



These are your SHORTS

Please send any reports, running news etc to:

barry@bg1.co.uk

DEADLINE for submissions 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start

£1 fee per run pay contactless only.

Changing rooms, showers & bar available.

Paces and distances to suit all abilities

Tuesday speed work suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Fixtures
- 3 Club runs & training
- 8 Race reports and results
- 11 Club kit
- 13 Wednesday night maps.

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

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

Like us on Facebook @dulwichrunners

Connect with us:



Please read Shorts each week as all information is always in here.

Facebook and WhatsApp are also widely used.

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

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

to the ladies' WhatsApp group - contact Kay/Katie - dulwichladiescaptain@gmail.com

'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

2023/24 membership

If you are not a fully paid up member then you cannot compete in any races at all as a Dulwich Runner or take part in the club champs etc.

Payment only by direct bank transfer or contactless on a club night. (no cash or cheques)

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.)

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

Further info about races will usually be here in SHORTS and or announced on a Wednesday club night. Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

For further info about events in Shorts, how to enter etc, contact your captains:
Alex Loftus alexloftus75@gmail.com Ed Chuck chuckedward@googlemail.com
Katie Smith, Kay Sheedy, dulwichladiescaptain@gmail.com

Road & other Club Champs Assembly League Cross Country Track

Date	Race	Venue
Sep 3	Big Half - L	Central London
7	Assembly League	Beckenham Place Park
23	SEAA 6/4/3 stage road relays	Aldershot

Club Championship Races 2023

Remaining event

3 Sep Big Half L <https://www.thebighalf.co.uk/the-events/how-to-enter>

SEAA 6/4/3 stage road relays

Save the date - will be at Aldershot on Saturday 23rd September.

Separate men's/women's/age group teams. Your captains will be in touch nearer the time when we have more details.

RUN FOR RON - SAVE THE DATE

DRS will be taking part in the Dulwich Parkrun on Saturday 30th September with a social walk for the first lap. We will then adjourn to the Clubhouse in Burbage Road for breakfast. This will be a time when we can share our memories of Mr Searle. So we know how many we will be catering for, please would you email vernonrun@aol.com to confirm your attendance and wanting food. We will be collecting for the British Heart foundation in Ron's memory. A Justgiving page is being set up. - Chris and Sue Vernon

parkrun pacing

10 of us took part in pacing at Brockwell parkrun on 24 June with everyone finishing close to their predicted times. Our pacing efforts seemed to be appreciated by those taking part and it is an easy and effective way of promoting the club. We would like to provide pacers at other local parkruns, starting with Burgess parkrun later in the summer, so watch this space.

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

Start 7:00pm, warm-ups and drills, main session start 7:10pm. £2:00 per session, contactless payment start of each session.

Dulwich College track and fields until end of August, hill sessions September - back at Crystal Palace track for winter. Floodlights fixed soon and we'll know more about timings in the next few weeks - any delay we'll make other arrangements.

Tuesday training late July and August focused on around 5k pace. Suitable for anyone who regularly runs several times a week and whilst no minimum standard novice runners would probably be better off building an aerobic base through steady runs of 40-60 minutes. If new to the sessions, feel free to do just some of the session or to miss out some of the intervals and you could also prepare with some fartlek sessions in advance. Subject to last-minute adjustments, sessions for the next few weeks are:

15 August

Field - 2*4mins @between 5-10k effort (around field, reversing direction each time), 90 secs recovery, 2*2:30 mins @5k effort (diagonally across field) + 90 secs recovery.

Track - 4*2:00 mins @3k pace + 90 secs recovery.

Field - 2*3:00mins @ 5k effort + 90 secs recovery

Track - 3*3:00mins @3k effort + 2 mins recovery

29 August

Field - 4*3:30mins @ 10k effort + 90 secs recovery

Track - 2*2:30mins @3k effort + 90 secs recovery

Note: Big Half on Sunday

22 August

Questions or advice on any of the above particularly if you are new to these sessions. 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

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

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.

What is the Assembly league ?

