



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
- 2 Fixtures
- 5 Club runs & training
- 9 Race reports and results
- 14 Club kit
- 15 Wednesday night maps.

Feel free to send in any race reports, photos also welcome.

Please remember to sign in and pay your £1 on arrival at the clubhouse for the Wednesday run

Like us on Facebook @dulwichrunners

Connect with us:



Please read Shorts each week as all club info on races, training events etc is always in here. Facebook and WhatsApp are also widely used.

Facebook group - <https://www.facebook.com/groups/2409157697>

To be added to the WhatsApp group - contact Ebe - dulwichchair@gmail.com

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



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

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

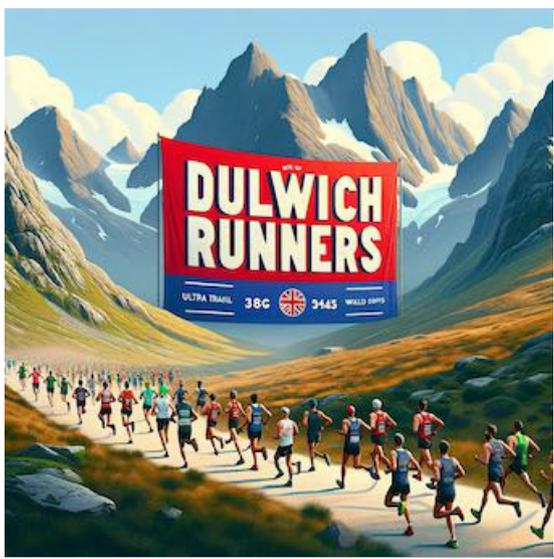
DULWICH RUNNERS 2024/25 FIXTURES

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
Mar	24	Southern 6/12 Stage Road Relays	Milton Keynes
Apr	4	Assembly League Race 1	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



On **Wednesday 27 March from 8:45pm** Cecco and Gower will give a presentation about Ultra-trail running covering the following topics:

- From road running to trail, mountain and ultra-endurance running
- Main domestic and international races and circuits
- How to get started
- Possible progress
- Training, avoiding injury and mental strategies
- Required kit, nutrition and hydration
- Q&A and some resources

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

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

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 - 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. Repairs to indoor track start Wednesday 13 March for 3-4 weeks - there's a safe route to outdoor track. Further repairs to outdoor track date unknown. Hopefully after our last session there 16 April with first session at Dulwich College a week later.

Tuesday 26 March

4-5*1600m (1200m@10k + 400m@5k) with 90 sec recovs.

Questions or feedback 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.

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

A spring marathon training plan

– late March - April update

The long run on Sunday 31st 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

Mon 18 – Sun 24 March

Tues easy run, Wed 80-90min fast-steady club run, Sun long run 2:45-3:00h, mainly easy pace including 3m at marathon pace, 2m easy, 3m marathon pace. If racing SEAA road relays (on the Sunday you could move long run to Sat, or incorporate your stage in your long run e.g. 5m easy, race, then a mix of recovery and MP running. Otherwise one, pref two easy runs 40-60 mins elsewhere in week.

Mon 25 March – Sun 31 March

Tues interval session, Wed 60 min easy-steady club run, Sun long run 2:45-3:00h, mainly at easy pace, but with 3m at marathon pace, 2m easy, 3m at marathon pace and 1m faster than marathon pace. Otherwise two, preferably three easy runs for 40-60 mins elsewhere in week.

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/1Vqu6i000I0D34R2ZzThnzpEvNU9Oid3ZCeZx7Ef8Ig/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. Bondoni	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
Bedgebury Pinetum [12]	21:16 K. Hainsworth	23:02 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.

Masters Champs

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:

olabalne1@gmail.com

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.

Dulwich Parkrun Club Champs

Saturday 16 March

Ebe writes: This widely popular parkrun saw another stellar turnout of the red and blue vests with over 70 of us turning up on a fine Saturday morning for the customary three laps of the park. The results ranged over the whole field and included many fine runs and PBs. Please have a look at the table below, including the individual medals which will be presented in form of a choice of drink (beer, alc. free or prosecco) at our forthcoming Pizza Night on Wednesday 1. May.

