



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
- 9 Race reports and results
- 13 Club kit
- 15 Wednesday night maps.

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

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

Like us on Facebook @dulwichrunners

Connect with us:



Please read Shorts each week as all 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

Obituary & Memories

Ron Searle - Membership Number 1

Ron started Dulwich Runners with a few friends when training for the first London Marathon in 1981. The club was formed by them at the 'Clockhouse' pub on the corner of Peckham Rye. It became the watering hole for many of us at that time. My memory tells me that Ron did nearly all the admin in the early days. He photocopied 60 maps each week and then spent Monday and Tuesday evenings colouring in each one by hand for the 3 different length routes on offer for Wednesday evening's run. We estimated once that he must have coloured in over 10,000 before a few of us started to help out. He ran that first London Marathon in a time of 3 hours and ??minutes. In earlier days his sporting achievements included running sub 5 minute miles. He loved sport following cricket and particularly football where he supported Chelsea and was also very involved with Dulwich Hamlet. He had an eye for pretty girls and also enjoyed watching ladies synchronised swimming and volleyball!

Ron along with Harry and I organised the first race that the Cancer Research Charity ever did. We were approached by one of it's officers and organised their 10km in Battersea Park. It's success lead to the 'Race for Life' series starting the following year. The only difference was that the race distance changed to 5kms. We also went on to organise races for 'Runners World' magazine including ones at Crystal Palace National Sports stadium and we were called upon to assist with the corporate challenge races.

Ron loved his food and cooked well for himself. He was a member with local friends of a curry club. On one occasion they ate 3 in a day, one at lunchtime, one early evening and the 3rd late evening!

Ron was a loyal friend who could be relied upon. He had a steady employment record and was a generous character. He always dreamt of having a large lottery win so that he could build Dulwich Runners a local sports HQ. A few small wins occurred but nothing significant.

He came on many of our overseas trips and ran the New York marathon in 1990 with us. On our last trip to Marbella he managed to take a fall after an evening meal and a few whiskies shared with Mr Vernon and resembled the 'Phantom of the Opera' by the following

morning, he took this occurrence with his usual good humour. He loved growing his tomatoes and other vegetables and took great care with them. If I have one complaint I will say that being in a car when he was driving was an interesting experience!

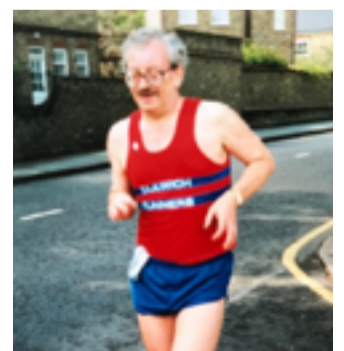
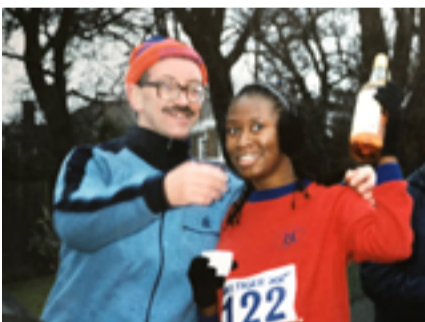


In the early days we had some great achievements, we wiped the board one year when we took virtually all the prizes at the Wimbledon half marathon. We won a huge cup at the Hogs Back road race, and shared Dulwich Runners name on it with the top clubs in the country. In 1991 we had a team in London who all ran around 2 and a half hours after training up to 100 miles a week. Ron was full of encouragement and was always welcoming to any new members that joined us.

Ron has been my friend since 1983 and I last saw him on the 8th May when Ann and I visited him in Paddock Wood and took with us the engraved tankard that Dulwich Runners presented to him for his roles as Chairman and President and for everything he had done for the club for 40 years. We met when I joined the club, which at the time was based at the Griffin Club in the village. In the early days we had about 50 members and we made some great friends.