- 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 of shoe choice.
- After each race organisers normally have a bar for food and drink.
- 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



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

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

20 Aug British Masters 10 Mile Road Champs Prudhoe
08 Oct - British Masters Marathon Champs - Chester

Oct? British Masters 1/2M Champs Gravesend
03 Dec - British Masters 5k Road Champs - London

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:

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

Cambridge Harriers & British Milers Club (Sutcliffe Park, Eltham) <https://entry4sports.co.uk/#/> scroll down for details

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:

Cambridge Harriers - 16/08. Entries close 4 days in advance.

Kingston Summer Open - Sunday 20/08, Kingsmeadow - incl 3000m <https://data.opentrack.run/en-gb/x/2023/GBR/kingston-open-2/>

Blackheath and Bromley Open - Monday 21 Aug. Entries close 18 Aug.

Epsom and Ewell Matilda's Mad Miles - Thur 24/08, 7pm, Harrier Centre, West Ewell <https://eandeharriers.weebly.com/harriers-events.html>

Tracksmith London Twilight 5000 Race 2: 30/08 Battersea Park <https://data.opentrack.run/en-gb/x/2023/GBR/tracksmith5k2/>

SLH Endurance Open - Tues 5/09, 7pm, Woodcote High School - 1500m and 5000m <https://data.opentrack.run/en-gb/x/2023/GBR/slhchamps/>

Stan Allen Miles 6/09, Tooting Bec <https://data.opentrack.run/en-gb/x/2023/GBR/stanallenmiles/>

Vets Track and Field Champs - Sat 9/09, Finsbury Park (likely to be open to all aged 35 and over) <https://data.opentrack.run/en-gb/x/2023/GBR/vactfc23/>

Vets AC 10000m - Wed 13/09, 5.50pm (first race), Battersea Park - open to all aged 35 and above <https://data.opentrack.run/en-gb/x/2023/GBR/vet10ktr23/>

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 with high stack height may be unsuitable for track competition but traditional racing flats (e.g. ASICS DS Racer, Saucony Fastwitch) will be fine. While World Athletics has set out shoe requirements (World Athletics | Book of Rules | Official Documents - see Table C2.1A) that official events are supposed to follow there remains an element of discretion with officials more likely to be flexible for slower pace heats and less formal competitions.

It is always worth checking and the Tracksmith Mile Organisers has told us that any shoe is fine for times greater than 5 minutes. Having said that 'spikes' will generally be better providing a more

County Championships

Kent Masters T&F Championships TBC

responsive connection with the track and should lead to slightly faster times. Not all spikes are suitable for all track events.

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

Big Half Training 3rd September 2023

The Big Half on Sunday 3rd September is a club champs race and therefore a target race for many of you. So I thought it would be useful to set out some suggestions that I hope helps at least some of you (this could result in a PB, or it could get you injured: who knows?!). If you are also targeting an autumn marathon, then a focus on the half still works if your marathon is a couple of months later, although if anything less then the priority has to be the marathon training. My aim is to cover the broad spectrum of experience, abilities, aspirations and weekly training loads across the club but do get in touch if you have any specific questions or advice on how to tailor it to suit you.

The half-marathon needs a bit less time to focus on than a full marathon as the demands of that distance aren't as different from the 5-10k focus most club runners will have over the course of a year. So something like 6-8 weeks should be fine if you are already running well over a range of distances.

Most people find that including some sort of running at about 10 mile pace in the c6-8 weeks before a half-marathon works well. Essentially, we're talking 5k pace plus c25-40 seconds per mile (less for the speedier runner, more for the less-speedy), so slightly slower than what you'd do at a Tuesday interval session, but not by too much and avoid any temptation to try to turn it into a 5k pace session.

If you are new to this, then start with something relatively light and gradually build up. This can be done through longer reps (a mile or more with recovery of about a couple of minutes), or a single run. Some people prefer one or the other, but alternating between the two can also work well.

For example you could start with a single run of 3m, gradually building up by a mile or so each week to say 6-7m. Or you could do longer intervals, starting at 3*1m with about 2 minutes recovery, then 3*2k, 3*1.5m, 3*3k, 3*2m, 3*4k & 3*2.5m (if you don't mind mixing up imperial and metric measurements!). All of these runs should start and finish with some gentle easy running and ideally some of the drills we do on Tuesdays.