We used this parkrun for our club champs multiple times, alternating with other parkruns over the years, and by participation alone it is the most popular club champs event time and again. But it has to be mentioned that the event to some extent falls prey to its own success with the increasing number of participants (764 on the day) leading to issues in midfield with congestion at the finish line (and also to a lesser degree at the busy start). So unfortunately several had time added to their actual run in the official parkrun results. But the positions at least were correct by all accounts. We will look at this for future club champs and apologies to all who missed out on a PB by not getting over the line in time. Nevertheless I'm thankful to the parkrun team of volunteers who make the event possible week after week and are doing their best to cope with rising numbers. I can only recommend volunteering here or at other parkruns! And our club offered to provide pacers here on Saturday 1. June, so save the date if you can.

Award	Name	AG	Time	AG Res
1st M	Sean Cordon	M SEN	15:57	80.8%
	Dylan Wymer	M SEN	16:12	79.3%
Overall Winner	Tom South	M V45	16:22	88.3%
	James Blackwood	M U23	16:33	77.6%
1st M V40	Adrian Russell	M V45	16:37	85.8%
1st M V50	Andy Bond	M V50	16:38	88.2%
	Murray Humphrey	M SEN	17:24	73.8%
	Rob Fawn	M V40	17:34	78.5%
Captain's Award	Chris Lawrence	M V45	17:37	82.0%
	Eugene Cross	M V40	17:38	78.7%
	James Burrows	M V40	17:42	78.7%
1st W	Kay Sheedy	W V35	17:54	84.3%
	Warren Keefe	M V45	18:01	80.4%
	Mark Callaghan	M V45	18:16	79.2%
	Grant Kennedy	M V40	18:17	75.1%
	Joe Farrington-Douglas	M V40	18:19	76.7%
	Will Culley	M V35	19:02	69.4%
	Toby Bond	M U20	19:04	68.1%
	Shane Donlon	M V40	19:07	71.6%
	Andrew Scott	M V40	19:11	71.8%
1st M V60+	Tony Tuohy	M V60	19:14	83.7%
1st W V40	Helen Shannon	W V40	19:15	79.4%
	Graeme Finnie	M SEN	19:22	66.8%
	John Kazantzis	M V55	19:26	78.7%
	Tom Mountain	M SEN	19:40	65.5%
	Andrew Ng	M V45	19:49	71.9%
	Robert Tokarski	M V45	19:59	71.1%
	Jonathan Whittaker	M V40	20:06	69.6%
	Olivia Bishton	W V45	20:11	81.2%
	Grace Ingledew	W SEN	20:12	72.9%
1st W V50	Michelle Lennon	W V55	20:43	86.1%
	Toby Irvine	M V45	20:45	69.3%
Captain's Award	Catherine Buglass	W V40	20:49	75.1%
	Nicola Richmond	W V50	21:04	81.4%
	Laura Vincent	W V40	21:13	72.0%
	Laura Torry	W V45	21:19	75.3%
	Michael Fullilove	M V60	21:19	75.7%
	Alice Williams	W V35	21:22	70.5%

	Hugh Balfour	M V65	21:31	80.9%
	Ola Balme	W V55	21:32	83.0%
	Nick Wood	M V50	21:34	68.1%
	Emma Ibell	W V50	21:34	78.5%
	Yvette Dore	W V50	21:36	77.9%
	Eberhard Prill	M V60	21:48	74.0%
1st W V60+	Ange Norris	W V60	22:13	85.8%
	Tom Shakhli	M V40	22:27	61.0%
	Huw Russell	M V40	22:41	61.6%
	Philippa Goodhew	W V35	22:43	66.0%
	Lucas Byng	M V45	22:49	63.4%
	Justin Siderfin	M V50	22:50	64.8%
	Graham Laylee	M V65	22:56	73.7%
	Izzy Pickles	W SEN	22:57	64.5%
	Ed Simmons	M V40	23:06	59.9%
	Victoria Holdom	W SEN	23:25	63.0%
	Hugh French	M V45	23:32	61.3%
	Mike Mann	M V75	23:33	80.6%
	Carys Morgan	W V45	23:40	67.9%
	Chris Nunn	M V50	23:41	61.8%
	Edward Martin	M V35	23:49	56.6%
	Barrie John Nicholls	M V70	24:27	71.4%
	Ajay Khandelwal	M V50	24:43	61.2%
	Midge Cameron	W V55	25:36	71.9%
	Sophie Sentance	W SEN	25:37	57.5%
	Lucy Pickering	W V55	25:45	70.6%
	Eleanor Simmons	W V45	25:46	61.4%
	Lucy Clapp	W V55	26:04	70.6%
	Lindsey Annable	W V55	26:16	67.2%
	Ameet Patel	M V60	27:36	57.5%
	Clare Wyngard	W V60	27:39	69.6%
	Bob Bell	M V70	33:26	52.5%
	Christine Bell	W V75	35:17	66.7%
	Belinda Cottrill	W V40	41:16	36.8%
	Susan Vernon	W V75	43:44	54.9%
	Christopher Russell Vernon	M V80	63:46	32.7%

