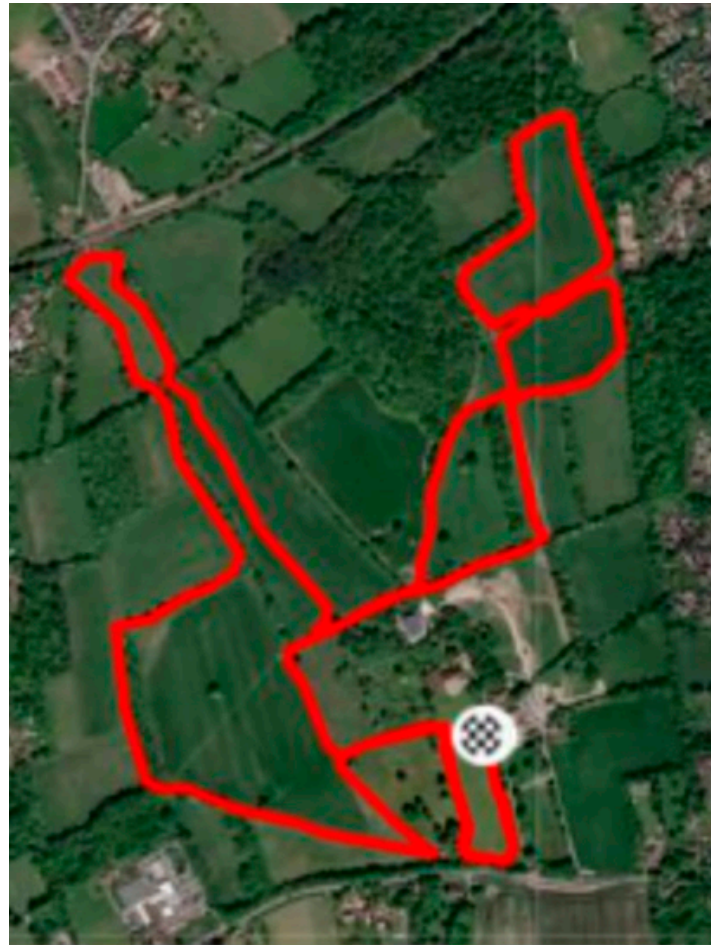
The last of the Surrey League matches for this season will take place in the new location of West Horsley Place on Saturday 10th February. This is obviously a big one that will help to decide where the men and women's teams finish the season.

The location sounds intriguing. West Horsley Place is "a Grade I listed Medieval Manor House built in 1425, with 380 acres of ancient woodlands and pastures". The start – in front of the entrance of West Horsley Place – is about a mile and a half from Horsley station, which is on the line from Clapham. The journey from Clapham is about 40 minutes and trains run every half hour. Free parking is also available adjacent to the house.

We'll have a flag set up in front of the Barn.

The crucial details are that the Senior Men's race starts at 1pm and the Senior Women's race at 2pm. Both are an 8k single lap of the course below.

There will be food carts and drinks, so do invite along spectators and we can celebrate the end of a fantastic season.



Race Reports & Results

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.

Ealing Mile

February 2

Steve Smythe writes: Second claimer Clare Elms took over 30 seconds off of the British W60 mile record with a time of 5:33 in extremely windy conditions.

Clare now holds the British mile records on the road as a W45, W50, W55 and W60.

There are no official world road mile records but this believed to be the quickest ever time on a certified course (discounting point to point or downhill etc).

2W Clare Elms 5:33 (UK W60 record)

15M Ed Smyth 6:12

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.

Richmond

501 Ran			
Pos	Gen		
154	124	Barrie John Nicholls	25:45
186	38	Lindsey Annable	26:32

Bromley

794 Ran			
Pos	Gen		
624	382	Steve Wehrle 2nd cl	34:13
775	419	Colin Frith	57:48

Guildford

350 Ran			
Pos	Gen		
153	117	Dave West	27:28

Brockwell , Herne Hill

537 Ran			
Pos	Gen		
1	1	Lewis Laylee	16:25
17	16	Jonny Hough	19:11
37	35	John Kazantzis	20:20
73	6	Ola Balme	21:56
75	7	Nicola Richmond	21:58
83	71	Stephen Trowell	22:11
405	141	Sharon Erdman	30:50
529	223	Susan Vernon	46:34
536	255	Chris Vernon	66:10

Beckenham Place

291 Ran			
Pos	Gen		
73	3	Eleanor Simmons	25:50

Milton Keynes

646 Ran			
Pos	Gen		
13	13	Joe Sheppard	20:15

Crystal Palace

489 Ran			
Pos	Gen		
63	3	Yvette Dore	22:31
148	126	Paul Hodge	25:20
188	31	Joanne Shelton Pereda	26:23
205	160	Michael Williams	26:49
359	227	Paul Hilton	32:07