Wednesday club runs can often be used for this if you can get the recovery right from the previous day's session – alternatively they can be a really valuable time on feet conversational run. Or you could do these on a Thursday and Friday if you need a bit more recovery time, which can often be a factor for veteran runners. Using Parkrun is another option, ignoring any temptation to race it "full on", adding on a bit more running before or after to get the target distance.

You may find though that doing this and an interval session plus a long run is too much – you could instead do three harder sessions a fortnight plus a long run each week.

Wherever you run these sessions, please do so safely – somewhere traffic-free such as a park would be great, as stopping for traffic can really affect your running, and you don't want to be tempted to take silly risks when crossing a road. Somewhere flat is ideal, but if there are some undulations, a bit of rough ground or bad weather then that should still work so long as you keep the effort constant and adjust your speed accordingly. There are loads of good places to do this, not least the main carriageway in Dulwich Park.

It would be great to get people to run these sessions together. Responses to last autumn's coaching survey included some suggestions for additional sessions to cover tempo sessions and whilst I don't think these need a coach to be there I can help organise, advise further if needed and even turn up occasionally.

The Tuesday sessions will continue to provide the speed and strength you need to do well in a half-marathon and we are focusing more on 3/5 & 10k pace work now that the main middle-distance races are over.

Long runs thankfully don't need to be as lengthy as for marathon training, but I would recommend regularly going over 13.1m at a mainly easy and steady pace – perhaps top out at about 17m or 2:15 hours, whichever comes first. You could throw in some faster segments closer to the time, particularly if you are at the faster end of the spectrum, but be wary of repeating in them what you've already done in the week. And as always, build up gradually and don't suddenly impose a training load that your body isn't used to.

So, something like: 9 July 90-100 minutes easy pace; 16 July 90-110 minutes easy pace; 23 July 100-115 minutes easy pace; 30 July 105-120 minutes easy pace; 6 August 105-120 minutes easy pace; 13 August – 110-135 minutes mainly easy pace but with 2*1m @half marathon (HM) pace; 20 August – 110-135 minutes mainly easy pace but with 3*1 mile at HM pace; 27 August 90-120 minutes easy pace but with 2*1m at HM pace.

The easy and steady runs should also continue, in whatever volume works for you, although I would definitely recommend shifting the emphasis to easy-paced running given the extra running at about 10m pace and the increased distance of the long runs.

A tune-up race in this period is popular but not essential, and in any event the race calendar is largely empty in late July and August.

It's well worth having a few easier days before the Big Half so that you feel fresh, perhaps making any mid-week running easier than usual. The next key race after that will be the Southern road relays in Aldershot on 23 September. You should then have enough time to recover and do a couple more speed sessions to prepare, and use the fitness built up to do well then. Tom Poynton – Coach in Running Fitness – tpoynton@hotmail.com

Physiotherapy services

Many members have used Vita Health (previously known as Crystal Palace Physio) for physiotherapy services to help them get back to full fitness and meet their athletic goals. **Did you know that Dulwich Runners members are eligible for a 10% discount** Simply show your membership details ID card (which came in your annual membership email from the club membership secretary when you joined / renewed) when you come to one of Vita's clinics to receive this discount. Appointments can be made online, over the phone or at one of their clinics in person – see their website for more information: <https://www.vitahealthgroup.co.uk/> Locations include Crystal Palace Jubilee Stand, Mottingham, Croydon, Canary Wharf, Battersea, Wimbledon and Orpington.

10% off on Sportsshoes.com for the club

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

The new code for the month of June is - **CSXEP2** - valid until 3rd of August 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. Make sure to select United Kingdom in your shipping address to apply the promotion code without errors

Dulwich Runners Book Swap


The last Wednesday of each month

Thanks to those who brought books along last time. I hope they're being enjoyed by their new owners.


If you're someone who reads about running just as much as you do it, then you probably have a stash of running related books. If you're unlikely to re-read them, bring them to the club house on the last Wednesday of any month.

