



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
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- 12 Club kit
- 14 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

Dulwich Runners Committee Meeting Notice

Club Secretary, Yvette Dore, writes: The Dulwich Runners General Committee will next meet on Wednesday 2nd August at 8.30pm after the Club Run. If there are any items you would like to add to the agenda for the Committee to discuss please submit them to me by midday on Tuesday 1st August. secretary@dulwichrunners.org.uk

Dulwich Runners Picnic

Come along and join us for a summer picnic in Dulwich Park on Sat 22nd July from 1-4pm.

Meet opposite the cafe in the park on the grass area. Bring along a picnic and a blanket. Refreshments available from the cafe.

Join us also for Park Run on Sat 22nd July @Dulwich Park 9 am. Bring your bar code.

See you there - Michelle

'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

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
 Katie Smith, Kay Sheedy, dulwichladiescaptain@gmail.com

Road & other Club Champs Assembly League Cross Country Track

Date	Race	Venue
Jul 14	Golden Stag Mile - S (alternative to June 3 Tracksmith)	Finsbury Park
15	Elmore 7 - L	Chipstead, Surrey
Aug 3	Assembly League	Victoria Park
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 events

- 14 July Golden Stag Mile (alt. club champsmile event), Friday 14 July. Bookings open 1 June.
<https://meets.rosterathletics.com/public/competitions/details/about?id=16697> S
- 15 July Elmore 7 L <https://register.enthuse.com/ps/event/SLHElmore72023>
- 3 Sep Big Half L <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.

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.

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.

Dulwich Runners Club Championships 2023

▪ Edition 4 - June and July events



Parkrun (SHORT CATEGORY)
 Brockwell Parkrun, Brockwell Park
Saturday 1 July, 9am
 Just remember to bring your Parkrun barcode!

<https://www.parkrun.org.uk/brockwell/>



1 mile (SHORT CATEGORY)
 Golden Stag Mile, Finsbury Park
Friday 14 July, 6.45pm
 Alternative to the Tracksmith Mile held in June

<https://tinyurl.com/y5e4hv9z>



Elmore 7M (LONG CATEGORY)
 Chipstead, Surrey
Saturday 15 July 2023 (2pm)
 Entry open.
 Organised by South London Harriers. All runners receive free entry into the Chipstead Flower Show.

<https://tinyurl.com/3d88n59e>



5 Km (SHORT CATEGORY)
 Sri Chinmoy Summer Series, Battersea Park **Tuesday 27 June, 18 July or 8 August 2023, 7.00pm**
 Entry closes 3 days before. Alternatives to the Speedy Steeds race on 12 June

<https://tinyurl.com/223tyvtr>

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.

At Dulwich College track and fields over the summer, some hill sessions September and hopefully back at Crystal Palace track for winter if floodlights fixed (alternative arrangements if not).

Training focused on 1 mile & 5k ahead of remaining club champs races, Mark Hayes Mile and the Assembly League, moving to more of a 5k focus later in July. Sessions suitable for anyone who regularly runs several times a week and whilst there is 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 any last-minute adjustments, sessions for the next few weeks are:

18 July

Field – 4 mins @10k effort + 90 secs recovery
4*2:30 mins @5k effort (diagonally across field) + 90 secs recovery.
Track – 3*2:00 mins @3k effort + 90 secs recovery

25 July

Field – 2*4 mins @10k effort with two short whistle bursts + 90 secs recovery,
Track – 3*3:00 mins @3k pace + 2 mins recovery

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

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

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:

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) <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:

Golden Stag Mile (alt. club champs mile event), Friday 14 July. Bookings open 1 June. <https://meets.rosterathletics.com/public/competitions/details/about?id=16697>

Tracksmith London Twilight 5000s Race 1: 20 July, Stratford Olympic warm up track <https://data.opentrack.run/en-gb/x/2023/GBR/tracksmith5k/>

Finsbury Park 5000s: 21 July. open for booking on 9 June <https://data.opentrack.run/en-gb/x/2023/GBR/finsbury-park-5ks/>

Blackheath & Bromley Open - 27 July (entries close 24 July) - incl. the Mile <https://entry4sports.co.uk/#/> Scroll down to event

Cambridge Harriers - 19 July & 16 August. Entries close 4 days in advance.

