



These are your SHORTS

Please send any reports, running news etc to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto: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 3,

## In your SHORTS this week !

- 1 General notices
- 4 Fixtures
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- 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](mailto:barry@bg1.co.uk)

## Dulwich Runners AC AGM - Save the Date

The 2023 Dulwich Runners AC AGM will take place on **Wednesday 19 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.

See following pages for further details

Yvette Dore - DR Club Sec.

## '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](mailto: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: Becca Davies; Katie Smith

General Member: Jack Ramm, Gower Tan

Honorary President: Barrie Nicholls

Yvette can be contacted at: [secretary@dulwichrunners.org.uk](mailto: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
<b>Joint Women's Captains</b>	<b>Ola Balme</b>	<b>No</b>
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
<b>General Member</b>	<b>Eleanor Simmons</b>	<b>No</b>
<b>General Member</b>	<b>Ryan Duncanson</b>	<b>No</b>
<b>Non-committee posts</b>		
<b>Honorary President</b>	<b>Chris Vernon</b>	<b>No</b>
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](mailto:alexloftus75@gmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
 Ola Balme, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

Road & other Club Champs Assembly League Cross Country Track

Date	Race	Venue
Apr 6	Assembly League CANCELLED	CANCELLED
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](mailto: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.

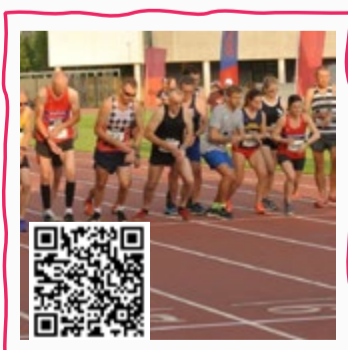
Updates on events with dates to be confirmed will be issued as soon as details known

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.

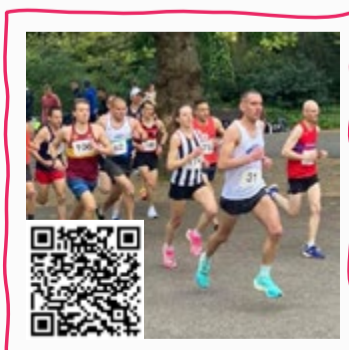
## Dulwich Runners Club Championships 2023

- June & September 2023 Events Now Available to Enter !



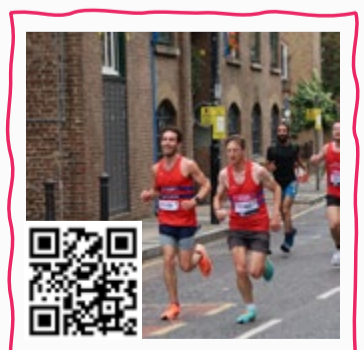
**1 mile (SHORT CATEGORY)**  
 Tracksmith Mile, Tooting Bec Track  
**Saturday 3 June 2023, 2pm**  
 Likely to sell out well in advance  
 The Golden Stag Mile at Finsbury Park on Friday 14 July remains as alternative

<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](http://www.greenbeltrelay.org.uk)

To be in the team/or more information, email Ange - [dulwichchair@gmail.com](mailto: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](mailto:races@beckenhamrunning.co.uk)

# 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**

If you're new at the club, we will place you with others at your preferred pace and distance.

**NOTE: £1 club run fee for members and guests each**

## Tuesday evening track speed/strength

We return to Crystal Palace track Tuesday 11th April for the next few weeks, with a possible return to Dulwich College track for the rest of the summer. First session starts 6:45pm, future weeks start 7pm. Details of how to book a slot and training we'll be doing to follow in the coming days. Tom Poynton (Coach in Running Fitness) - [tpoynton@hotmail.com](mailto: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](mailto:mcmann90@yahoo.co.uk)

## Thur. Mornings - Brockwell & Crystal Palace Pk.

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

## Sunday Morning Runs

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](mailto:olabalme1@gmail.com)

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

Longer & faster - 9am from Dulwich Park. Circa 7.00/mile pace - Tom South: [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

Longer & steady - 9am from Dulwich Park. Circa 7.30/mile pace - Tom Shakhli: [tomshakhli@gmail.com](mailto:tomshakhli@gmail.com)

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

# 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](mailto: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 2<sup>nd</sup> 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.