Dulwich Runners has come on to even greater achievements over the years with some brilliant results in this year's London, but I will always savour the early days. Thanks for sharing your life and for all you did Ron.
DULWICH RUNNERS IS YOUR LEGACY!

Steve Wehrle - 15/7/23



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

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
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 event

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 isn't 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 can't 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.

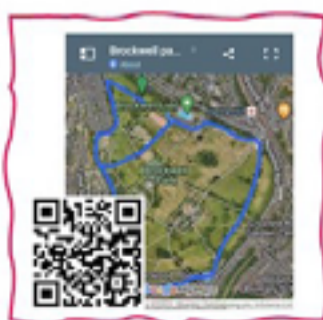
Separate men's/women's/age group teams. Your captains will be in touch nearer the time when we have more details.

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

<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:

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: ebepri1@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:

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.

Golden Stag Mile

This year the mile event in the club championships has been split between the Tracksmith Mile on a very sunny day in June and the Golden Stag Mile on a very wet evening in July!

Ten Dulwich Runners made their way to the long running Golden Stag Mile hosted by Barnet and District AC at an excellent Finsbury Park Track (refurbished in 2018). As in previous years there was a good atmosphere from the stands with music, food and drink creating an event similar to the well liked Soar Mile which last ran in 2019. The wet weather meant that there was some standing water with this worse in the earliest races (see the picture of Barrie and Lindsay looking like they are taking part in a Steeplechase race) with most runners' times down on what recent form would suggest. Some runners were also doing the Super Weekend double with the Elmore 7 the afternoon after so sensibly didn't necessarily run at max speed throughout.

Fred Bungay had the standout run of the evening from a Dulwich perspective - dominating race 2 in the closing stages - winning by a full 9 seconds. He also ran the 10th best time of the night and wouldn't have been out of place in the premier race - but winning race 2 meant that he bagged one of the famous Golden Stag mugs.

Steve Kendall completed the Etape cyclosporitive in France the previous weekend in very hot conditions and acquitted himself well in a tough race - he would have run faster in Jonathan and Joe's race but didn't panic and reeled in runners on the last lap to place just outside his personal best.

Jonathan and Joe were in the 4:59 pace



race. Joe made a last minute decision to run in spikes and was soon near the front going for a strong pb. Meanwhile Jonathan started near the back running conservatively with DOMS in his quads from another eclectic mix of events (800, 200, LJ) in the Southern Vets League two days previously. Joe faded slightly in the last 2 laps finishing below his Mark Hayes Mile time. Jonathan ran a small negative split but didn't accelerate in the closing stages and lost two spaces in the last 150m resulting in his third time of around 5:05 this season.

In the other races Chris Beardsall was just outside his personal best from the Tracksmith Mile, Grzegorz Galezia completed his first official power of 10 mile race - running in one of the wetter races of the night with his usual enthusiasm.

Clare Norris was another who ran slower than the Tracksmith Mile in tough conditions. Mike Mann who had wisely only done the 800m and 3000m at the Vets League on Wednesday finished with

an excellent 7:10 - a faster pace than his outdoor 1500m races this year.

Barrie John Nicholls and Lindsey Annable ran well in the same race with this iconic shot from Leonard Martin photo. Both stayed on to support fellow Dulwich Runners throughout the evening.

Results:

Fred Bungay 1st, Race

2 - 4:32.40 (PB)

Steve Kendall 14th,

Race 3 - 5:03.82

Jonathan Whittaker

6th, Race 4 - 5:05.59

Joe Farrington-Douglas 11th, Race 4 - 5:14.10

Chris Beardsall 7th, Race 5 - 5:14.85

Grzegorz Galezia 10th, Race 6 - 5:43.20

Clare Norris 13th, Race 9 - 6:16.22

Mike Mann 6th, Race 11 - 7:10.51

Barrie John Nicholls 6th, Race 13 - 7:42.05

Lindsey Annable 12th, Race 13 - 8:36.44



You can find some excellent photos of the race available to view and buy at <https://www.leonardmartin.photo/galleries/golden-stag-mile-2023> Jonathan Whittaker

Elmore 7

part of Dulwich Club Champs

Saturday 15 July

Ebe Prill writes: Good turnout of 37 first claim DRs and positive feedbacks after the race makes this an event to consider for future editions.