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

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

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 responsive connection with the track and should

County Championships

Kent Masters T&F Championships TBC

Kent 3000m and 10000m, 28 June, Dartford (entries close 24 June) <http://kcaa.org.uk/track-field.htm>

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 will be focusing more on 3/5 & 10k pace work once the middle-distance races are over in mid-July.

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. The Elmore 7 on Saturday 15 July can substitute for a tempo run that week but do keep the following day's long run fairly light in terms of both distance and intensity.

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 will be the Southern road relays (hopefully in Crystal Palace on 24 September, or possibly a week earlier). 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.

Assembly League #3 – Sutcliffe Park

6th July

Ed Chuck writes: While the additional 5k distance between HQ and Sutcliffe Park Sports Centre in comparison to Crystal Palace led to a halving of numbers from last month's outing, the 18 DRs who ventured over put in performances which again saw us finish as runners up to Kent for both the men's and women's teams.

Up front the sight of Lewis turning up 2nd claim in a (very new) SEAC vest was enough to stir me from my intended tempo run (and alas had Lewis run for us we would have finished in front of Kent), and I just about kept clear of him at the end. League fanatic Jack Brotchie had a strong run to come home 5th, heading a train of runners which included Fred Bungay in 8th. Tim closed out the scoring in 18th by nipping ahead of Buzz in the final stretch. On the Ladies' side Kay came 4th overall and 2nd v35. Katie Smith was 2nd home in 13th overall (and 2nd v40), with Katie Styles a few places back in 16th.

There were also age group wins for Andy Murray, Michelle Lennon & Ros, while Ebe again narrowly trailed his rival Matin Daoud in the v60 category.

The event was well organised by Cambridge Harriers, save that despite the race being licensed, it seemed to most that the distance must have been c.100m short of the 5k claimed – must have borrowed the Pegwell Bay parkrun measuring wheel.

Pos.	Name	Time	Age Group
1	Edward Chuck	0:14:32	M35
(2)	Lewis Laylee	0:14:40	M Sen for SEAC
5	Jack Brotchie	0:15:14	M35
8	Fred Bungay	0:15:25	M Sen
19	Timothy Bowen	0:16:26	M35
20	Buzz Shephard	0:16:29	M45
23	Andrew Inglis	0:16:37	M45
45/4	Kay Sheedy	0:17:42	F35
(49/5)	Clare Elms	0:18:11	F55 for Kent AC
78	Eberhard Prill	0:19:39	M60
82/13	Katie Smith	0:19:50	F40
90	Sum Mattu	0:20:04	M35
93/16	Katie Styles	0:20:31	F40
94	Ross Rook	0:20:36	M40
100/19	Michelle Lennon	0:20:50	F55
125	Dave West	0:23:15	M60
140/40	Midge Cameron	0:24:43	F55
141	Paul Keating	0:24:57	M55
142/41	Ros Tabor	0:24:59	F70
146	Andrew Murray	0:26:03	M70

152 ran

2nd male A-team (33) behind Kent AC (29) out of 9 teams (best 4 scores)

2nd female A-team (52) behind Kent AC (11) out of 3 teams (best 4 scores)

3rd male B-team (180) behind Cambridge H. (95) and Kent (65) out of 5 teams

no complete female B-team (only Kent had enough for a B-team of four)