Chris Vernon in company

DRs a plenty



Paddock Wood Half Club Champs Awards

Award	Pos	Name	AG	Time	Age Grade
1st M	10	Aaron Wilson	M SEN	01:09:34	83.8%
	19	Joe Hallsworth	M SEN	01:10:46	82.0%
1st M V40	23	Alex Winchester	M V40	01:11:56	84.2%
	38	Jonathan Phillips	M V35	01:13:01	81.3%
	41	Fred Bungay	M SEN	01:13:12	79.3%
	44	Adrian Russell	M V45	01:13:29	86.1%
1st M V50	49	Tom South	M V45	01:13:54	86.9%
	65	Andy Bond	M V50	01:14:58	87.1%
	92	Timothy Bowen	M V40	01:17:03	77.8%
Captain's Award	111	James Burrows	M V40	01:17:58	79.1%
	117	Rob Emes	M V40	01:18:04	79.2%
	128	Murray Humphrey	M SEN	01:18:18	74.1%
	138	Robert Hollands	M V40	01:18:40	76.9%
	161	Eugene Cross	M V40	01:19:36	77.2%
	179	James Brown	M V45	01:19:41	79.7%
	197	Chris Lawrence	M V45	01:20:30	79.8%
	205	Gower Tan	M V50	01:21:23	83.0%
	226	Matthew Trueman	M SEN	01:22:11	70.6%
	243	Mark Callaghan	M V45	01:23:10	77.3%
	240	Shane Donlon	M V40	01:23:20	72.6%
	251	Austin Laylee	M SEN	01:23:32	69.4%
	258	Fabrice Chouissi	M V50	01:23:45	79.2%
	263	Sam Walker	M V35	01:23:52	69.6%
	283	Joe Farrington-Douglas	M V40	01:24:50	73.4%
	1st W	328	Andrew Scott	M V40	01:26:40
335		Helen Shannon	W V40	01:26:51	77.6%
325		Toby de Belder	M V45	01:26:52	72.2%
1st W V40	341	Katie Smith	W V40	01:27:03	78.9%
	338	Justin Siderfin	M V50	01:27:05	75.6%
	339	Stephen Davies	M V50	01:27:21	77.6%
	354	Rob Fawn	M V40	01:27:38	69.6%
	414	Ian Lilley	M V50	01:29:44	73.9%
	436	Rupert Winlaw	M V50	01:30:18	74.1%
	447	Ross Rook	M V40	01:30:45	67.7%
	455	Andrea Ceccolini	M V55	01:31:14	74.9%
	456	Tom Mountain	M SEN	01:31:14	63.6%
1st W V50	467	Michelle Lennon	W V55	01:31:47	86.6%
1st M V60+	564	Michael Fullilove	M V60	01:34:58	76.3%
	604	Harriet Roddy	W SEN	01:35:55	67.3%
	612	Robert Tokarski	M V45	01:36:08	65.6%
	605	Chris Nunn	M V50	01:36:18	67.6%
	633	Ange Norris	W V60	01:36:31	88.6%
Overall Winner	641	Katie Styles	W V40	01:37:11	69.9%
	655	Catherine Buglass	W V40	01:37:41	70.6%
	662	Olivia Bishton	W V45	01:37:59	73.9%
	669	Maeve Lane	W SEN	01:38:03	65.8%
Captain's Award	663	Laura Torry	W V45	01:38:06	72.3%
	696	Hugh French	M V45	01:39:15	64.6%
	692	Klara Saville	W V40	01:39:16	67.7%
	718	Edward Martin	M V35	01:39:52	59.7%
	743	Christopher Cooper	M V45	01:41:13	63.2%
	781	Graham Laylee	M V65	01:42:18	74.6%
	818	Naomi Crowther	W V40	01:42:29	65.7%
	871	Eberhard Prill	M V60	01:43:06	70.3%
	846	Stephen Trowell	M V55	01:44:12	66.1%
	861	Cameron Timmis	M V50	01:44:35	64.0%
	1032	Joanne Shelton-Pereda	W V45	01:48:47	66.7%
1106	Shoko Okamura	W V35	01:52:36	58.8%	
1253	James Gordon	M SEN	01:56:22	50.0%	
1436	Ameet Patel	M V60	02:02:17	58.3%	

