



These are your SHORTS

Please send any reports, running news etc to:

barry@bg1.co.uk or barry@1bg1.com

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 (see page 7)

In your SHORTS this week !

- 1 General notices
- 4 Fixtures
- 7 Club runs & training
- 10 Race reports and results
- 12 Club kit
- 14 Wednesday night map.

Feel free to send in any running or sport related stories, anecdotes etc, 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:



2023/24 membership renewals Due April 1st

All current members will have received by email a renewal request form.
(If you can't find it check your junk/spam folders.)

Please do not reply to the email unless to request changes to your details or to not renew.

Payment only by direct bank transfer or contactless on a club night. **(no cash or cheques)**
Bank details will be on the renewal form.

Full 1st claim membership £47 includes EA reg. of £17 - 1st claim membership without EA reg £30 - 2nd claim £30
EA reg is £17 and can only be arranged through your 1st claim club.

The club membership year is April 1 to March 31 (same applies to EA reg.)

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.

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

London Marathon Sunday 23rd April runners and supporters

Post race pub - we can all meet at the usual place - The Sanctuary House, 33 Tothill Street, SW1H 9LA
The Sanctuary House Hotel | Hotels in Westminster

Come and celebrate what I'm sure will be some fantastic runs. It is a short walk from the finish line. Everyone is welcome.

Runners - let us know your number and approx time, either via email - dulwichchair@gmail.com or via Facebook/Whatsapp.
We will publish a list in Shorts next week.

'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 AC

ANNUAL GENERAL MEETING:

Wednesday 19 April 2023, 8.45pm

The AGM will be held in 'The Nursery' downstairs at the Edward Alleyn Club, 83-85 Burbage Road, London, SE24 9HD at 8.45pm on Wednesday 19 April.

Items for the agenda should be sent to the Club Secretary, Yvette Dore, by Friday 14 April to be sure of inclusion. Minor items of Any Other Business will be allowed on the day at the discretion of the Chair depending upon the time available. Draft minutes of the 2022 AGM are available on the club website here <https://www.dulwichrunners.org.uk/agm> and will be proposed for approval at this AGM.

At the AGM, Committee positions for the coming year will be voted upon. All Committee posts are up for election with the table below showing whether the present incumbent is happy to stand again.

There are **four roles with known vacancies** - **Honorary President**; **General Member x 2**; and **Joint Women's Captain** - and the Committee would especially encourage members to stand for or consider suitable nominations for these positions.

Members are encouraged to stand for these and any role they may be interested in.

For further information on the responsibilities, please see brief descriptions below, or speak to the person currently in the role. It may be possible to accommodate someone who wishes to join the Committee, but who would prefer to take on one of the other roles, through some re-assigning of the remaining Committee.

If you are interested in any of the roles, or know of someone who you think would be a good fit, please contact any Committee member as soon as possible or email Club Secretary, Yvette Dore.

Nominations for any role should be sent to Yvette by Wednesday 12 April to allow time to organise an election if there is more than one candidate, but nominations will be taken up to and including the day of the AGM.

Known nominations to date

Joint Women's Captains: Katie Smith

General Member: Jack Ramm, Gower Tan

Honorary President: Barrie Nicholls

Yvette can be contacted at: secretary@dulwichrunners.org.uk

Outgoing Committee Members 2022

Committee Post	Present holder	Standing Again?
Joint Chair	Ebe Prill	Yes
Joint Chair	Ange Norris	Yes
Secretary	Yvette Dore	Yes
Treasurer	Andrea Ceccolini	Yes
Membership Secretary	Barry Graham	Yes
Social Secretary	Michelle Lennon	Yes
Joint Women's Captains	Ola Balme	No
Joint Women's Captains	Kay Sheedy	Yes
Joint Men's Captain	Alex Loftus	Yes
Joint Men's Captain	Ed Chuck	Yes
Shorts Editor	Barry Graham	Yes
Welfare Officer	Tom Poynton	Yes
Publicity Secretary	Jonathan Whittaker	Yes
General Member	Mike Mann	Yes
General Member	Eleanor Simmons	No
General Member	Ryan Duncanson	No
Non-committee posts		
Honorary President	Chris Vernon	No
Welfare Officer	Mark Foster	Yes
Kit Person	Ros Tabor	Yes

Dulwich Runners AC - Committee Roles 2023

Generally, the role of all Committee members is to deliver the smooth-running of Dulwich Runners AC, ensuring it remains a successful, welcoming and sociable club where members of mixed abilities can make the most of their running and have the opportunity to develop and progress.

Honorary President

The Honorary President is appointed in recognition of their expertise and long service to the Club and will not be a member of the Committee. The key remit of the role will be to support and encourage members through visibility at races and presenting Club Awards at the Christmas party and after Club Championship races.

The Honorary President is nominated by the Club membership and voted in at the AGM. The appointee will serve for a period of 1 year after which they may stand for re-election (if re-nominated) but subject to serving a maximum of 3 terms.