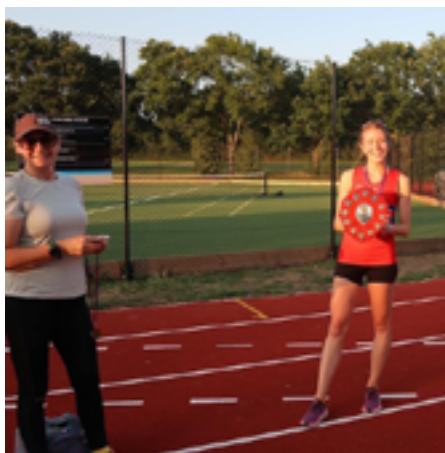
Mark Hayes Mile

7 July

Mike Mann writes: Numbers were down a bit with the Assembly League the previous evening, but we had a decent turnout of 29 runners + a number of helpers and spectators. It was a warm evening but not too uncomfortable for a mile race. The newly laid track felt nice and bouncy, so much so that one of the bends has been dubbed "Trampoline Corner"

The first heat was comfortably won by James Gordon, whose recent 5k times proved to be a misleading guide to his speed over the shorter distance. The race included Karine as usual and 2 youngsters, George Williams and Evie Farrington Douglas, both of whom ran well. With legs still trashed after his recent Bob Graham Round exploits, Michael Williams and dog joined the spectators

1	James Gordon	6:35
2	Mike Mann	7:17
3	George Williams	7:29
4	Barrie Nichols	7:30
5	Ros Tabor	7:36
6	Claire Steward	8:12
7	Lindsay Annable	8:20
8	Karine Brissy Hayes	8:21
9	Evie Farrington Douglas	8:50
10	Stephanie Burchill	9:21



Second heat was won easily by Tom Mountain, another whose 5k times belied his mile speed. There was an exciting competition for the first woman trophy won by the narrowest of margins by Harriet with Claire Norris closing in rapidly just behind. Both

are capable of sub 6 minute times along with Alice Williams

1	Tom Mountain	5:37
2	Harriet Roddy	6:00
3	Claire Norris	6:01
4	Ebe Prill	6:03
5	Alice Williams	6:10
6	Hugh Balfour	6:24
7	Ajay Khandelwal	6:26
8	Miles Gawthorp	6:36
9	Toby Irvine	6:38
10	Neville Webb	6:41
11	Tom Poynton	6:54

The final race proved exciting at the front with Joe pressed most of the way by Sam Crane, a 14 year old who ran as a guest. It was touch and go until the final straight when Joe started to cut loose, but Sam also sped up tracking him all the way to the finish

1	Joe Farrington Douglas	5:09
2	Sam Crane	5:10
3	Mark Callaghan	5:16
4	Tony Tuohy	5:22
5	Chris Beardsall	5:24
6	Justin Siderfin	5:37
7	Robert Tokarski	5:39
8	Matthew Ahluwalia	5:40



After the presentation of the men's and women's trophies won by Joe and Harriet, several of us adjourned to the Alley's Head to enjoy some refreshment on a warm evening. We have collected £335 to date for Cancer Research from generous donations by participants on the night.

Awards					
Overall winner	1	60	Joe Farrington Douglas	5:09.2	
Individual winners					
#1 M	1	60	Joe Farrington Douglas	5:09.2	
#2 M	2	98	Sam Crane	5:10.0	
#3 M	3	67	Mark Callaghan	5:16.0	
#1 W	10	43	Harriet Roddy	6:00.2	
#2 W	11	45	Clare Norris	6:00.5	
#3 W	13	46	Alice Williams	6:09.7	
Order of Finishers					
Heat	Pos	Bib	Name	Time	Cat
1	1	50	James Gordon	6:34.7	M
1	2	40	Mike Mann	7:16.6	M
1	3	42	George Williams	7:29.4	M
1	4	28	Barrie Nichols	7:30.1	M
1	5	38	Ros Tabor	7:36.2	W
1	6	37	Claire Steward	8:11.7	W
1	7	12	Lindsey Annable	8:19.8	W
1	8	8	Karine Brissy Hayes	8:20.6	W
1	9	41	Evie Farrington Douglas	8:49.6	W
1	10	39	Stephanie Burchill	9:20.7	W
2	1	59	Tom Mountain	5:37.3	M
2	2	43	Harriet Roddy	6:00.2	W
2	3	45	Clare Norris	6:00.5	W
2	4	47	Ebe Prill	6:02.5	M
2	5	46	Alice Williams	6:09.7	W
2	6	56	Hugh Balfour	6:23.8	M
2	7	6	Ajay Khandelwal	6:26.2	M
2	8	48	Miles Gawthorp	6:35.7	M
2	9	44	Toby Irvine	6:37.7	M
2	10	1	Neville Webb	6:41.0	M
2	11	49	Tom Poynton	6:54.1	M
3	1	60	Joe Farrington Douglas	5:09.2	M
3	2	98	Sam Crane	5:10.0	M
3	3	67	Mark Callaghan	5:16.0	M