The Chipstead Flower show and county fair next to race hq provided good entertainment before and after the race.

Place	Gun	Chip	Name	Ag*	Pos Ag*
5	38:50	38:49	Andy Bond	M40	1
12	40:28	40:24	Sean Cordon	MSen	7
17	41:00	40:55	Jack Leafe	MSen	10
37	43:34	43:27	Eugene Cross	M40	10
38	43:37	43:30	Shane Donlon	M40	
39	43:38	43:29	Alex Loftus	M40	
41	43:47	43:39	Mark Callaghan	M40	
54	44:44	44:33	Grzegorz Galezia	M50	9
57	44:59	44:53	James Burrows	M40	
62	45:24	45:17	Joe Farrington-Douglas	M40	
74	46:32	46:14	Ryan Duncanson	MSen	
77	46:50	46:38	Ed Simmons	M40	
78	46:59	46:56	Tony Tuohy	M60	4
79	47:11	47:01	Justin Siderfin	M50	
87	48:27	48:16	Helen Shannon	W35	4
94	49:13	49:04	Clare Norris	W45	3
98	49:26	49:15	Eberhard Prill	M60	7
120	51:05	50:54	Harriet Roddy	WSen	4

7 miles on undulating country roads, well organised and marshalled by our bigger neighbouring club South London Harriers provided the settings for a chip timed race of around 250 runners. Conditions were alright, none too warm and even the gusty winds weren't too noticeable in the shielded lanes.

Below a table of results from the sports system website with their age groups and placings. There will be more next week when it is hopefully on Po10 and we have sorted the club champs categories.

* top ten positions in age group noted
251 ran , 38 DR

124	51:23	51:10	Yvette Dore	W45	5
130	51:55	51:44	Ola Balme	W55+	6
131	52:14	52:06	Miles Gawthorp	M50	
135	52:29	52:13	Laura Torry	W45	8
147	53:43	53:26	Mark Foster	M50	
148	53:43	53:27	Cameron Timmis	M50	
162	55:18	55:08	Jo Quantrill (2nd claim)	W55+	7
172	56:53	56:39	Eleanor Simmons	W45	
184	58:40	58:24	Hugh French	M40	
185	58:41	58:28	Michael Mann	M70+	2
199	60:38	60:24	Dave West	M60	
200	61:09	60:54	Joanne Shelton Pereda	W45	
201	61:27	61:10	Barrie John Nicholls	M60	
202	61:32	61:18	Tom Poynton	M50	
209	62:31	62:16	Paul Keating	M50	
220	64:45	64:28	Joseph Brady	M50	
221	64:54	64:37	Claire Steward	W55+	
226	66:38	66:21	Lindsey Annable	W55+	
230	67:18	67:02	Andy Murray	M70+	5

Golden Stag Mile & Elmore 7

Race, sleep then repeat

14th and 15th July

Lindsey Annable writes: A hardy select group of DRs attempted the Club champs double at the weekend competing in the Golden Stag Mile and Elmore 7 (myself, Barrie, Gregorz, Clare N., Joe FD, Mike M.) Apologies if I have missed anyone.

We were short of the mile for the champs as was Gregorz but not quite sure about the rest. The Golden Stag certainly promised a high quality field so perhaps that had a particular allure for some.