Club Chair(s)

The role of Chair can be undertaken by one individual or shared between two Joint Chairs. The Club Chair has overall responsibility for the smooth running of the Club, and Chairs committee meetings and the AGM. The Chair oversees the running and administration of Wednesday Club nights, which they can undertake personally, or delegate to a Committee Member. The Chair also oversees Club events including the Club Championships, and presenting medals when the Honorary President is unavailable to do so. The Chair listens to members' views and raises relevant issues at meetings.

Club Captains – Joint Men's Captains and Joint Women's Captains

There are four Club Captains, two Joint Men's and two Joint Women's. The Captains share responsibility, to ensure men and women members, new and existing, feel part of a team.

The Captains encourage members to participate in events, ensuring they are aware of fixtures, and are responsible for submitting entries for the Club's participation in races, relays and Leagues. Where required, they also select members to represent the Club in certain races and Leagues.

In conjunction with the Athletic Development Sub-Committee (ADSC), the four Captains are responsible for selecting Club Championship races and setting the rules, and selecting events for the Ken Croke Cross Country Championships.

Club Treasurer

The Club Treasurer manages the Club's finances and financial records, maintaining cash and income and expenditure records, and making payments and banking income as required. The Treasurer makes track bookings at Crystal Palace and Dulwich College and negotiates rates as necessary. The Treasurer produces and presents income and expenditure summaries for each Committee meeting and the AGM.

Club Secretary

The Club Secretary organises and co-ordinates five Committee Meetings per year. This includes compiling and distributing the agenda, and attending and writing meeting minutes. The Secretary also attends and minutes the AGM, and supports the Club Chair in Committee Meetings and the AGM as required.

Membership Secretary

The Membership Secretary maintains the database holding an up to date record of Club members. They send out an annual notice via email of membership renewals, register members with England Athletics, and liaise with EA throughout the year. The Membership Secretary attends Wednesday Club runs to welcome new and prospective members.

Social Secretary

The Social Secretary organises regular events to increase club engagement, such as curry nights, quizzes, and the Christmas Party. The Social Secretary is also responsible for arranging coaches to Club Championship Races that are difficult to get to or too far away for public transport.

Welfare Officer

The Welfare Officer will be responsible for creating and implementing a club policy and code of conduct on welfare. The Welfare Officer will deal with any cases or complaints that are raised by members. The Welfare Officer will also take on the role of Covid Officer, responsible for ensuring that club activities are Covid-compliant and preparing Covid risk assessments, where necessary.

Shorts Editor

Shorts is the Dulwich Runners AC weekly newsletter. The Shorts Editor compiles and edits where required all stories and articles, ensuring the newsletter goes out every Wednesday containing all relevant information about the Club and upcoming races and events. The Editor distributes Shorts via email to all subscribers and also makes it available on Facebook.

Publicity Officer

The Publicity Officer is responsible for promoting the Club and its achievements via a number of channels including the Club's website, Facebook, Instagram and local forums, as well as submitting regular reports of races the Club has competed in, including Cross Country and Club Championships, to relevant publications such as the South London Press.

Kit Person

The Kit Person orders and sells Club kit, including Club vests, and maintains a stock list.

General Member – three positions

There are currently three General Member roles on the Committee. Their remit is to represent Club Members generally and feedback to the Committee by taking part in most club events (training, road and cross country races, and social activities), and representing views on general matters through input from other members as well as their own experiences.

DULWICH RUNNERS 2023 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
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Road & other Club Champs Assembly League Cross Country Track

Date	Race	Venue
Apr 23	London Marathon (or alternative) - L	London or alt.
May 17	Beckenham Team Relays	Beckenham place Park
Jun 1	Assembly League	tbc
May 4	Assembly League	Victoria Park tbc
Jun 3	Tracksmith Mile - S	Tooting Bec
	13 Speedy Steeds 5km (or any of the Sri Chinmoy summer series) - S	Battersea Park
Jul 1	Brockwell parkrun - S	Brockwell Park
	6 Assembly League	tbc
	14 Golden Stag Mile - S (alternative to June 3 Tracksmith)	Finsbury Park
	15 Elmore 7 - L	Chipstead, Surrey
Aug 3	Assembly League	Victoria Park tbc
Sep 3	Big Half - L	Central London
	7 Assembly League	Beckenham Place Park tbc

NOTE: All Assembly League dates and venues to be confirmed

Dulwich Runners Midsummer Relays' the evening of Wednesday 21st June

This is a great club event in our summer calendar, save the date. More details to follow but we will want runners and volunteers. If you're interested in being part of the organising team, please contact Ange - dulwichchair@gmail.com

Club Championship Races 2023

- 4 March Sri Chinmoy 10k, Battersea Park L
- 18 March Victoria Park 5 miles S
- 23 April London Marathon (or alternative) L
- 3 June Tracksmith Mile Race S
- 13 June Speedy Steeds 5km (or any others in the Sri Chinmoy summer series, 27 June, 18 July, 8 Aug) S
<https://www.eventrac.co.uk/e/sri-chinmoy-5k-races-in-battersea-park-6961#rc16298>
- 1 July Brockwell parkrun S
- 14 July Golden Stag Mile (alternative to June 3 Tracksmith Mile club champs race) S
- 15 July Elmore 7 L
- 3 Sep Big Half L As in previous years we hope to receive discounted community places although these cannot be guaranteed. <https://www.thebighalf.co.uk/the-events/how-to-enter>

Marathon, 1/2M, Elmore 7 & 10k events classed as long (L) - 5 mile, 5km, parkrun and mile short (S).