3	4	65	Tony Tuohy	5:22.4	M
3	5	68	Chris Beardsall	5:24.0	M
3	6	62	Justin Siderfin	5:37.1	M
3	7	66	Robert Tokarski	5:39.3	M
3	8	70	Matthew Ahluwalia	5:40.2	M
Individual Results					
Heat	Pos	Bib	Name	Time	Cat
3	1	60	Joe Farrington Douglas	5:09.2	M
3	2	98	Sam Crane	5:10.0	M
3	3	67	Mark Callaghan	5:16.0	M
3	4	65	Tony Tuohy	5:22.4	M
3	5	68	Chris Beardsall	5:24.0	M
3	6	62	Justin Siderfin	5:37.1	M
2	7	59	Tom Mountain	5:37.3	M
3	8	66	Robert Tokarski	5:39.3	M
3	9	70	Matthew Ahluwalia	5:40.2	M
2	10	43	Harriet Roddy	6:00.2	W
2	11	45	Clare Norris	6:00.5	W
2	12	47	Ebe Prill	6:02.5	M
2	13	46	Alice Williams	6:09.7	W
2	14	56	Hugh Balfour	6:23.8	M
2	15	6	Ajay Khandelwal	6:26.2	M
1	16	50	James Gordon	6:34.7	M
2	17	48	Miles Gawthorp	6:35.7	M
2	18	44	Toby Irvine	6:37.7	M
2	19	1	Neville Webb	6:41.0	M
2	20	49	Tom Poynton	6:54.1	M
1	21	40	Mike Mann	7:16.6	M
1	22	42	George Williams	7:29.4	M
1	23	28	Barrie Nichols	7:30.1	M
1	24	38	Ros Tabor	7:36.2	W
1	25	37	Claire Steward	8:11.7	W
1	26	12	Lindsey Annable	8:19.8	W
1	27	8	Karine Hays	8:20.6	W
1	28	41	Evie Farrington Douglas	8:49.6	W
1	29	39	Stephanie Burchill	9:20.7	W

Project 20 v3

weeks 5 and 6

Ajay Khandelwal writes: The good thing about being in a running club is the collective memory. During an interval session, in between 400 metre repeats, Nicola told me the following story. A few days ago she walked past a nightclub near Somerset House that she had visited with "short shorts" Lloyd many aeons ago. She said, "Lloyd got us kicked out". "How is that even possible?" I asked incredulously. "He took off his shirt", she replied. "The bouncer told him to do his shirt buttons back up". He said to the bouncer, "You do them up for me!"

Runners like to push the limits, perhaps more than non runners. Sometimes it leads to humiliation and expulsion (Lloyd) and sometimes it leads to glory (Ed Chuck).

At the Mark Hayes memorial I bumped into Michael "Bob" Williams. He didn't look quite right. A far away look in his eyes told me he had seen horrors us mere mortals would never be exposed to. I saw the footage of vertical rain with various men-ghouls. It reminded me of a horror movie. He had pushed through to other side. The thing was i wasn't sure he could come back to SE21. I think part of him now permanently resides in Skiddaw.

Back to my ordinary world. I was in race 2. I set off a bit too fast and found myself at the front for the first 50 metres. My body - with no memory day to day - was trying to run the pace I ran 10 years ago. I soon sank back into my correct place. Running has a way of putting you in your place. I sat on Huw Balfour's shoulder planning how I would cart wheel past him in the last 100 yards. Reader, it didn't quite work out like that. When he sped up, I was left spluttering make dying animal noises. Still, on the upside I've run 1 mile at sub 20 pace, just need to super glue another two miles on at the same pace.