## 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.



**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](https://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](#).

Home, Run, Clock, Trophy, Play, Medal, People, Menu

## 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

# 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](mailto:asmithcalledben@gmail.com)  
[mikathlon@gmail.com](mailto:mikathlon@gmail.com)  
[alexloftus75@gmail.com](mailto:alexloftus75@gmail.com)





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

## World Masters athletics Championships Indoors, Torun, Poland

As reported last week Ros and I ran cross country on the Monday.

On the Wednesday we and Clare Elms lined up for the 10k road race for all categories. It was minus 4 when we woke up but fortunately strong sunshine soon pushed the temperature into bearable positive territory for the 10am start. The course was a straightforward out and back from near the indoor stadium on a single road after the first 500m. We had one lane of a dual carriageway, passing several police-controlled junctions until the scenery became wooded as we neared the 5k u-turn, onto a parallel cycle path. It was suited to steady paced running as it was largely flat. Ros had a slightly more confident start than Andy and was several places ahead for most of the race. We saw Clare after her turn, running a very good pace but a bit behind the leading w55, fellow Brit Sue McDonald.



With a variety of age groups and some runners slowing it was easier to concentrate on one's own pace. Clare finished a fine 2nd w55, Ros and Andy almost 15 minutes behind but pleased with our times.

### 10k Road (no teams) Wed 29 March

102 2 W55 Clare Elms (2nd claim) 39:55 1:02 behind gold  
214 6 W70 Ros Tabor 53:53  
215 15 M70 Andy Murray 54:28

On the Saturday Ros was returning to the track for only her second such race since March 2020, 1500m indoors at 8.30am. Her time for the Mark Hayes mile in 2022 equated to about 7:14 for 1500m, 58 seconds per lap. We had watched the W70 800m at the stadium two days previously, won by a fit German ahead of three others. Ros faced the fastest three in the 1500m, the German indicating sub-7, a Belgian over 7:30 and a Romanian slower, so on form it would be a procession with Ros hopefully second. The German set off ahead, building up an increasing lead, with Ros following slightly inside 58 per lap. For a couple of laps the Belgian was close behind, which was a worry, but she eventually could not keep up with Ros's disciplined pace that took her through to the finish for a silver medal.

1500m W70 Sat 1 April

2 Ros Tabor 7:08.72 (1st was 6:47, 3rd 7:20)

Also on Saturday, at 11am was the road half marathon. Clare was in a GB W55 team with SLH's Sue Macdonald and a W60 runner

## Kew Gardens 10k

Polly Warrack writes: While the exceptionally wet, cold and all-around dreich weather we have had so far in 2023 has put paid to any sense of missing out I felt by not training for a spring marathon, I had found myself missing the buzz of race day over

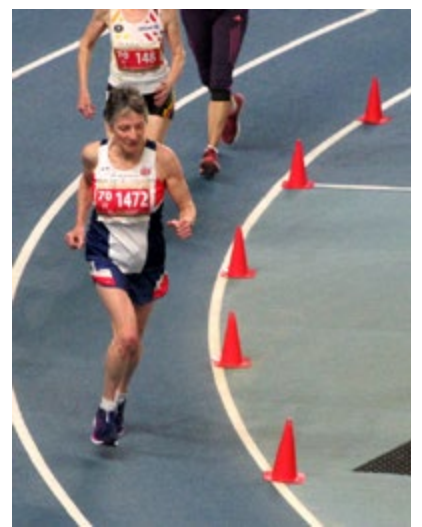


the last few months. Having run a number of the four-times round Battersea Park races, I decided to give myself a break from a multi-lap course and sign up for the Kew Gardens 10k.

I have not had much luck with the 10k distance over the last few years and normally the best way for me to guarantee getting a cold or a niggle is to sign up for a 10k race; the first sneeze or twinge is normally simultaneous to the entry fee leaving my bank account. As such and to avoid putting pressure on myself with some arbitrary goal, I did not have a pace-based plan and instead was planning on running to feel to try and give a PB effort, but without necessarily expecting a PB result. This did not last.