Let's keep it to running related books - instructional, inspirational, fact or fiction. Even if you don't have any, come and browse and borrow one.





 **Dulwich Runners**


For the latest results, personal and club records, leaderboards and runners' stats, championships standings and awards, please go to:

 app.dulwichrunners.org.uk

Now also available on iOS and Android. Search for "Dulwich Runners"

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](#).



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

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

The Lakeland 100 & 50

The Lakeland 100 and 50 take place in the last weekend of July and are considered the premier ultra trail races in the UK. They started in 2008 and as Marc, the ever effusive race director mentioned in the briefing, were based on the UTMB race in Chamonix, with the view of bringing an ultra tour race to the Lake District. Similarly the initial race started with less than 100 entrants and has now in it's 16th year grown to over 2000 participants across both races.

The 100 route takes in a clockwise circular loop of the Lake District starting and finishing in Coniston. The 50 is the second half of the 100 route, starting in the Dalemain Estate where it passes the beautiful Ullswater and up and over the fells and crossing the old Roman Road, High Street, to Haweswater reservoir and through to Kentmere; both less touristed parts of the national park. From here it continues to Ambleside and through the Langdale valley until the final short sharp climb at Tiberthwaite before the final descent ending in Coniston. All in all the 50 race totals up a little under 2800m of ascent.

In terms of prep, I spent a week in May in the Lakes reccing some of the route and generally getting used to the terrain, this only being my second time in the area. Later, the amazing weekend spent helping fellow DRs Ben, Alex and Michael on their successful Bob Graham attempt gave me more time on the fells, more elevation for the legs and crucially a lot more confidence. My main nagging worry was fuelling which I have never gotten right on ultra races, with my last outing ending in a painful trudge back in the last few miles, so I made this a point of taking this more seriously.

Race day started with light winds and sunshine with broken cloud - perfect, especially given the July weather we'd had. The usual pre-race excitement ensured I flew out the gates and took the first 4 miles which is a loop around the Dalemain estate in just over 35mins. I felt good and reminded myself to keep eating and drinking even at this early stage. The section past Ullswater was stunning in the sunshine and a slight downhill making it very runnable to the first checkpoint at Howtown. The first main climb up Fusedale I'd heard was the toughest in the race and up to the highest point on the course, by now I was picked off by runners seemingly gliding up the fell. The traverse across the tops was fun as it was soft and boggy so the fear of falling over at least promised a softish landing, the same

could not be said of the path along Haweswater. It was much more technical and rocky than expected so not much running rhythm was possible and I turned my ankle a couple of times.

Even though the rain had started to fall I still felt good, the descents were proving trickier than the climbs and with both my ankles loosening up by this time, I was cautious with foot placement. I was pretty wet by Kentmere CP but after changing into my jacket there, it immediately came off as it had stopped on the climb out of the valley towards Troutbeck and Ambleside. After my race number, which was poorly attached to my race pack and unbeknownst to me blew off, was kindly retrieved by 2 local fell runners who happened to be passing me; I was afforded amazing views across to Windermere and the route took us through lovely forest trails down into Ambleside, where the support from locals and spectators lining the streets was a great feeling.

I'd recced the section from Ambleside to the finish so knew what lay ahead. The section though Elterwater had the least elevation but as another competitor remarked was hardest as to the fact there was no excuse not to run. I still felt strong and

continued to fuel well, knowing I was 2/3rds of the way through now I started to think of the finish. The dusk was settling in as I hit the final checkpoint at the so called Jacobs Ladder at Tiberthwaite.

The welcome into Coniston and the race finish was pretty special, each and every runner is introduced to a cheering crowd in a huge marquee where buckles are given and photos are taken and all round really positive

festival atmosphere. After I finished I stayed up to cheer in other 100 and 50 runners into the early hours, by Sunday morning there were 100 runners after their second night out still coming into the same reception I had, very inspirational!

The Lakeland 50 certainly lived up to expectations, I really enjoyed the whole weekend and would encourage anyone looking for a tough but fulfilling ultra challenge to enter the ballot when it opens in September. I met many repeat entrants there and can see why with the great family atmosphere the race has around it. Personally, I was pleased to finally finish an ultra well and put away the negative thoughts I had on this race distance.