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.

Bushy

1360 Ran
Pos Gen
1 1 Andy Bond 16:24

Wimbledon Common

508 Ran
Pos Gen
64 8 Ola Balme 22:44
190 148 Barrie John Nicholls 26:18
251 46 Lindsey Annable 27:37

Banstead Woods

260 Ran
Pos Gen
80 11 Teresa Northey 24:28

Richmond

374 Ran
Pos Gen
194 132 Tommaso Bendoni 29:16

Brighton & Hove

318 Ran
Pos Gen
81 72 Nicholas Brown 24:03

Bromley

516 Ran
Pos Gen
62 48 Stephen Davies 21:40
288 203 Peter Jackson 28:27
413 261 Steve Wehrle 2nd cl 34:36

Brockwell

327 Ran
Pos Gen
1 1 Adrian Russell 16:54
35 33 Matthew Wright 21:21
42 38 Tom Shakhli 21:58
46 42 Wander Rutgers 22:05
50 46 Stephen Trowell 22:19
90 76 Sean Cordon 24:28
92 78 Hugh French 24:30
110 90 James Gordon 25:00
212 63 Sharon Erdman 28:41

Beckenham Place

324 Ran
Pos Gen
32 30 Ross Rook 21:58
240 77 Claire Barnard 33:04

Highbury Fields

534 Ran
Pos Gen

186 23 Harriet Roddy 25:04

Crystal Palace

337 Ran
Pos Gen
34 1 Laura Denison 22:31
72 60 Paul Hodge 24:19
86 71 Matthew Trueman 24:55
111 14 Eleanor Simmons 25:53
306 108 Chris Bell 38:46

Whitstable

317 Ran
Pos Gen
20 3 Michelle Lennon 22:22

South Norwood

163 Ran
Pos Gen
14 1 Polly Warrack 21:41

Riddlesdown

197 Ran
Pos Gen
20 16 James Wicks 23:05
155 48 Ange Norris 35:19

Mile End

410 Ran
Pos Gen
161 133 Paul Keating 27:07

Dulwich

501 Ran
Pos Gen
29 25 James Blackwood 19:14
34 28 Edward Simmons 19:23
47 40 Harry Lawson 19:55
63 4 Clare Norris 20:28
110 93 James Auger 22:08
137 115 Miles Gawthorp 22:47
225 170 Paul Vivash 25:20
273 192 Rob Mayes 26:39
279 196 Michael Dodds 26:48
317 72 Clare Wyngard 27:54

Burgess

578 Ran
Pos Gen
89 75 Hugh Balfour 22:34
148 113 Charles Lound 24:21
270 57 Ros Tabor 27:17
546 215 Stephanie Burchill 43:09
545 214 Susan Vernon 43:09