I felt pretty daunted by the double whammy. Over the years I've had more than my fair share of injuries but this year really takes the biscuit. High hamstring tendinopathy had restricted me to jogging parkrun once a week from late November to mid Feb. I'd finally been given the go ahead to resume some training only to catch my foot awkwardly on a step at a wake of all places ten days later. Strictly no alcohol involved Your Honour. I was out for another ten weeks with a sprained ankle and consequently find myself only recently starting with some cautious training again.

The weather has certainly not been playing ball of late and there was a monsoon style downpour just before the start of the first mile race. I was warming up and got totally soaked! The track was already wet after earlier showers and the surface generally lacked the bounce of the new shiny Dulwich College track.

Many of us had slower runs than the Mark Hayes mile the previous week apart from Mike who was pleased to post a

quicker time. Clare and I both struggled and felt short of energy. Barrie thought he had run a similar time but was down on last week. Joe wondered if the fact participants had to wear legal shoes for the track had suppressed times.

Gregorz valiantly charged round the mile but was short on his time of last year - perhaps linked to his usual pre-race strategy of a few celebratory beers with friends til the early hours the night before. Jonathan appeared to glide round the second and third lap only to slow after a heavy schedule of athletics with Herne Hill including the long jump!

The seeding of the races seemed somewhat random with a few DRs putting in sterling performances yet trailing at the back of their race which must have been hard going. The highlight of the evening was Fred storming to PB victory in the penultimate race.

So as the evening drew to a close it was sleep then repeat for the Elmore 7.

It was great to see so many red and blue vests at the quaint Chipstead Flower Show. Those I spoke to seemed to have had good runs and thought the course was easier than billed. I'd certainly worried and perhaps ran a little too easy at first, posting my fastest mile in the last.

The flower show was like a mini Lambeth Country Show. There was a raft of trophies for the winners of the cake baking, egg, rhubarb, bread competition among others. I ended up being honorary photographer for the lady who had won the rhubarb competition to capture the haloed moment of the trophy presentation. I was intrigued to enquire what made for a winning rhubarb entry but I am still none the wiser about its' cultivation. Apparently the key challenge is finding three identical stems!

I'd definitely be tempted to do the race again as it was a very pleasant afternoon with the show and post-race beers. We stopped on the way back for an early pasta dinner as the afternoon race start had superseded lunch. Thanks to the Club Champs' committee for choosing a great event.



Southern Vets League Mid London Division Perivale

12 July 2023

Jonathan Whittaker and Mike Mann were representing their second claim club Herne Hill at the final event of this fun vets (age 35 and above) track and field league series for the summer at a sunny and pleasant Perivale track in west London. Jonathan followed up first place in the 800m M35 B race with his first ever 200m race 20 minutes after. This wasn't part of the script but with an opportunity to score some points I accepted the coach's invitation. In what would normally be a good lane draw in lane 3 it was pretty dispiriting when a runner from Ealing with baggy shorts and budget trainers overtook me within a second and I had to chase down everyone for last place.

What was even more annoying was that my time was better than some of the runners in the A race! After a spot of rest and watching long jump youtube videos I had my first go at the event since games lessons in the sixth form. I increased my distance in each of the jumps but never got the run up right,

losing speed close to the board. My knee also hurt a little after and so I think I would need more quad strength training to contemplate doing it again. Fortunately the events took longer than expected and the organisers had to cancel the 4x100m relay race which everyone was relieved about!

Mike Mann adds...My track races this outdoor season over the shorter distances below 3000m can best be described as a pile of pants, as I have struggled to maintain pace and felt uncomfortable. As a result expectations were low for my first 800m for 2 years. For some reason, and I have no idea how or why, something clicked as I ran a reasonable race with a 2 sec negative split, aided by some acceleration down the home straight at the end. Just under an hour later I competed in the 3000m as a non scorer, finishing some 15 secs slower than last month, but I wasn't too bothered about that.