4 events to qualify, including at least one from each distance category.

No suitable trail races so we chose the Elmore 7, undulating course of rural lanes and minor roads.

If Brockwell parkrun is off we'll choose another date

Difficult to find a suitable 10k, one option is the Vitality 10k but no date set and high entry cost.

Sri Chinmoy series of 5km races at Battersea Park in 2023 scheduled for 13 & 27 June, 18 July & 8 August. Any of these are eligible, but 13 June is recommended.

Golden Stag Mile race is 1 day before the Elmore 7 which isnt ideal if people want to run both club champs events. The Golden Stag Mile still counts to the Club Champs as an alternative to the Tracksmith Mile for anyone who cant make the date or get a place.

Updates on events with dates to be confirmed will be issued as soon as details known

2023 Club Championship rules have been updated - you need to complete at least 4 out of 8 races, including one in each of the short and long categories. Rules & races here: <https://www.dulwichrunners.org.uk/club-championships>

As entries open we'll update the links above, email you, facebook posts and shorts updates to keep you informed.

Big Half entries

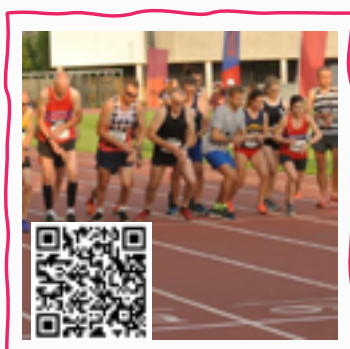
The entries for this are open with prices as follows -

Full price is £54 for EA registered and there is a discount price of £46 for residents of Greenwich, Lewisham, Southwark and Tower Hamlets.

As in previous years, we are applying for some community places which will be £10 each. We should know by the end of April if we have been successful or not.

Dulwich Runners Club Championships 2023

- June & September 2023 Events Now Available to Enter !



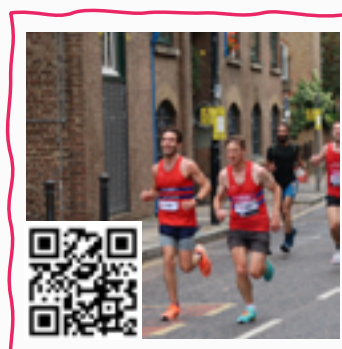
1 mile (SHORT CATEGORY)
 Tracksmith Mile, Tooting Bec Track
Saturday 3 June 2023, 2pm
 Likely to sell out well in advance
 The Golden Stag Mile at Finsbury Park on
 Friday 14 July remains as alternative

<https://data.opentrack.run/en-gb/x/2023/GBR/tracksmith2/>



5 Km (SHORT CATEGORY)
 Speedy Steeds 5K, Battersea Park
Tuesday 13 June 2023, 7pm
 Entry closes 3 days before
 Or any others in the Sri Chinmoy summer
 series on 27 June, 18 July or 8 August

<https://www.eventrac.co.uk/e/sri-chinmoy5k-races-in-battersea-park-6961>



Big Half (LONG CATEGORY)
 Tower Bridge, London
Sunday 3 September 2023 (am)
 Standard price entries open
 We hope to get discounted community
 places, but not guaranteed though

<https://www.thebighalf.co.uk/the-events/how-to-enter>



weekend of 13th & 14th May

This is described by the organisers as a 22-stage running relay covering 220 miles of the Green Belt around the outside of London over a single weekend. The course follows footpaths and towpaths as much as possible, plus some minor roads.

It largely follows the Green Belt Way which is a long distance footpath, with a variety of scenic landscapes ranging from rivers, meadows, fields and hills to market towns and villages.

Teams are 11 people who all run one stage on both Saturday and Sunday. Although the race is a relay, each stage starts at a fixed time which allows each stage to be a competitive race in its own right. The length of each stage varies but we will always try to match runners with stages according to distance and difficulty, as this is an event for all standard of runners. We have entered a team so we need 11 people to fill it, plus some reserves to cover last minute injury/illness etc.

Have a look at these links: <https://www.dulwichrunners.org.uk/green-belt-relay> & www.greenbeltrelay.org.uk

To be in the team/or more information, email Ange - dulwichchair@gmail.com or let me know on a Wednesday evening.

Assembly League

What is the Assembly league ?

- A summer evening race series that ran every year from 1975 to 2019 with a partial return 2022 and full season of 6 races is planned for 2023.
- Races free to enter, no need to book in advance, men and women run together.
- 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.
- After each race organisers normally have a bar for food and drink.

All dates and venues TBC - all on Thursdays

May 4: Victoria Park - June 1: Venue TBC - July 6: Venue TBC Aug 3: Victoria Park - Sept 7: Beckenham Place Park

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.