Orpington

152 Ran

Pos Gen
10 1 Kay Sheedy 19:48

Southwark

426 Ran
Pos Gen
51 48 Lee Wild 22:03

Lanhydrock

250 Ran
Pos Gen
66 55 Graham Laylee 27:43

Peckham Rye

301 Ran
Pos Gen
15 15 Justin Siderfin 19:47
37 35 Ebe Prill 21:45
146 25 Midge Cameron 26:45

Tooting Common

662 Ran
Pos Gen
213 159 Ian Sesnan 26:00

Melksham

201 Ran
Pos Gen
1 1 Aaron Wilson 16:55

Victoria Dock

272 Ran
Pos Gen
145 30 Claire Steward 27:41

Clapham Common

900 Ran
Pos Gen
154 124 Cameron Timmis 23:09

Bethlem Royal Hospital

171 Ran
Pos Gen
41 37 Dave West 25:24

Swanley

79 Ran
Pos Gen
10 8 Stephen Smythe 23:22

Ganger Farm

231 Ran
Pos Gen
7 7 Lloyd Collier 19:56

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



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



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



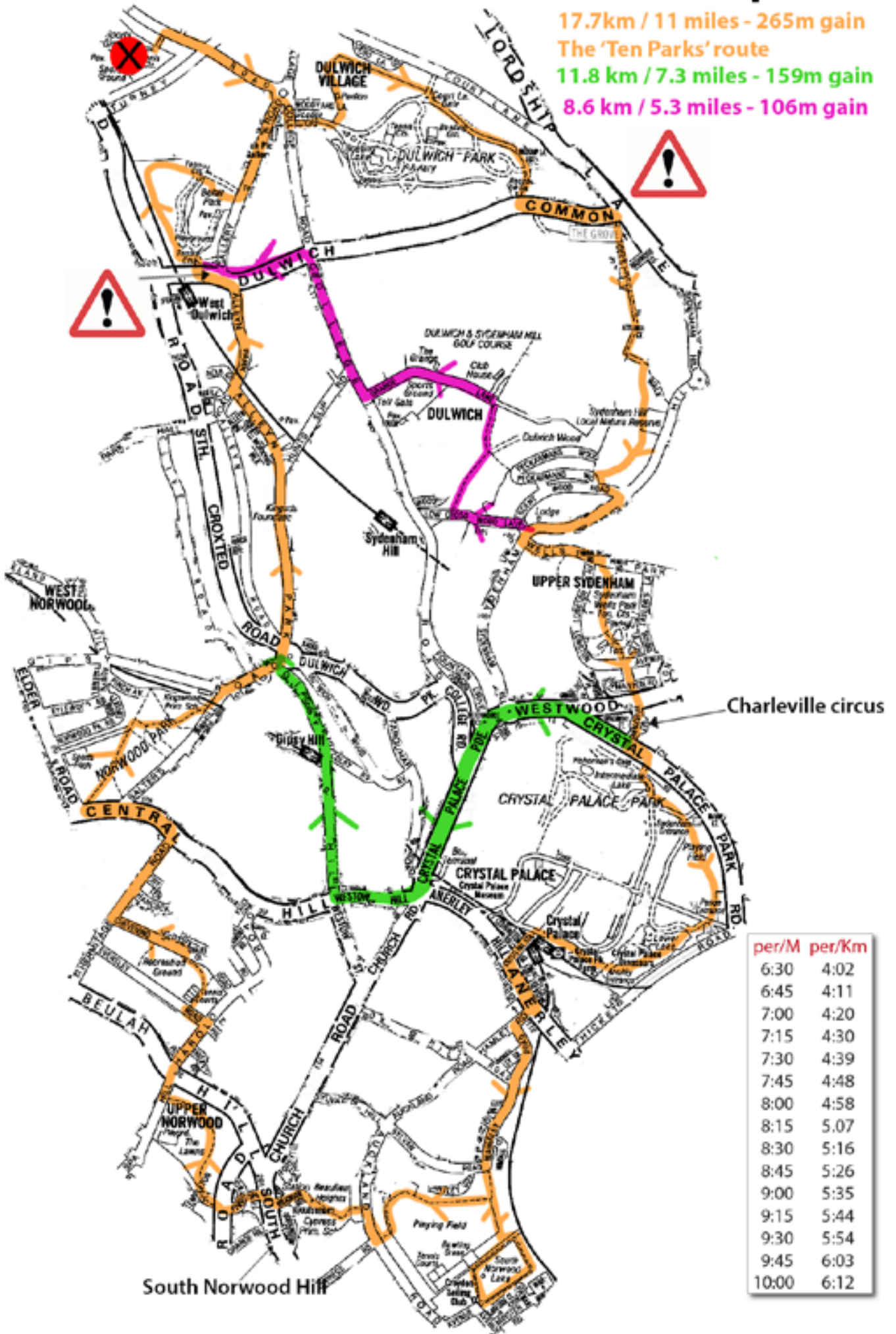
Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