Bath Half

17/03/2024

Ed Chuck writes: As Jack and I were planning on running the National XC champs (before it was cancelled), trotting out again at Paddock Wood the week later looked maybe a race too far. Happily at this time of year, options abound. Bath, with 26 runners dipping under 70 minutes in 2023, and 5 weeks out from London, seemed no poor substitute. Despite being held in a notoriously hilly city, the route (aside from a downhill start, and an uphill finish) is flat, taking in two loops round the banks of the Avon.

It also promised a strong field again, with free entry for men and women who had run under 70 minutes and 85 minutes respectively (along with a generous prize money of £100 for running under those times at the event itself.) Whether tempted by the prospect of a strong field, or by the prize money, Nick Impey and James Dazeley also entered, as had Jack Leafe. After a slightly chaotic arrival into Bath (a reminder to all to check the dates of hotel bookings!), Jack and I wandered up to the "elite" tent where Nick had already pitched up. This tent was refreshingly free of the bracing school boys' changing room smell which usually pervades, but this was a secondary boon to the real benefit of these tents - the specially designated accompanying loos.

About 20 minutes before the off we were rounded up and walked down to the start for the usual bounding up and down in front of the start line. There were several familiar faces from the Surrey League, and after his great 65.40 run at Cambridge, I had it in mind to try to run with Belgrave's Sam Gebreselassie, although he troublingly referred to "maybe racing" (as opposed to time trialling) which given the likely times at the sharp end didn't sound particularly appealing.

From the gun the winner (Omar Ahmed) sprinted off, using the downhill start to set a feverish pace of 8.25 for the first 3k (for reference, if held, this would result in a finishing time of 59.12.) Many other runners who I thought I might be running with got sucked into a quick pace, with Sam's group going through 3k in 8.45 - 61.30 pace!), and while I wasn't hanging about (3k in 8.58), I found myself a little marooned.

A short way back, Jack had also avoided being over-eager, and had formed a little group which lasted through 10k before whittling down. James and Nick had set off together, again using the downhill to get ahead of sub 70 minute pace without going mad, and formed a small pack.

For the next couple of miles the group ahead of me didn't get any further away, but they had clearly slowed. It wasn't until about 5 miles in that I was really able to draw them back a little, eventually catching up at about 7 miles in. I had a brief thought about continuing at the same pace and going through,

but as the group contained two 2.18 marathoners, as well as Sam Gebreselassie, I thought better of it, and opted for spell in. At this point Jack's group had become a band of two, with Jack running with a chap that he'd also been tied to for much of the 2021 London Marathon. Nick said after the race that from 11k in he had something of a struggle, but going through 15k, sub 70 was still very much on.

The chaps around me had put in a few little spurts - not really bursts - over between miles 7-9, so it was a bit of a surprise when James Hoad (THH) really stepped on the gas 9 miles in, and quickly opened up a gap. In my head, given the speed that the group had been going at, I thought he'd gone too early, so was happy enough working with the two other guys left. Another chap set off with 2 miles to go, and while I tried to follow, I couldn't hang on (and was also starting to get a bit pre-occupied by the uphill finish.)