Eugene Cross
9:46:53
29th / 1377 starters
11th V40



Assembly League Victoria Park 3.5M

Thurs 3 Aug. (the holiday edition)

Pos	Name	Time	AG
2	Jack Ramm	17:26	83.9% M SEN
5	Jack Brotchie	18:07	82.5% M V35
38	Tommaso Bendoni	20:04	71.9% M SEN
46	Jack Leafe	20:21	70.8% M SEN
64	Warren Keefe	21:08	76.3% M V45
67	Murray Humphrey	21:12	67.8% M SEN
76	Graeme Finnie	21:28	67.4% M SEN
81	Andrew Scott	21:32	71.3% M V40
99	Justin Siderfin	22:09	74.4% M V50
103	Katie Smith	22:18	78.5% W V40
124	Rebecca Schulleri	22:46	72.7% W SEN
127	Matthew Wright	23:03	65.4% M V35
144	Robert Tokarski	23:40	67.0% M V45
147	Harriet Roddy	23:52	68.6% W SEN
148	Eberhard Prill	23:52	75.5% M V60
164	Katie Styles	24:39	70.2% W V40
188	Mike Mann	26:35	79.1% M V75
197	Tom Poynton	27:00	61.0% M V50
217	Ros Tabor	29:00	92.1% W V70
218	Paul N Keating	29:03	59.5% M V55
219	Dave West	29:05	64.1% M V60
234	Claire Steward	31:05	82.3% W V70
235	Andrew Murray	31:06	63.3% M V70

Results:

Dulwich men A team: 5th/11; B team: 5th/7

Dulwich women A team: 3rd/5, no B-team

Vets AC 5k, Battersea Pk

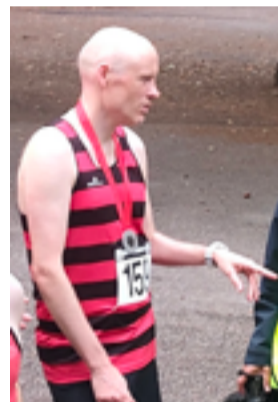
1st August

Clare Norris writes: The last Vets AC 5K for this season and it was a bit of a rainy one despite the dry forecast. Always a very supportive environment, Herne Hill were using it for their club champs so there were a lot of red and black stripes! I had an interesting chat with Tony beforehand about how much you do both on race day and the day before. Tony chose 3.5 miles the day before and nothing on the day. Mike also rested race day but went to the gym the day before. So after I had felt very sluggish at the Golden Stag mile with 48 hours rest, I decided to still go to the Velodrome session that morning so wasn't sure how my

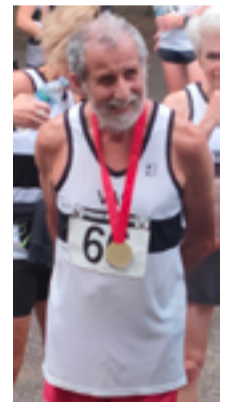
race would pan out.

Tony has been chasing sub 18 all season and despite getting tantalisingly close with 18.02 a few weeks ago, it was not to be tonight, though running very close to Jonathan for most of the race gave Jonathan his best time since December 2018. Mike chose to have this as his last 5K race of the season and having raced hard for weeks on end, it was impressive that he was only 10 seconds or so down on a few weeks prior. Ade stretched his legs to come in 6th overall at 16.28. And seems my CNS enjoyed it's morning wake up, as I came in with a new PB.

Ade Russell	16.28
Jonathan Whittaker	18.08
Tony Tuohy	18.12
Clare Norris	20.05
Mike Mann	23.28
Gary Budinger	25.59



Jonathan Whittaker



Mike Mann



Tony Tuohy - Clare Norris - Mike Mann

Crystal Palace Canter 5km

1st August 2023

With access to the park once again restricted by a music festival, a slightly revised course was used for this monthly, two lap time trial. This entailed adding a short, sharp incline on each lap to add to what is already a testing course. With some fixture clashes, injuries and holidays, there were ten starters with some experiencing solo runs making the long

drag up the final hill as much of a mental as a physical challenge. The weather conditions were nigh on perfect however.