After a slightly congested start I felt I was moving better than I expected. The course is as pancake flat as advertised, although

dropping down. Andy was dropped down to a GB M65 team with two faster runners. Fortunately the steady rain before the start abated but a steady northerly wind was blowing against the runners for the whole of the first half of the route, which went out twice as far as the 10k route's turn. Andy had the start of a cold, so was slightly cool and achy, making a steady start but having to drop off a sheltering group after 3k. From then on few were running the same pace steadily and it was a battle against the wind. Towards 9k the road emerged from woods uphill after a stream crossing and Andy had a brief walk here. At a village at 10.5k the route turned back onto a sheltered cycle path in an old railway cutting and it became much easier to run. However, Andy had limited energy left and needed a few brief recovery walks on the way back into town, following two older runners in red vests about 200m ahead, one of whom was caught on the line after the final downhill. Clare had a strong run, again gaining a silver individual and less than a minute behind McDonald in this race, both of them being part of the winning W55 team. Andy's team was 4th M65, more than 20



minutes behind 3rd.

### Half Marathon Sat 1 April

110 2W55 Clare Elms (2nd cl.) 1:24:40 part of GB W55 team (1st)  
323 17 M70 Andy Murray 2:08:28 part of GB W65 team (4th)

The championships generally went very smoothly. There were a huge number of indoor events for the organisers to manage (60m to 3000m) plus jumps; throws, road and xc outdoors. GB came 4th on the medal table, behind Poland, Germany and US. The indoor stadium had great spectating with multiple viewing and result screens. Torun has a world heritage-rated old town at its centre, with many medieval tall buildings. Thanks to Steve Smythe for supporting. Andy Murray

there is a surprise stretch of wet mud a few kilometres in and by keeping the race entirely within Kew Gardens it has some spaghetti junction elements to it. The benefit of this is that you often had a good view of who is behind you as well as who is ahead. I knew from reasonably early on that there were only two women ahead of me and with nobody immediately on my shoulder, but after about halfway I could see that I had a good lead on the woman in fourth place, after which my arbitrary goal became to hold the position and finish third.



That newly found yet no less dearly held goal stayed in place until about 8km, when the man I'd been running alongside and trading places with for the second half of the race said that we were on for sub-38 (my previous 10,000 m PB was 38:11, while my 2.5-year-old road PB was 39:48). That was it. New goal. Late in the race, but I then had my heart set on breaking 38 minutes.

Given this entirely arbitrary goal had been in place for less than 20% of the race, I had very little time to play with and ended up doing a final sprint for the line, coming home in 37:48 and third place



# SEAA 6 stage relays, Queen Elizabeth Olympic Park

Sunday 2nd April



Alex McClelland,

Kay Sheedy writes: It was great to get a team out for this high quality road relay championships, which attracts the top clubs in the South of England. The ladies race consisted of six stages, with the second and fourth legs being longer than the others. The course was an interesting mix of U-turns, undulations and weaving in and out of spectators and other competitors doing their warm-ups, however it was great fun and it was also exciting

to be able to support the men's team, who were running simultaneously for most of our race.

Leading off for the ladies was Alex McClelland, who is making a fine return to form after her injury last year. Completing the

## BM10k

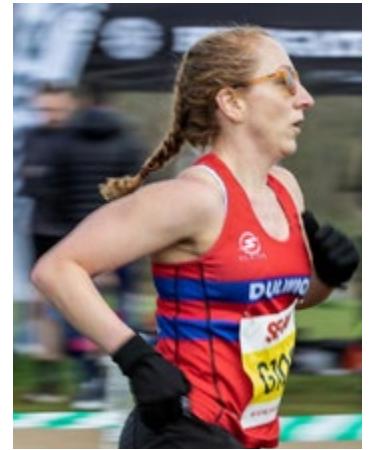
2nd April 2023

Dave West writes: This was a race that I hadn't entered and wasn't really on the plan; my place was acquired after the company organising the Brighton Trail Weekend went bust. London Marathon took over the organisation's races (but not the debts) and decided to scrap the trail events, offering "free" road marathon or 10km places to anyone with trail entries. As a result, I found myself scrambling around for a last-minute hotel room due to the early start and a threatened train strike.