A few runners who had gone off with the frightening early pace were now really suffering, and came back to us. Jack had the opposite experience, as despite having picked up the pace, a clubless runner appeared from behind running at 3.00/k between 15-20, having averaged 3.12/k before then, and disappeared off. Approaching the final kilometre, the finish that everyone had been pushing to the back of their minds loomed into sight - the 400m final hill. The strava segment claims a gradient of 5%, but I think all concerned believed (or at least experienced) this as worse - although perhaps not the clubless runner who passed Jack, who bolted home with a 2.57 final kilometre.



James Jack Ed Nick

I had left a bit in the tank for the hill, and was gaining on the two chaps ahead of me, but ran out of road to catch them, but was pleased to finish in 8th in 66.27 (2nd quickest time for me over the distance.) Jack was a minute back and broke his PB by a minute with what would have been a club record last year of 67:36 (14th), with James and Nick falling the wrong side of 70 in 70:23, and 70:42 - James being just far enough away from 70 that he didn't have to feel too aggrieved at the final hill, but still also set a 45s PB. Jack Leafe finished in 83:24, which I presume must have been a training run, given his strong 76:25 performance at Wokingham back at the end of February. All in all a good day out, and for those who are better organised Bath is obviously a lovely place to spend a weekend. It looks on paper as though Jack, Nick, James and I won the team competition (although yet to be ratified!), and with the temperature hovering around 13C, the experience was hopefully instructive for London in 5 weeks time... just something like 90 training laps of Dulwich Park to go...

Winner - Omar Ahmed - 1:04:41

8	Edward Chuck	1:06:27
14	Jack Ramm	1:07:36
36	James Dazeley	1:10:23
39	Nick Impey	1:10:42
266	Jack Leafe	1:23:24

Greensand Marathon

18 March

Mike Beadle writes: A select group of 67 gathered on Sunday morning for a one-off return of the Greensand Marathon to celebrate the end of Rob McCaffrey's 20 years of organising Trionium races. The Greensand Marathon is the big brother of the Leth Hill Half and the Wife Carrying Championship and a brutal but beautiful run.

Before we started, just ahead of the traditional rendition of Jerusalem, we also marked the life of running legend Ed Catmur who died while out running in the Pennines in December. Among his many other achievements, Ed was holder of the male course record at 2:57 – although he was beaten to the actual course record by GB's Julia Bleasdale at 2:54. Over eight events, only 6 runners have ever beaten 3:15, testament to its billing as "tough enough".



The course is an out & back with 1,200m of climbing from Dorking up Leith Hill (the highest point south of London) and then along the Greensand Way taking in Holmbury, Pitch Hill and Winterfold before returning. In line with the rest of this winter, we started in light drizzle and the going was "soft to liquid" with mud of varying deepness. I was running with two friends, one



of whom kick-started my running career back in 2013 and the other who got me into trail running via this race back in 2016.

The start of the race picks its way through fields and narrow paths before getting serious with a 6km climb along Wolvens Lane up Leith Hill. After this point, there was no signage so a few wrong turns were inevitable. Apart from the impressive Duke of

Kent school, nestled under Pitch Hill and its windmill, most of the path is steep forests where you are more likely to hear a woodpecker than a passer-by.

The hard work begins at the turning point, with the knowledge that all that downhill has to be climbed, especially the 3km back up Leith Hill. Fortunately the weather had improved so we had some sunshine and some stunning views of Surrey from Holmbury. Fuelled by jelly babies and ambition to beat my previous time, I left my friends to join a group about 30 minutes behind the leader. Despite dropping a couple of places on the long downhill section, I finished 8th in 4:13, taking 8 minutes off my 2016 time and proving that age can be defied (for a while at least!).

As we tucked into the cooked breakfast at the finish, we thanked Rob for organising over 100 events for 10,000 competitors and raising nearly £100,000 in the process. The Leith Hill Half is continuing under new management – maybe someone will pick up this wonderful race too.

Project 20

Ajay Khandelwal writes: Due to overwhelming public demand (thanks Chris L) I have decided to restart my column. I vow to continue on a streak now until I achieve my goal or I am expelled from the club for bringing the running community into disrepute.