431	158	Chris Bell	36:25
433	251	Matthew Trueman	36:32
458	259	Bob Bell	40:47

Lloyd , Croydon

186 Ran			
Pos	Gen		
2	2	Wayne Lashley	18:51

Whitstable

389 Ran			
Pos	Gen		
12	1	Michelle Lennon	21:36

South Norwood

279 Ran			
Pos	Gen		
191	137	Peter Jackson	29:24

Riddlesdown

148 Ran			
Pos	Gen		
2	2	Daniel Mann	18:47
27	26	James Wicks	24:19
40	4	Ange Norris	25:44

Eastville

676 Ran			
Pos	Gen		
127	107	Jamie Robinson-Nicol	23:40

Mile End

522 Ran			
Pos	Gen		
78	7	Christina Dimitrov	22:06

Dulwich

722 Ran			
Pos	Gen		
10	10	Ed Gibson	16:42
31	29	Joe Hallsworth	17:34
34	32	Ben Smith	17:50
51	48	James Brown	18:40
71	61	Gower Tan	19:10
102	84	Rob Fawn	19:55
109	90	Sam Crump	20:05
132	109	Ebe Prill	20:49
149	18	Laura Vincent	21:22

213	165	Hugh French	22:59
328	238	Tom Shakhli	25:10
327	67	Polly Low-Macrae	25:10
711	358	Fazlur Rahman	40:14

Burgess

681 Ran			
Pos	Gen		
229	39	Shoko Okamura	25:04

Southwark

546 Ran			
Pos	Gen		
48	43	Lee Wild	20:32
141	111	Tom Mountain	24:09
140	25	Harriet Roddy	24:09
250	179	Joseph Brady	27:00

Margate

219 Ran			
Pos	Gen		
20	19	Murray Humphrey	22:14

Peckham Rye

418 Ran			
Pos	Gen		
1	1	Andy Bond	17:04
18	16	Ian Lilley	20:00
35	31	Harry Lawson	20:58
94	73	Dan Hill	23:39

Folkestone

371 Ran			
Pos	Gen		
76	69	Miles Gawthorp	24:49

Tooting Common

673 Ran			
Pos	Gen		
259	182	Ian Sesnan	26:53

Clapham Common

1084 Ran			
Pos	Gen		
21	19	Harrison Minter	19:09

DULWICH RUNNERS KIT

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



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



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



Socks only £5



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



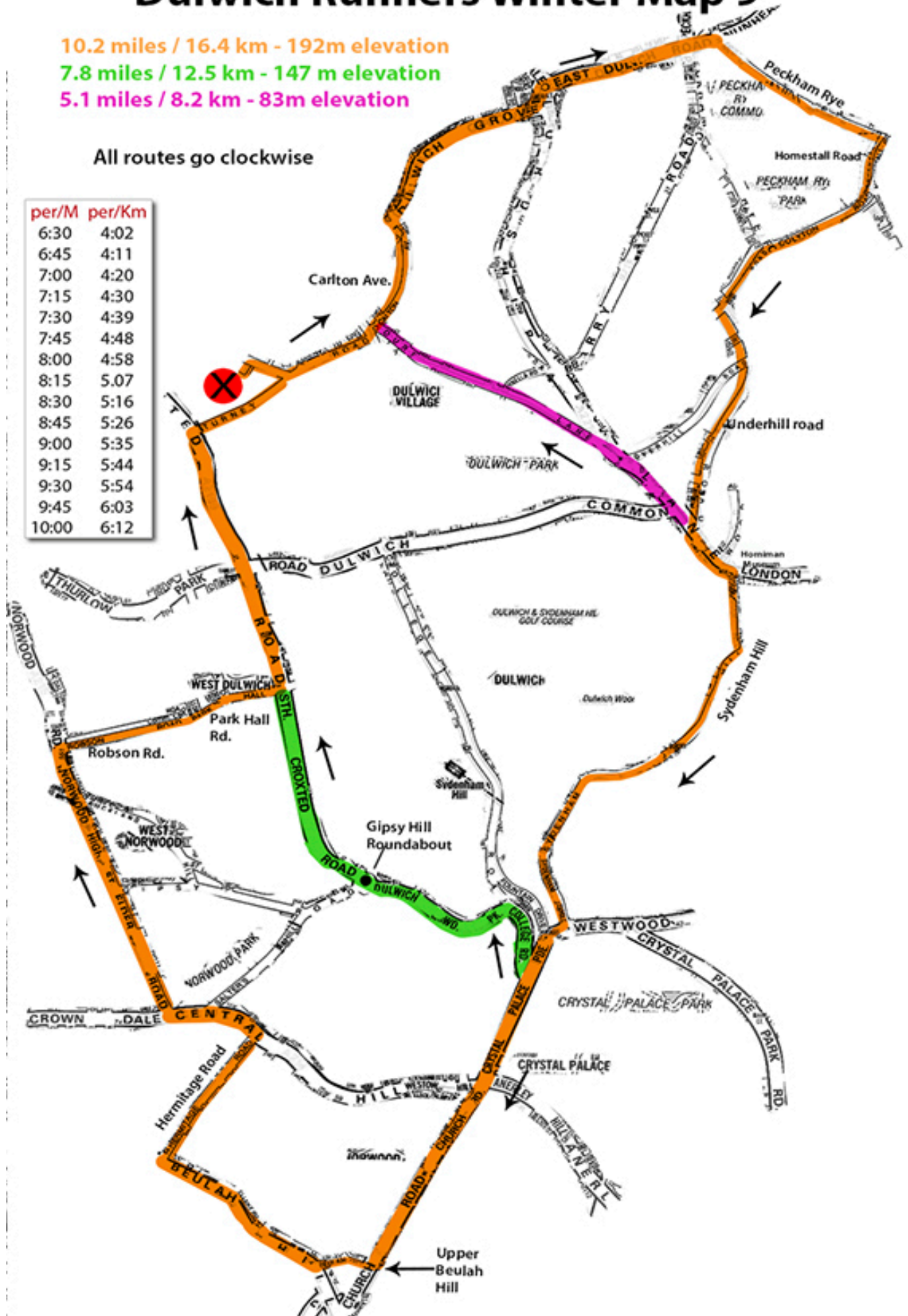
Pro Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map 9