2	Dave West	24:36
3	Barrie John Nicholls	25:48
4	Belinda Bell & Milo	25:49
5	Paul Keating	26:32
6	Mike Dodds	26:50
8	Lindsey Annable	27:25
10	Claire Steward	28:48

Thanks to Mike Mann and Bob Bell for assisting.



To see your results here ...update your parkrun profile to show Dulwich Runners AC as your club. Only the results of current members will be shown....If you are no longer a member please remove DR as your club from your parkrun profile.

Edinburgh

554 Ran
Pos Gen
124 101 Dan Hill 23:03

Bromley

395 Ran
Pos Gen
201 36 Claire Barnard 27:58

Royal Tunbridge Wells

167 Ran
Pos Gen
81 67 Dave West 27:20

Crystal Palace

260 Ran
Pos Gen
39 2 Laura Denison 22:08
43 37 Paul Hodge 22:25
44 3 Yvette Dore 22:27
56 6 Catherine Buglass 23:12
100 80 Graham Laylee 25:09
128 17 Joanne Shelton Pereda 26:55
131 20 Belinda Cottrill 26:59
167 39 Claire Steward 28:08
244 153 Bob Bell 37:26
243 80 Chris Bell 37:26
257 89 Susan Vernon 53:17

Bournemouth

253 Ran
Pos Gen
137 111 Michael Dodds 28:44
155 29 Clare Wyngard 29:19

Burnham-On-Crouch

61 Ran
Pos Gen
1 1 Jonathan Whittaker 19:35

South Norwood

116 Ran
Pos Gen
2 2 Eugene Cross 19:04

Riddlesdown

106 Ran
Pos Gen
13 12 Tommaso Bendoni 23:23

Amager Strandpark

82 Ran
Pos Gen
1 1 Andy Bond 16:16

Eastville

400 Ran
Pos Gen
82 69 James Wicks 23:49

Dulwich

408 Ran
Pos Gen
9 9 James Blackwood 16:56
19 16 Jon Phillips 17:33
41 37 Gower Tan 19:04
58 53 Lloyd Collier 20:13
63 58 James Brown 20:21
70 2 Libby Turnell 20:33
77 70 Robert Tokarski 21:00
86 78 Mark Foster 21:13
95 86 Miles Gawthorp 21:33
122 107 Stephen Trowell 22:10
153 126 Hugh French 22:51
163 135 Tom Childs 23:06
228 179 Chris Lawrence 26:00
242 186 Rob Fawn 26:28

Gladstone

156 Ran
Pos Gen
30 3 Becca Schulleri 23:47

Burgess

474 Ran
Pos Gen
44 35 Ian Lilley 19:54
52 41 Ebe Prill 20:21
109 84 James Gordon 22:42
347 100 Stephanie Burchill 29:54

Orpington

103 Ran
Pos Gen
91 60 Steve Wehrle 2nd cl 37:02

Southwark

292 Ran
Pos Gen
35 31 Lee Wild 20:25

Peckham Rye

177 Ran
Pos Gen
13 12 Justin Siderfin 20:07

Tooting Common

359 Ran
Pos Gen
20 19 John Kazantzis 20:31
39 37 Austin Laylee 21:38
135 96 Ian Sesnan 25:25

Dalby Forest

146 Ran
Pos Gen
19 4 Ola Balme 22:09

Marecchia

14 Ran
Pos Gen
1 1 Stephen Davies 20:41

Blackpool

268 Ran
Pos Gen
94 73 Paul Keating 28:01

Fairview

92 Ran
Pos Gen
3 3 Matthew Trueman 19:50

Buncrana

77 Ran
Pos Gen
10 9 Jamie Robinson-Nicol 21:43

Clapham Common

575 Ran
Pos Gen
18 15 Shane Donlon 19:16

Leazes

237 Ran
Pos Gen
36 32 Sum Mattu 22:58

Talkin Tarn Country Park

124 Ran
Pos Gen
25 4 Ange Norris 24:28

DULWICH RUNNERS KIT

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



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



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



Crop tops - £25



Beast from the East !