Yes reader, I know one is more likely than the other. I'm not sure how much I actually like Chris. He's always smiling with a twinkle in his eye. Perhaps because he is gunning for a sub 3 hour Manchester Marathon, or because his waist is exactly the same as when he was twenty years old.

Perhaps he wants me to restart my column so he can laugh at me when he cranks out his interval sessions. "I NEVER want to be like Ajay. What sort of loser writes a column where he so spectacularly fails in his goals. I mean there is californian failure porn podcast stuff. And then there is abject humiliation and degradation. I think he's crossed the line."

I have good reason to believe that Chris uses such thoughts as fuel as he spits out his anger laden next interval set.

As the enigmatic philosopher Wittgenstein said, "that which cannot be recorded on a Garmin should be passed over in silence." Or in his later works, "If it is not on Steve Smythe's excel spreadsheet then it make no sense of talking about it as running." (Blue Book, Appendix, p.3). Or in recently found notebooks (unpublished). "It makes no sense for a comedian to talk of running, or a runner to make jokes. If one has any self respect they need to decide which language game they are playing."

Still I continue. I will not be dissuaded by Chris' mockery or Wittgenstein's philosophy! I stumbled onto the club champs this Sat. I chatted with 26 year old Sophie, in training for the Manchester Marathon, who like me was worse for wear. We provided each other solace on the middle lap as I plotted how to defeat chatty Barry on the line. Reader I was on his shoulder when I swallowed a fly and was derailed coughing and spluttering. A new PW as I was solidly trounced by the

club raconteur. Well done Barry! We have a great club. For a while Jack R lived on my street. He has moved. It is still a source of great sadness that I cannot feel his running presence nearby. I once bumped into him in Dulwich woods and he began to recite poetic thoughts to me. What can I say, we are a club of performance artists! Tom Shax, looking fast, looking like he'd come straight from a youtube ultra running video shot in Utah - with baby buggy prop too - gave me some advice and referred me to a book: "Easy Intervals". I thought, "Maybe easy for you!"

The highlight of the weekend was bumping into Hugh B on college road at 4.30 pm on Sunday evening. I was on my bike. I rode next to Hugh - illuminated by a dazzling sun - he said, "I'm on km 20. Nuff said." I said what's the secret of your success? He said, "I'm a xxxxx tough. I run hard intervals on my my own!"

Easy intervals, hard intervals. I don't know the answer. But Barry I'm coming for you...and project 20...I'm going to be shaving time off just like Ebe's new marathon aero crew cut.

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.