So several hundred pounds lighter and with trains running normally, I found myself on the south coast but in a hotel just metres from the start/finish area. Just like the previous week, I'd run a reasonably challenging Parkrun that morning as muddy preparation for a Sunday race ("only" a 5.6 on the Richter scale this week though). Whilst the room was not worth the money (decent size and clean, but with cheap self-assembly style furniture and an overpowering smell of chlorine), the location definitely was. No sea view, but being able to warm up and return to my room to use the facilities then back out to the start within minutes, and have access to a post-race shower, was a definite bonus.

The 10km started at 9am in rolling waves (appropriate given the seafront location) from Hove Lawns and finished very close to where it started, firstly heading east along with coast road with a few short, out and back excursions adding some elevation with the most significant being a section along the narrow St James' Street before dropping back to Marine Parade, then finally turning west and dropping once more to Madeira Drive around halfway to head home. Provided the wind is favourable, it's a great course and the small diversions were good for runners like me who lose focus on straight roads but are able to push on the up and then make the most of the downhill.

4.8km course in well under 20 minutes, Alex got the team off to a very good start before handing over to myself for the first of the long legs. Having run a 10km race here two years ago, I was already familiar with the course, however I did find the constant twists and turns quite energy sapping and there was also a strong head wind for a good portion of the leg. I managed to catch a few people on the second and third laps before handing over to Christina, who had an excellent run and also gained a couple of places during her two laps.



Laura Vincent

Emma Hatch was up next, who arguably had the toughest leg of the lot, running the second longer stage, however she ran very strongly throughout each of her three laps and managed a great sprint finish at the end. Taking over from Emma was Laura Vincent who also ran extremely well for her leg and gained another couple of places for the team. Last up for the ladies was Polly, who was showing no signs of fatigue 24 hours after running a superb 10km PB. Polly had the quickest overall run, completing her two laps in 17:32- well under six minute mile pace, and making up another three places on the other teams.

Overall we finished in 21st place, which I think is an excellent result given the calibre of the teams that we were up against. Our total time was 2hr15min, which is on average 4:02km pace for 33.6km!

On the day of the race, it was dry, but chilly and with a gentle NNE'ery wind across the course. Given the numerous flooded off Parkruns the previous day, that was far better than we could have hoped for and perfect for running. Before the start, I'd been chatting to another runner from Hastings based HY Runners who was targeting 50 minutes and had even set up PacePro on her watch. That seemed ideal for me too, but possibly ambitious given my form in the recent club 5-mile champs.

I was in the second wave and found myself running comfortably at around 5-minute km pace with the Hastings based runner alongside, keeping each other on track. The 5km point was passed in just under 25 minutes approaching Madeira Drive. Still feeling good, I pushed on in the second half now acting as pacer for my new best friend, well below 5min/km and ending with a 4:30; the second 5km being nearly a minute faster. Frustratingly the chip time came up as 49:01, but far better than I expected and feeling in control throughout; a huge contrast from Victoria Park. Great to actually be racing again instead of surviving, even if I was 15 minutes outside my PB set a mere 32 years ago! My fellow competitor was equally pleased with her time, a big PB, even if it did mean ignoring the annoying alerts on her watch (and what her coach had advised) and just going for it. I was 501st out of 2747 finishers ranging from 31 minutes to 2h 10m.

Being London Marathon, the organisers have given it a big race feel with lots of edible and drinkable freebies afterwards in addition to a medal and optional t-shirt. They'd also planned it so that the Marathon started a little later and in Preston Park, but finished like us in Hove after most of the 10km competitors were out of the way. Hopefully one of the Dulwich contingent will write a report, but the chip times were as follows:

Matthew Trueman	3:01:53
(Alex Dodds)	3:05:32)
Stephen Neudegg	3:30:01
Miles Gawthorpe	4:03:34
Laura Brand	4:21:02