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



Socks only £5



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

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

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



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

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



College Hoodie



Micro Fleece Jacket

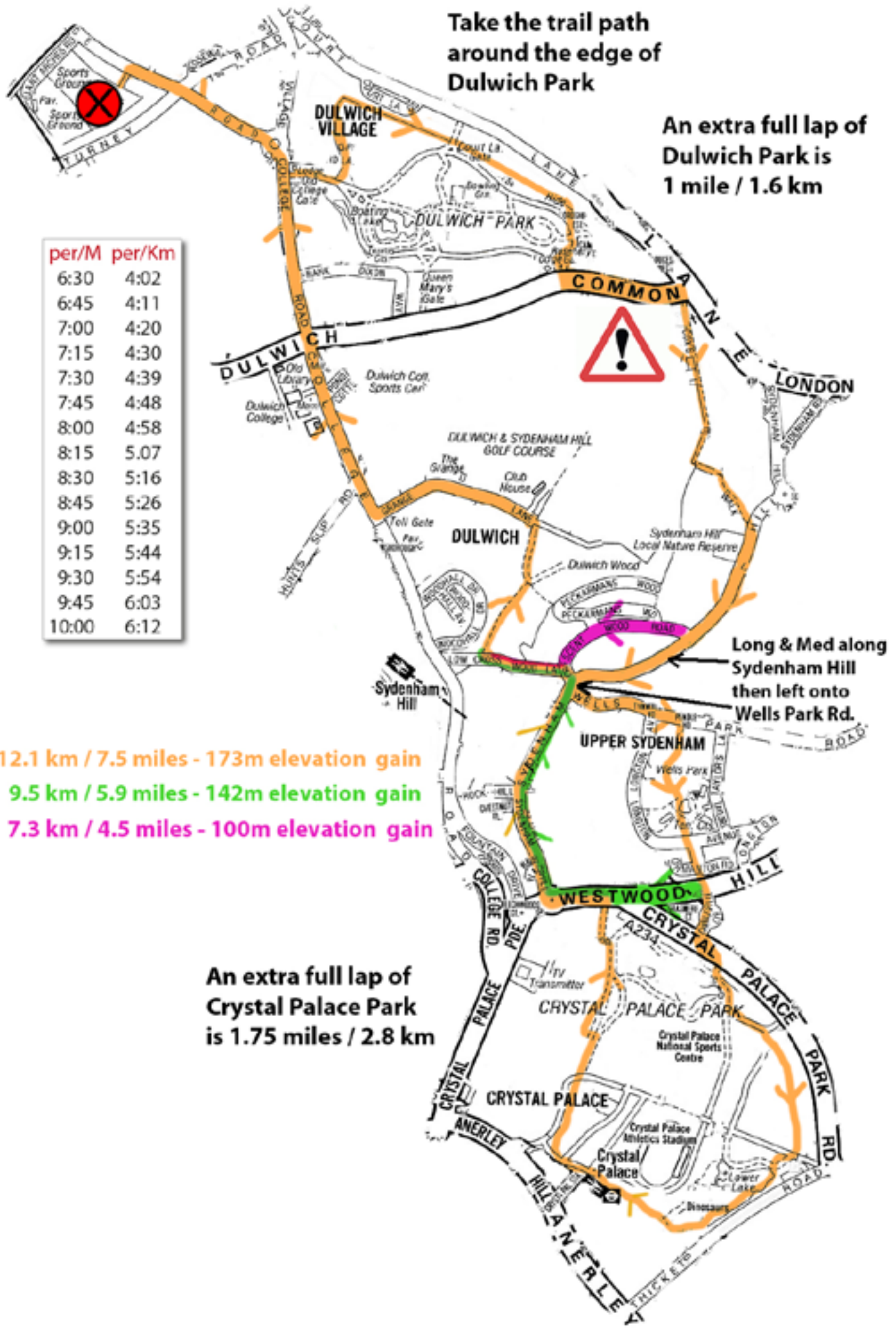


Showerproof Team Jacket



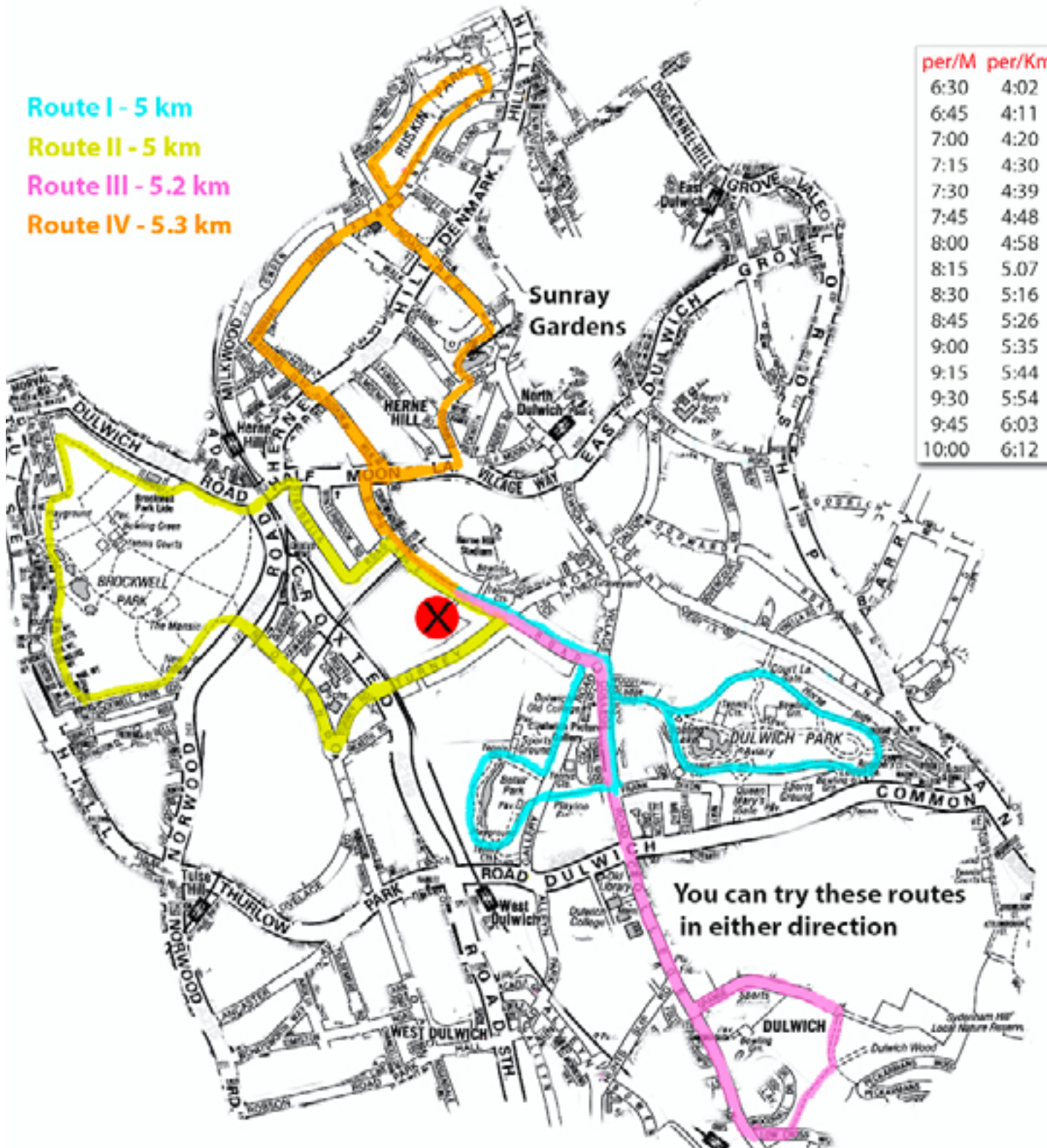
Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer Map 5



Dulwich Runners Summer 5km routes

- Route I - 5 km
- Route II - 5 km
- Route III - 5.2 km
- Route IV - 5.3 km



per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12