History

- Dulwich have enjoyed team and individual success. The men are still the reigning champions from 2019



Beckenham Team Relay - Wednesday 17th May 2023 @ 19.30

Entries not yet open but check here in April: <http://www.beckenhamrunning.co.uk/races/relay>
queries: races@beckenhamrunning.co.uk

Guide to Track events



Even though we aren't a traditional "track club" many members take part in a variety of track events over the spring and summer, with the Mark Hayes Mile and Club Mile Champs longstanding staples of the calendar. We've also a comprehensive set of club records for the various age groups

and distances. Even if you don't think you're a track runner, the shorter distances can help improve speed and finish for road events. With that in mind we thought we'd give you some more information about what open track events are available to enter and what shoes to wear.

Events

Many of the historic track based London clubs organise track and field meets from April to September open to members of all clubs and even unattached runners. These generally cater for all ages and abilities. Common distances that you might like include 400 metres, 800 metres, 1500 metres and 5000 metres. The Mile (1609

metres), 3000 metres and 10000 metres are less common but very popular. Most events now need to be entered in advance from the club's respective website or race entry websites, the most commonly used being <https://data.opentrack.run/en-gb/x/> and <https://entry4sports.co.uk/#/>

Competitive and easily accessible meetings include those hosted by:

Barnet & District AC / London Heathside (Finsbury Park) - including Golden Stag Mile and Fast 5000s.

Blackheath & Bromley (Norman Park) - including the "So Clean Mile"

Cambridge Harriers & British Milers Club (Sutcliffe Park, Eltham)

Dartford Harriers (Central Park)

Hercules Wimbledon (Wimbledon Park - note this is a very worn running track which isn't great for joints and muscles) including the Dave Clarke Mile

Herne Hill Harriers (Tooting Bec Track, near Streatham) including the Stan Allen Miles

Highgate Harriers (Parliament Hill Fields, near Kentish Town) including the Night of the 10000 PBs

Kent AC (Ladywell)

Newham and Essex Beagles (Stratford Olympic Warm up Track).

Both Blackheath and Herne Hill Harriers have recently relaid tracks which are better for your joints and fast times!

Some open evenings available for bookings:

Blackheath & Bromley Open: Monday 24 April - Entries close 20 April - <https://entry4sports.co.uk/#/> scroll down to their event. They have a series of summer open events with the following one on 25 May

Highgate Harriers Early Season Open Evening: Wednesday 26 April - Entries close 23 April - <https://data.opentrack.run/en-gb/x/2023/GBR/highear23/>

Kent AC Coronation Games (including the Gunpowder Mile): Sunday 7 May - Entries close 1 May - <https://data.opentrack.run/en-gb/x/2023/GBR/kent-ac-open/>

Cambridge Harriers / BMC Open: Wednesday 24 May - Entries close 20 May. Cambridge Harriers full schedule of open events is available for bookings. - <https://entry4sports.co.uk/#/> scroll down to their events

Newham & Essex Beagles Open: Monday 29 May - Entries close 26 May.

Herc Wimbo 1500m Night - Wednesday 31 May - Entries close 24 May <https://data.opentrack.run/en-gb/x/2023/GBR/herc15/>

We'll endeavour to update this list every couple of weeks.

Veterans AC (VAC) also host meetings only open to VAC members (aged 35+). A number of Dulwich Runners also compete for VAC with their super cheap second claim membership. Please visit <http://www.vetsac.org.uk/> for more details of their events.

Shoes

Many road shoes manufactured nowadays (looking at you vaporflys!) will be unsuitable for track competition but traditional racing flats (e.g. ASICS DS Racer, Saucony Fastwitch if you can get hold of them) should be fine. <https://www.worldathletics.org/about-iaaf/documents/technical-information> includes a link to approved shoes for track and field competition. Having said that 'spikes' will generally be better providing a more responsive connection with the track and should lead to slightly faster times. It is worth saying that not all spikes are suitable for all events.

Shoes suitable for all out pace in the 400m won't be very good for the 1500m or 5000m as you will

County Championships

Kent Senior T&F Championships 13-14 May, Norman Park - entries close 21 April <http://www.kcaa.org.uk/track-field.htm>

Kent Masters T&F Championships TBC

Surrey Senior T&F Championships May 2023

Surrey Masters T&F Championships June 2023

want more support for your Achilles and ankle. As with all shoes get the opinion of a suitable running shop. Some cross country shoes can be used if they give you sufficient heel support. You'll also need screw in spikes these are much smaller than cross country spikes. Max permitted is 6mm but normally runners go for 3mm to 5mm. As with any new shoe don't try them out for the first time at a race meet - build up training in them beforehand.

Want to know more - Please speak to Jonathan Whittaker or Mike Mann or your club captains who will be happy to help.

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 interval training at Crystal Palace

Tuesday night training at Crystal Palace track for the next few weeks. From 18th April start at 7:00pm, warm-ups and drills, main session start 7:10pm. To book a slot at the track register (or re-activate) with Crystal Palace arena - details at: <https://www.dulwichrunners.org.uk/tuesday> and then book a slot at: <https://bookings.better.org.uk/location/crystal-palace-leisure-centre/athleticsgrp>

the summer, reducing the volume a bit but upping the intensity, the sessions should also benefit those targeting longer distances. Once your spring marathon is out of the way I'd advise staying away from interval sessions for about four weeks after your race and prioritise effective recovery, although this can vary a lot person to person, so you might need a bit more or a bit less time, depending on what works for you. Some easy running, even walking, as well as non weight-bearing exercise such as swimming and cycling can be really good at this time.