**To have 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.**

### Banstead Woods

182 ran  
Pos Gen  
8 8 Tony Tuohy 21:12

### Roundshaw Downs

118 ran  
Pos Gen  
34 27 Dave West 25:44

### Bromley

660 ran  
Pos Gen  
402 103 Carys Morgan 30:19

### Harrow

237 ran  
Pos Gen  
32 30 Sum Mattu 22:37

### Brockwell , Herne Hill

320 ran  
Pos Gen  
24 22 Matthew Wright 20:36  
43 38 Stephen Trowell 21:50  
57 3 Ola Balme 22:38  
68 6 Lucy Pickering 23:20  
70 60 James Gordon 23:23  
85 71 Michael Mann 23:59  
98 78 Graham Laylee 24:47  
133 30 Lucy Clapp 26:30

### Beckenham Place

204 ran  
Pos Gen  
76 63 Colin Frith 26:09  
106 26 Joanne Shelton Pereda 28:20  
108 81 Paul Keating 28:27  
110 28 Claire Barnard 28:32  
126 37 Claire Steward 29:48  
134 89 Paul Hilton 30:12

### Crystal Palace

342 ran  
Pos Gen  
24 3 Yvette Dore 21:55  
27 5 Kay Sheedy 22:04  
31 6 Laura Denison 22:14  
46 11 Belinda Cottrill 22:51  
49 13 Eleanor Simmons 23:02  
331 121 Chris Bell 40:02  
332 181 Bob Bell 40:04

### Riddlesdown

83 ran

Pos Gen  
11 9 James Wicks 23:48

### Eastville

326 ran  
Pos Gen  
22 18 Jamie Robinson-Nicol 20:36

### Dulwich

571 ran  
Pos Gen  
27 27 Jonny Hough 18:28  
65 60 Chris Cooper 20:21  
79 73 Robert Tokarski 20:52  
84 78 Rob Mayes 21:05  
96 88 Martin Kelsen 21:16  
103 4 Catherine Buglass 21:30  
113 101 Lee Wild 21:52  
122 107 Dan Hill 22:14  
234 185 Tom Shakhli 24:52  
327 70 Clare Wyngard 26:59  
328 239 Michael Dodds 27:00

### Tilgate

561 ran  
Pos Gen  
198 164 Gary Budinger 27:58

### Gladstone

211 ran  
Pos Gen  
13 12 Tommaso Bondoni 21:29  
54 6 Becca Schulleri 25:03

### Hilly Fields

199 ran  
Pos Gen  
7 7 Joe Farrington-Douglas 21:07

### Burgess

396 ran  
Pos Gen  
38 6 Michelle Lennon 21:11  
293 85 Stephanie Burchill 30:23  
380 130 Susan Vernon 41:05

### Margate

132 ran  
Pos Gen  
1 1 Harry Lawson 19:00

### Fulham Palace

433 ran  
Pos Gen  
195 133 Barrie John Nicholls 26:36

413 170 Lindsey Annable 38:53

### Northala Fields

202 ran  
Pos Gen  
5 5 Jonathan Whittaker 19:28

### Peckham Rye

269 ran  
Pos Gen  
10 10 Mark Callaghan 19:23  
24 24 Justin Siderfin 21:26  
44 3 Emma Ibell 22:36

### Tooting Common

387 ran  
Pos Gen  
17 15 John Kazantzis 20:37

### Haga

80 ran  
Pos Gen  
15 15 Paul Collyer 22:42

### Foots Cray Meadows

48 ran  
Pos Gen  
1 1 Andy Bond 18:56

### Land's End

45 ran  
Pos Gen  
3 3 Charles Lound 20:39

### Sutcliffe

203 ran  
Pos Gen  
33 29 Michael Fullilove 22:07  
41 35 Sam Jenkins 23:14

### Talkin Tarn Country Park

64 ran  
Pos Gen  
14 14 Hugh Balfour 23:07

### Mote Park

146 ran  
Pos Gen  
4 1 Kim Hainsworth 21:09

# 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

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



**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!

**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**

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# NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

any questions contact Ros at: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