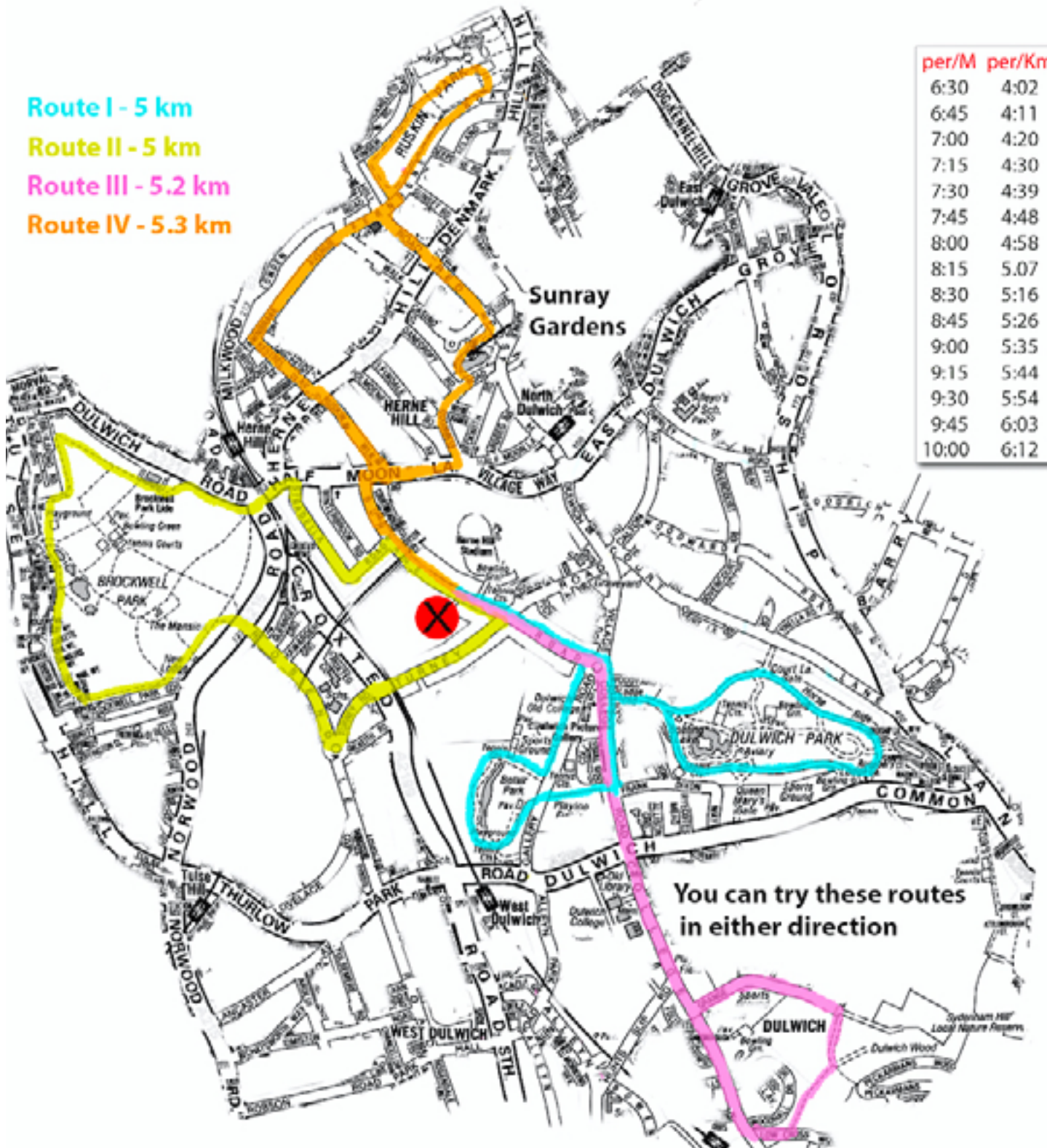
Dulwich Runners Summer Map 1

17.7km / 11 miles - 265m gain
 The 'Ten Parks' route
 11.8 km / 7.3 miles - 159m gain
 8.6 km / 5.3 miles - 106m gain



Dulwich Runners Summer 5km routes

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



You can try these routes in either direction