We'll be focusing on the 1 mile and 5k club champs races over

In a few week's time we should be at Dulwich College track & fields for spring and summer - details to follow

Any questions let me know - happy to provide any advice . First time at these sessions please let me know in advance so I can provide more of an explanation of what's involved.. Tom Poynton (Coach in Running Fitness) - tpoynton@hotmail.com

Tuesday Morning Speed - Dulwich Park

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

Thur. Mornings - Brockwell & Crystal Palace Pk.

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

Sunday Morning Runs

Runs start at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 min/mile. Ola 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 - 9am 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

English Fell Racing championships 2023

The 2022 Fell racing championship season has been completed. A few of us completed some amazing races this year and we are keen to give the championship races another go next year. The aim is to do 4 of these races in a year to score as an Individual (or a team). Last year we co-ordinated cars and had one overnight stay in the Lake district camping for the Langdale horseshoe. Anyone interested drop me an email and will add you to the group. Mark Foster Markafos@gmail.com

May 13	Fairfield Horseshoe - AM 14.5km/9 miles; 914m/1999' Rydal Hall, Cumbria.
June 3	Duddon Valley - AL 29km/18 miles; 1830m/6004' Newfield Inn, Seathwaite, Cumbria.
July 23	Chapelfell Top - AS 7km/4.4 miles; 400m/1312' - St. John's Chapel, Weardale.
Aug 20	Sedbergh Hills - AL 22.5k/14miles; 1830m/6004' - Sedbergh, Cumbria (British Counter)
Sept 23	John Hewitt Shelf Moor - AS 9.1km/5.7miles; 457m/1499' - Old Glossop, Derbyshire.

Masters International Championships

16 Apr - British Masters 10k Road Champs - Grangemouth	20 Aug British Masters 10 Mile Road Champs Prudhoe
20 May - British Masters Open Road Relays - Birmingham	08 Oct - British Masters Marathon Champs - Chester
04 Jun - British Masters 1 Mile Road Champs - Edinburgh	Oct? British Masters 1/2M Champs Gravesend
25 Jun British Masters 30km Multi-Terrain Champs Gravesend	03 Dec - British Masters 5k Road Champs - London

A spring marathon training plan- April update

Sunday 2nd long run is about the last time for your longest of long runs, with a shorter run the following Sunday that gets even shorter a week later. It takes 10-12 days for a session to have a positive effect, it makes sense to have a last hard session around the middle of the penultimate week. After that reduce

the volume but not intensity of sessions, so you get to the start line feeling refreshed 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.

Mon 27 March – Sun 2 April

Tuesday interval session, Wednesday 60min easy-steady club run, Sunday long run 2:45-3:00 hours, mainly easy pace, but with 3m at marathon pace, 2m easy, 3m at marathon pace and 1m faster than marathon pace. If you're racing the SEAA road relays (on the Sunday) you could move your long run to Saturday, or you could incorporate your stage into your long run e.g. 5m easy, race, then a mix of recovery and MP running. Otherwise two, preferably three easy runs for 40-60 mins elsewhere in the week.

Mon 3 – Sun 9 April

Tuesday easy run, Wednesday club run, Sunday long run for c1:45 hours at a bit slower than marathon pace. Otherwise two, preferably three easy runs for 40-60 mins elsewhere in the week.

Mon 10 – Sun 16 April

Last "proper" Tuesday interval session, Wednesday club run, Saturday possibly parkrun at controlled 10k effort or race the National Road Relays (if there is a DR team), Sunday long run for c75 mins, mostly at slightly slower than marathon pace. Otherwise one, possibly two easy runs for 40-60 mins elsewhere in the week.

Mon 17 – Sun 23 April

Tuesday interval session a LOT shorter than usual – do these either at the club track session, or elsewhere e.g. Dulwich Pk - 3 or 4 x1k at marathon pace. Otherwise keep your runs short (30-40 mins max) at an easy pace with a few strides and feel free to take a day or two extra off

10% off on Sportshoes.com for the club

with a monthly code. Please don't share outside of Dulwich Runners.

The new code for the month of April is - **UIJAQ6** - valid until 3rd of May 2023 - giving you 10% off the whole range on orders (excluding Brooks products) and free standard shipping, worth £4.99 on all orders over £50.

Please make sure to select United Kingdom in your shipping address to apply the promotion code without errors

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 Barry Graham 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.

Bob Graham Round (30th June)

pacers / support needed!

As some of you know, three DRs (Michael Williams, Ben Smith and Alex Loftus) are planning an attempt on the Bob Graham Round (BGR) this Summer. The BGR is one of three classic sub-24 hour mountain challenges in the UK, the other two being the Ramsey Round in Scotland and the Paddy Buckley Round in Wales. It dates back to June 1932, when Keswick hotelier Bob Graham broke the Lakeland 24-hour record by crossing 42 fells in the Lake District, over 66 miles with 27,000ft of ascent. (Everest is 29,035ft, just for scale). To be officially ratified in the 'Bob Graham 24-hour Club', you must complete it in under 24-hours, and each runner must be accompanied by a witness on each summit.