Bromley

733 Ran
Pos Gen
465 325 Peter Jackson 30:06

Brockwell , Herne Hill

396 Ran
Pos Gen
42 33 Stephen Trowell 22:02

Beckenham Place

221 Ran
Pos Gen
115 87 Joseph Brady 28:47

Crystal Palace

477 Ran
Pos Gen
68 57 Paul Hodge 23:29
76 5 Polly Low-Macrae 23:49

Riddlesdown

111 Ran
Pos Gen
15 13 James Wicks 24:14

Eastville

832 Ran
Pos Gen

89 78 Jamie Robinson-Nicol 22:20

Mile End

482 Ran
Pos Gen
126 104 Lee Wild 23:32

Shrewsbury

553 Ran
Pos Gen
464 274 Steve Wehrle 2nd cl. 35:20

Peckham Rye

376 Ran
Pos Gen
9 8 James Brown 19:03
211 138 Paul Keating 28:46
270 86 Claire Steward 30:42
273 159 Dave West 30:44

Folkestone

392 Ran
Pos Gen
92 79 Miles Gawthorp 24:48

Toruñ

309 Ran
Pos Gen

145 30 Ros Tabor 29:17
146 113 Andy Murray 29:17

Tooting Common

531 Ran
Pos Gen
189 131 Ian Sesnan 26:14

Worthing

585 Ran
Pos Gen
243 191 Gary Budinger 26:10

Bethlem Hospital

97 Ran
Pos Gen
2 2 Daniel Mann 20:10

Cyclopark

212 Ran
Pos Gen
77 64 Michael Dodds 27:05

Sutcliffe

327 Ran
Pos Gen
193 58 Joanne Shelton Pereda 29:26

DULWICH RUNNERS KIT

**Socks REDUCED from £5 -
now 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 Winter Map 2

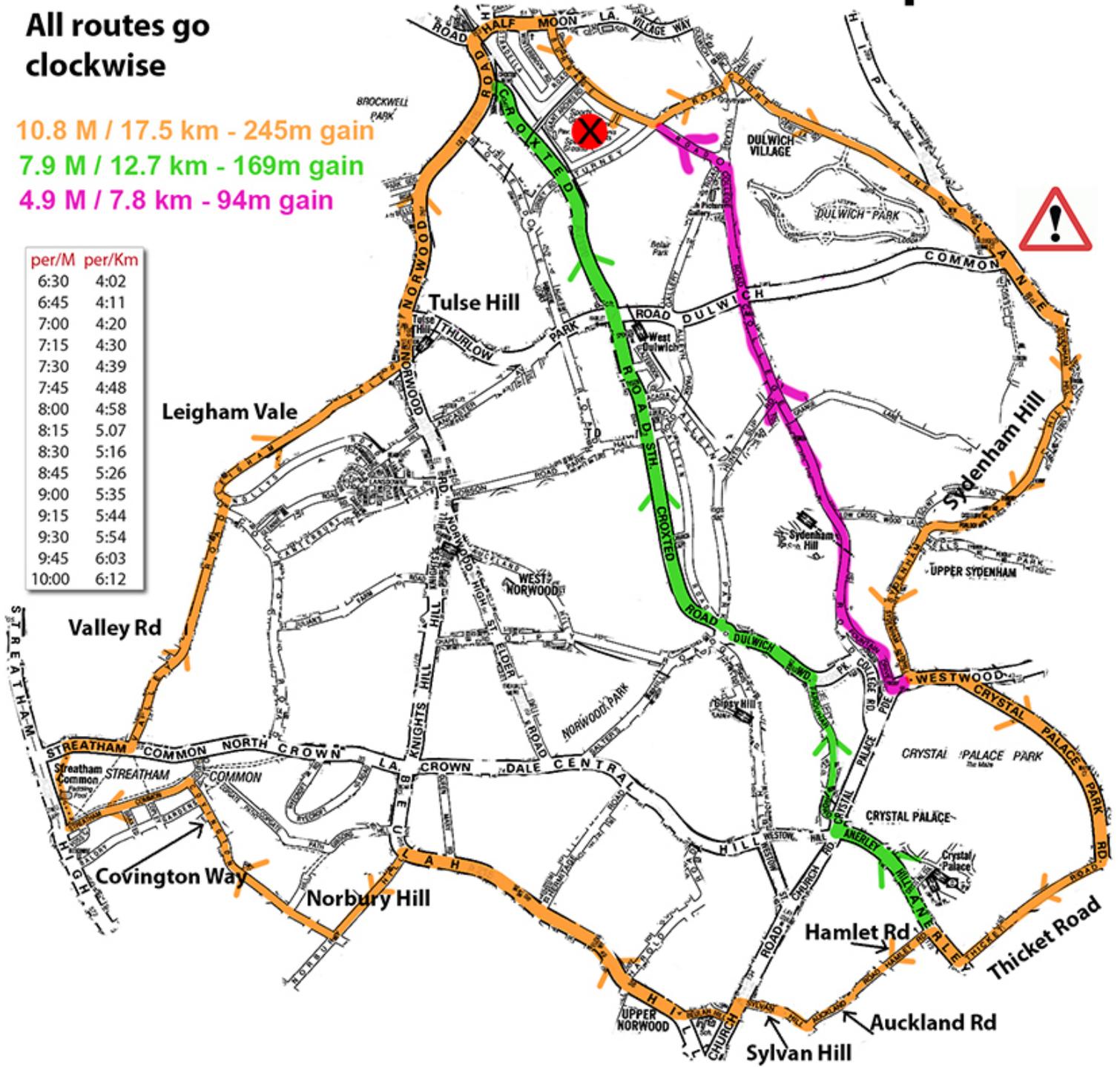
All routes go clockwise

10.8 M / 17.5 km - 245m gain

7.9 M / 12.7 km - 169m gain

4.9 M / 7.8 km - 94m 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



Dulwich Runners Winter 5km routes

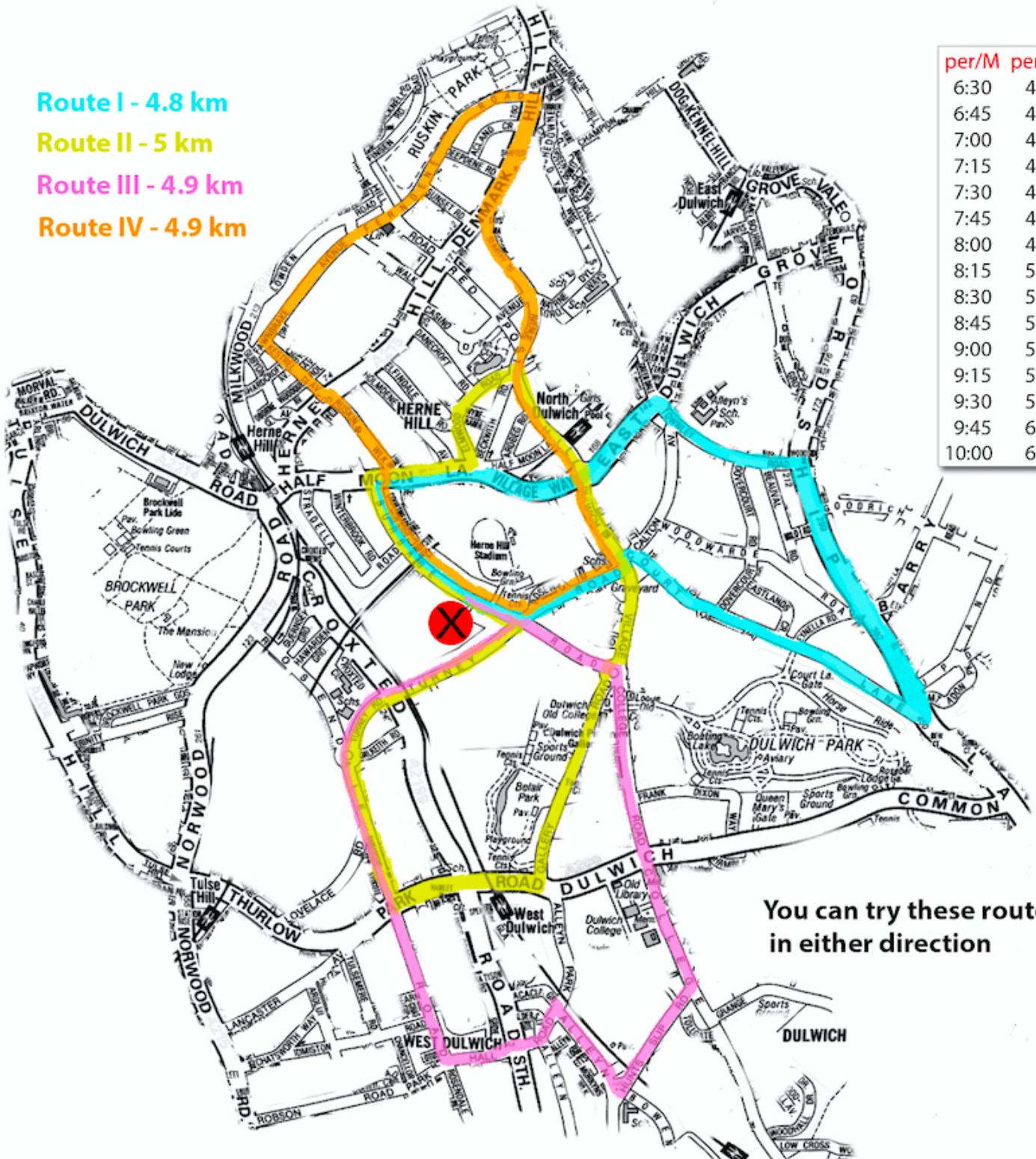
Route I - 4.8 km

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