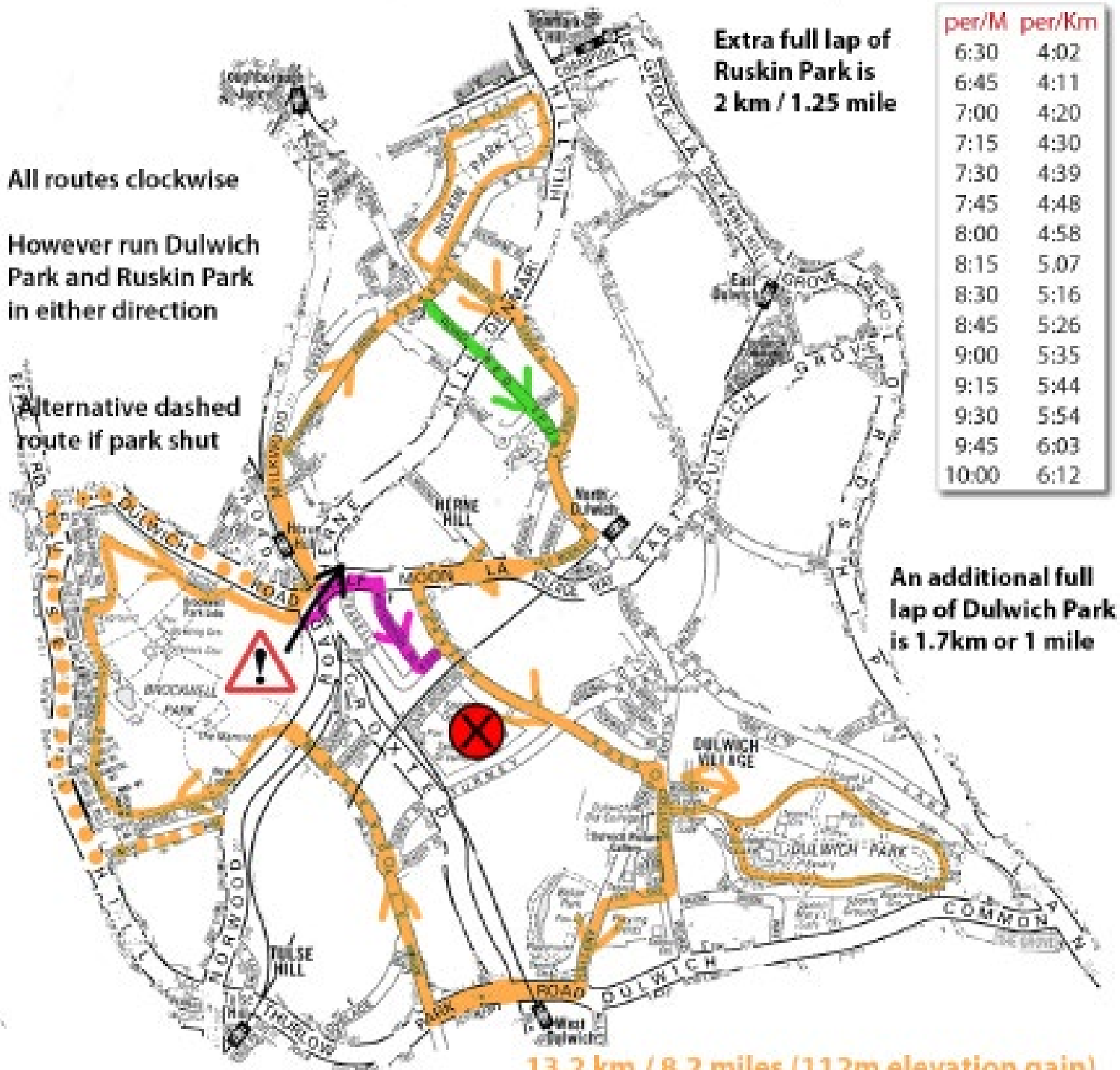
Pro Mid Layer 1-4 Zip Top

# Dulwich Runners Summer Map A

All routes clockwise

However run Dulwich Park and Ruskin Park in either direction

Alternative dashed route if park shut



Extra full lap of Ruskin Park is 2 km / 1.25 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

An additional full lap of Dulwich Park is 1.7km or 1 mile

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

13.2 km / 8.2 miles (112m elevation gain)

11.0 km / 6.8 miles (91m elevation gain)

8.6 km / 5.4 miles (61m elevation gain)