The route crosses roads at 4 distinct points so it's broken down into five distinct legs and we're hoping to have a team of pacers taking turns to join us on each leg. This is not only to verify that we've actually reached each summit but – more importantly – to help make sure the three of us are on course, running at a steady pace and are still sane, fed and watered! This is where we're hoping that other DRs might be willing to join us for a leg or two. Although it might seem a somewhat selfish request, we'd also hope it might be a beautiful night & day for running in the Lakes. In the reciprocal spirit of the BGR, we'll also return the favour when anyone else is keen to do the same.

We've now set a tentative, weather-dependent date of June 30th, and there should be at least a couple of cars going up from Dulwich. If, nearer the time, the forecast doesn't look optimal, we'll aim for the weekend after (7th-8th July), with the same scheduled departure of 7:15pm from the Moot Hall in Keswick. On the basis of a 23-hour round (the schedule is likely to change quite a bit!) this would mean rough timings for each leg as follows:

- Leg 1. Keswick to Threlkeld: Depart 1915. Arrive 2301.
- Leg 2. Threlkeld to Dunmail Raise: Depart 2316. Arrive 0342
- Leg 3. Dunmail Raise to Wasdale: Depart 0357. Arrive 0949
- Leg 4. Wasdale to Honister: Depart 1009. Arrive 1508
- Leg 5. Honister to Keswick: Depart 1522. Arrive 1818

The 1st of July should dawn at around 3-ish near to the summit of Fairfield, with some of the most beautiful views on this island.

There are likely to be at least a couple of cars going up from Dulwich. If anyone is able to offer any help in our attempt – whether as a pacer or road support – please do write to us on:

asmithcalledben@gmail.com
mikathlon@gmail.com
alexloftus75@gmail.com

Dulwich Runners Book Swap

The last Wednesday of each month - Next date - 26th April

Thanks to those who brought books along last week. 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 are unlikely to re-read them, bring them along to the club house on Wednesday 26th April.

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.



Put a spring back in your stride with a Sports Massage.

Ola Balme is an experienced Sports Massage Therapist, Reflexologist (reflexology enhances wellbeing) and DR club runner.
For more details - 07506 554004

Dulwich Runners

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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](#).

Want your race results and reports in SHORTS ? please& email them to barry@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

SEAA Men 12 Stage Relays Queen Elizabeth Park

Jack Ramm writes: A team of twelve, naturally, Dulwich men took on the 12 stage Southern relays last weekend. We were hoping to replicate our success from last year at the six stage relays and qualify for a place at the nationals. However, without captain Ed Chuck, we knew we had our work cut out.

The course was 2 laps for a short leg, or 3 laps for a long leg, of the lumpy and bumpy QE park in Stratford, East London. There was a good bit of wind, and no small number of dogs, bicycles, and children to dodge. With 60 teams lining up, we needed to be in the top 25 to board the train to Birmingham.

Leading out was James Dazeley. James is just closing out a great London build-up, and in fantastic shape. Still, it's always daunting to lead the team out, and doubly so on (I believe) your club debut. Leg 1, a long leg, was also the most competitive of the day, meaning James had a triple threat of nerve-wracking situations to deal with. He coped brilliantly, hanging on to 24th and putting us right where we needed to be. We couldn't have asked for a better, or faster start.

Ade Russell picked up the baton for the first short leg. Ade's leg was also ultra-competitive, with many teams trying to stack their fastest runners in the early legs to build a gap. Ade ran very strongly, having gone out very hard on lap one, he managed to keep us in contention at 26th.

Aaron Wilson was up next. Aaron felt his run wasn't his fastest possible, but it was perfectly pitched. He gobbled up three places, putting us into 23rd overall. Aaron was still running at the most competitive end of the race, clearly shown by the fact that he was our third fastest long runner of the day, but placing, like James, 24th in his leg. I must also thank Aaron for calming me at various points in the day when I was in a flap about somebody not being in the starting pen, getting lost on the course, or arriving late. Thanks, Aaron!

By this point, things were starting to stretch out, so Fred Bungay, who has had a little time out managing an injury, did brilliantly to pick off another runner, cruising into 22nd. He managed all this with one shoelace untied, and a big split in the sole of his shoe. Imagine how he'll run with training, tied laces, and intact footwear!

Nick Impey, who gave me palpitations by arriving just in the nick of time, more than made up for it with a fantastic run. There was a big gap between us and the teams ahead, which meant that Nick, and the next few runners, were time-trialling. At this stage of the race, we were still trying to ensure that nobody came past us; a tense moment. Nick's solid 19th for the leg put space between the chasers and narrowed the gap up the road.

Ed Gibson continued this trend, with, looking back, perhaps the key leg of the day. Ed took the short leg right in the middle of the race, and I think several teams put a less strong runner here. Ed capitalised on this, setting off very fast, and despite not making up places overall, he was the 15th fastest man in his leg. This turned out to be a crucial turning point, bringing us back towards the rest of the field, thereby teeing up the runners in the second half. Ed suffered a bad bike accident late last year, and it's been brilliant to see him getting back up to speed again.