10.2 miles / 16.4 km - 192m elevation
 7.8 miles / 12.5 km - 147 m elevation
 5.1 miles / 8.2 km - 83m elevation

All routes go clockwise

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

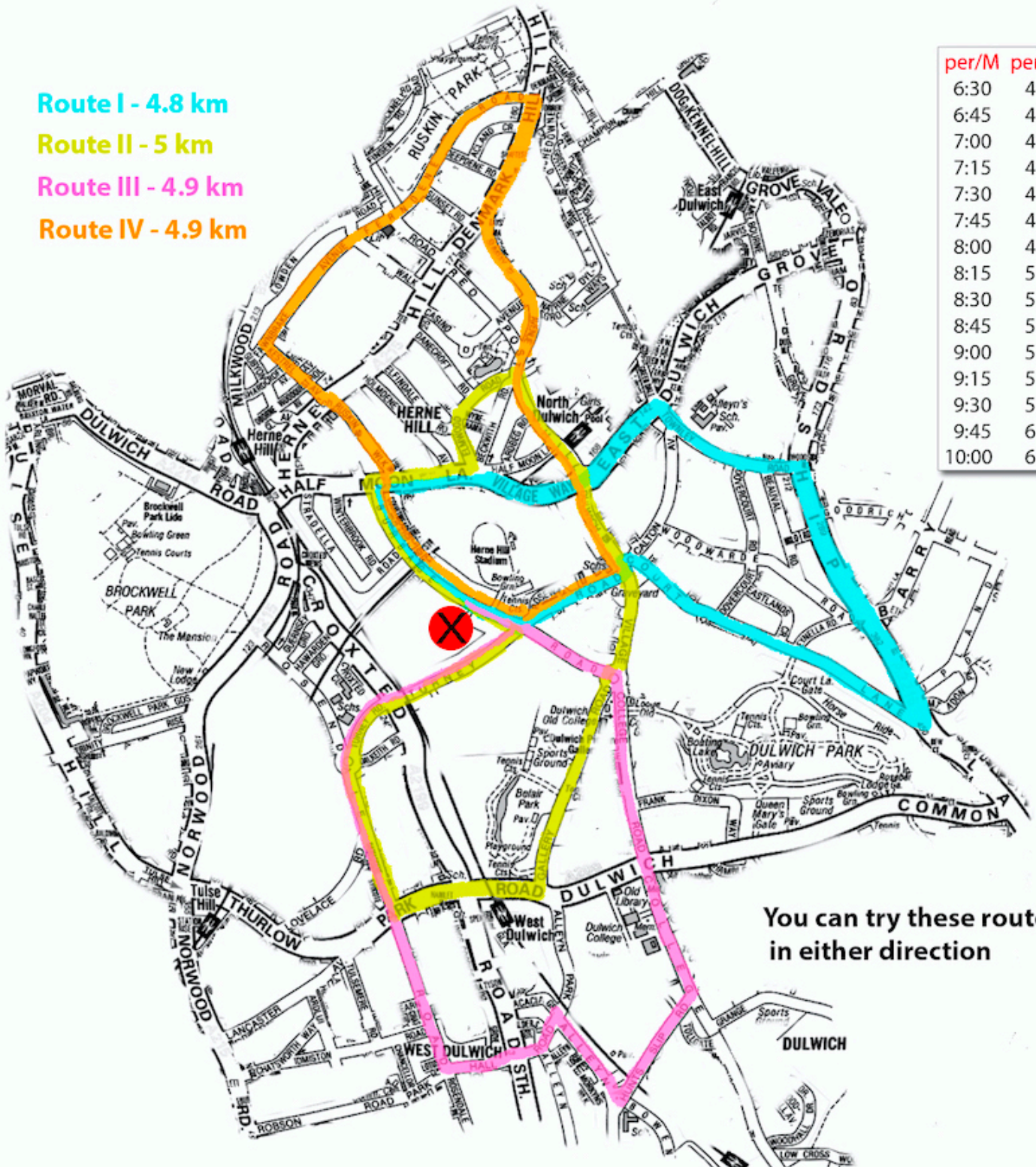
Route I - 4.8 km

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