Rob Armstrong was next. Rob has also had a bit of time off and was perhaps not as sharp as he was by the end of the cross-country season. Nevertheless, he ran solidly, securing the gains made on Nick and Ed's runs. The race was very much on at this point.

Tom South was up next. Like Ed and Rob, Tom's was a solo effort. Tom has had a very good month or two of training and is prepping the start of a marathon build-up. He chipped away at the big gap to 21st by coming in 17th for his leg. We were getting closer, and, without getting too ahead of ourselves, we were starting to think qualification must be on the cards.

Joe Hallsworth took the baton with 21st still out of sight. Joe is at the opposite end of the marathon cycle to Tom and, as anybody who has checked the Dulwich Runners strava group will know, he's been putting the work in. Despite a heavy training week, our resident mileage monster ground out a very solid effort,

finishing up 18th for his leg.

The efforts of the previous five runners only started paying off with Tim Bowen, who, along with Ed G represented another crucial turning point. Tim had covid earlier on in the week and so did well simply to make the starting line. Highly competitive and extremely tough, Tim wouldn't let a nonsense like "feeling faint" or "chest pain" slow him down. Ignoring conventional wisdom and doctor's advice, Tim powered through, grabbing two places to boot. We were in the top 20.

My (Jack Ramm) leg next. Waiting in the pen, I could see that there were a couple of runners taking off a minute or so ahead. Teed up perfectly by Tim and the others I simply tried to chase them down. I managed to pick up four places, and was the 6th fastest runner in my leg, before handing over to...

Andy Bond. Andy had classic U-shaped pacing – fast start, steady middle, fast finish. I think by the end of Tim's leg we felt a sense of security around qualification, but it was immensely gratifying to see Andy mopping up in style. Andy made 3 places and seemed to be floating around. Winding up a signature sprint for the finish, Andy brought home the Dulwich Men's team in 13th place. Hooray!

It's fair to say that competition was stiff. Overall winners AfD drafted in Irish Olympian Stephen Scullion (a 2:09 marathon man)... and he was only their third fastest long leg runner, beaten by both Ellis Cross (who famously out-kicked Mo Farah in the Vitality 10K) and Jack Rowe (recently returned from the European indoor 3000m Champs). It's fair to say Rowe and pals weren't looking over their shoulder in fear of a red and blue vest, but 13th in such a competitive race is an achievement unthinkable just three or four years ago. DR scholars may be able to correct me, but I don't think we have ever qualified for the 12 stage nationals before. The fact we did it comfortably, and without our best runner, goes to show the depth of field we've managed to acquire in the last year or two. Good effort, lads.

It was also fantastic to be able to race alongside (sometimes literally!) and cheer on our women's 6 stage team, who provided amazing support in return. All in all, a fantastic start to the road running season.

VETS AC 5K

4 APRIL

This was the first of the summer series of road races, held by Vets AC at Battersea Park. It took place in perfect conditions, with cool temperatures and a light breeze.

Overall winner of the event was Andy Bond in the same time as the fastest of his many parkruns this year. Jonathan Whittaker put in another strong performance in his best time for 5 years. Tony Tuohy's time was only 4 secs slower than his best last year, so plenty of opportunities for beating it left this season. Mine was the fastest for almost 5 years on the road, but some 95 secs

down on the run on the day of my 70th birthday, at which I picked up an injury that put me out for several months, but no problems on that score this time. Unable to read my watch in the fading evening light after the first km in 4:35, I was expecting a time of around 23.30, so was pleasantly surprised and a bit stunned. A strong performance in the final km helped. Gary Budinger, only recently returned from injury, decided to take it cautiously, but should improve over the coming months. Mike Mann

Andy Bond	15:51
Jonathan Whittaker	18:28
Tony Tuohy	18:40
Mike Mann	22:51
Gary Budinger	26:31

Crystal Palace Canter 5km

4th April 2023

Dave West writes: This very low-key, two lap event takes place on the first Tuesday each month at midday and has a history dating back to the 1980s. Starting near Canada Gate in Crystal Palace Park, below the terraces, it heads sharply downhill around the back of the concert bowl, briefly through the park and ascends once more on the road behind the Jubilee Stand. It's probably worth more than a minute over a flat course. Although not a Dulwich Runners' event as such, most of the regular participants are our club members. Anyone with a spare half hour is welcome to turn up for a testing time trial and join us for coffee and debrief in the station café afterwards.

Despite perfect conditions for running this month, some regulars

had other plans which led to a number of solo runs. Belinda doubly so as she Cantered for the first time without Milo who is convalescing after surgery (not sure whether she had the usual toilet stop on the way though). Others have been hit with the latest bug that seems to be circulating. Having surprised myself in the Brighton 10km a couple of days earlier, I threw caution to the wind and knocked 40 seconds off my previous best time on this course suggesting that I had actually underperformed on the South Coast – c'est la vie!

1	Ebe Prill	(10:24)	21:06
2	Hugh Balfour	(11:01)	22:27
3	Belinda Bell	(11:23)	22:48
4	Dave West	(11:47)	23:54
5	Jo Quantrill	(12:10)	24:41
8	Paul Keating	(13:23)	27:53
10	Clare Wyngard	(14:20)	28:39
11	Mike Dodds	(14:20)	28:40

(Approximate halfway split in brackets)

Wimbledon Common

327 Ran
Pos Gen
191 131 Tommaso Bendoni 29:25

Banstead Woods

211 Ran
Pos Gen
8 8 Tony Tuohy 20:07

Wakefield Thornes

243 Ran
Pos Gen
66 10 Claire Barnard 25:33

Frimley Lodge

413 Ran
Pos Gen
103 90 Colin Frith 25:15

Lydiard

359 Ran
Pos Gen
82 10 Katie Prior 24:08

Brockwell , Herne Hill

227 Ran
Pos Gen
3 3 Aaron Wilson 17:39
5 5 Shane Donlon 18:08
12 12 John Kazantzis 19:44
54 46 Stephen Trowell 22:43
77 62 Michael Mann 24:12
151 46 Sharon Erdman 28:52

Trelissick

291 Ran
Pos Gen
83 67 Cameron Timmis 26:07

Beckenham Place

236 Ran
Pos Gen
5 1 Kay Sheedy 19:47

Ashford

262 Ran
Pos Gen
14 2 Kim Hainsworth 20:27

Crystal Palace

273 Ran
Pos Gen
31 2 Laura Denison 21:45
57 47 David Benyon 23:39
70 7 Belinda Cottrill 24:07
253 90 Chris Bell 39:29
254 146 Bob Bell 39:31

Markeaton

420 Ran
Pos Gen
64 57 Huw Russell 22:51

South Norwood

185 Ran
Pos Gen
28 24 Sam Jenkins 23:57

38 6 Carys Morgan 25:09

Riddlesdown

129 Ran
Pos Gen
128 72 James Wicks 47:39

Bury St Edmunds

255 Ran
Pos Gen
1 1 Harry Lawson 17:24

Conkers

430 Ran
Pos Gen
5 1 Polly Warrack 18:33
6 5 Alastair Low-Macrae 18:34

Eastville

429 Ran
Pos Gen
45 38 Jamie Robinson-Nicol 21:22

Dulwich

430 Ran
Pos Gen
25 23 Alexander Dodds 17:59
32 28 Grzegorz Galezia 18:19
38 34 Chris Beardsall 18:38
44 39 Mark Callaghan 19:06
60 51 James Burrows 19:59
66 53 Ebe Prill 20:13
73 58 Robert Tokarski 20:34
129 100 Chris Cooper 22:36
130 101 Rob Mayes 22:37
146 112 Graham Laylee 23:00
169 129 Tom Shakhli 23:47
226 162 Andrew Inglis 25:45
228 163 Chris Lawrence 25:46
251 173 Michael Dodds 26:19
277 87 Clare Wyngard 27:21

Burgess

314 Ran
Pos Gen
19 18 Charles Lound 19:12
39 36 Martin Kelsen 21:00
47 42 Hugh Balfour 21:40
300 121 Stephanie Burchill 46:47
301 122 Susan Vernon 46:48

Orpington

166 Ran
Pos Gen
104 80 Paul Hilton 29:56

Southwark

267 Ran
Pos Gen
159 38 Claire Steward 28:40
198 128 Paul Keating 32:07

Osterley

263 Ran
Pos Gen
86 65 Barrie John Nicholls 25:35
158 44 Lindsey Annable 30:04

Shrewsbury

570 Ran
Pos Gen
55 50 James Auger 21:23

Peckham Rye

192 Ran
Pos Gen
13 13 Justin Siderfin 21:05
71 53 Wander Rutgers 25:35
84 15 Ros Tabor 26:09
106 73 Andy Murray 27:27

Hastings

492 Ran
Pos Gen
15 15 Joe Farrington-Douglas 18:56

Haga

92 Ran
Pos Gen
9 8 Paul Collyer 20:50

Heartlands

266 Ran
Pos Gen
23 4 Laura Vincent 22:16

Hafan Pwllheli

149 Ran
Pos Gen
13 9 Dan Hill 23:35

Leazes

122 Ran
Pos Gen
15 13 Sum Mattu 22:59

Land's End

151 Ran
Pos Gen
20 19 Lee Wild 23:10

Wickford Memorial

173 Ran
Pos Gen
4 3 Jonathan Whittaker 19:28

Sharpham Rd Fields

145 Ran
Pos Gen
1 1 Hugh Stobart 18:10

Sutcliffe

183 Ran
Pos Gen
32 27 Stephen Smythe 22:05

Sandy Water

173 Ran
Pos Gen
31 5 Emma Ibell 22:20

Swanley

51 Ran
Pos Gen
8 7 Dave West 24:53

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



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

Socks only £5



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

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

For all club kit enquiries: ros.tabor49@gmail.com



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces & hoodies.

Just click the link to the Dulwich Runners shop and purchase directly.

<https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html>

any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer Map B

All routes go anti-clockwise

13.1 km / 8.2 miles - 106m gain

10.9 km / 6.8 miles - 76m gain

8.2 km / 5.1 miles - 50m gain

Extra full lap of Brockwell Park is 2.8km or 1.75 mile

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