800m
Jonathan Whittaker 2:18.4 - 1st M35B
Mike Mann 3:17.7 - 2nd M70

200m
Jonathan Whittaker 30.3 - 6th M35B

Long Jump
Jonathan Whittaker 3.47 - 6th M35

3000m
Mike Mann 13.57.7

Southern Athletics League 1500m, Stevenage

July 9

Steve Smythe writes: Five years ago, Clare had attempted to pace daughter Lucy to a sub five 1500m for the first time and this time roles were reversed with Lucy this time expected to lead the way.

However, a spanner in the works was provided by a much faster runner (with a 4:36 PB this year) who not wanting to run quickly, resisted all efforts for Lucy to overtake her and continually slowed so Lucy and Clare had to run a pace a few

seconds down on what had been planned.

The tempo did pick up on the last lap and the Thurrock runner who had a sub-60 400m to her name, won 4:56.50 to Lucy's 4:56.93. Clare picked up a little on the last lap and did set a season's best of 5:02.96 which while a bit disappointed with, was still a world age 59 best though obviously next year when it really matters when Clare hits a new age group. The pair later ran in the 4x400m relay.

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

Bromley

548 Ran
Pos Gen
349 270 Peter Jackson 29:10

Wakefield Thornes

337 Ran
Pos Gen
149 26 Claire Barnard 28:26

Brockwell , Herne Hill

341 Ran
Pos Gen
42 36 Stephen Trowell 22:07
54 3 Catherine Buglass 22:44
82 64 William Hooper 23:54
137 103 James Gordon 25:55

Maidstone

304 Ran
Pos Gen
83 73 Nicholas Brown 26:00

Beckenham Place

305 Ran
Pos Gen
28 1 Kay Sheedy 21:41
124 22 Carys Morgan 25:58

Crystal Palace

337 Ran
Pos Gen
44 40 Paul Hodge 23:30
50 44 Matthew Trueman 23:43
75 10 Jennifer Gridley 24:42
145 115 Michael Dodds 27:07
157 26 Belinda Cottrill 27:37
180 35 Clare Wyngard 28:21
301 98 Chris Bell 37:45
302 184 Bob Bell 37:55

Eglinton

108 Ran
Pos Gen
2 2 Murray Humphrey 20:14

Gunnersbury

579 Ran
Pos Gen
128 16 Izzy Pickles 24:33

Whitstable

357 Ran
Pos Gen
21 3 Michelle Lennon 21:49

Riddlesdown

140 Ran
Pos Gen
17 15 James Wicks 22:39

Dulwich

424 Ran
Pos Gen
1 1 Edward Chuck 15:44
41 32 Rupert Winlaw 19:57
80 62 James Auger 21:47
97 77 Ajay Khandelwal 22:29
290 194 Andy Bond 29:06
423 153 Susan Vernon 51:27
424 154 Claire Steward 51:29

Burgess

480 Ran
Pos Gen
49 46 Charles Lound 20:58
382 122 Stephanie Burchill 31:35

Southwark

401 Ran
Pos Gen
35 32 Lee Wild 20:35

Pegwell Bay

147 Ran
Pos Gen
5 5 Andrew Inglis 19:42

Heslington

336 Ran
Pos Gen
9 8 Andrew Scott 19:21

Tooting Common

548 Ran
Pos Gen
68 55 Austin Laylee 22:17
170 131 Ian Sesnan 25:34

Bedgebury Pinetum

158 Ran
Pos Gen
13 2 Kim Hainsworth 22:02

Brooklands

389 Ran
Pos Gen
269 89 Jenny Bomers 31:19

Brynaman

54 Ran
Pos Gen
9 2 Laura Vincent 23:46

Sutcliffe

201 Ran
Pos Gen
41 38 Michael Fullilove 22:13

Charlton

139 Ran
Pos Gen
27 25 Stephen Smythe 22:13

DULWICH RUNNERS KIT

Vests £18 each
T-shirts short sleeved £20 each
T-shirts long sleeved £22 each
Socks £5 pair
Buffs-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



Buffs-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

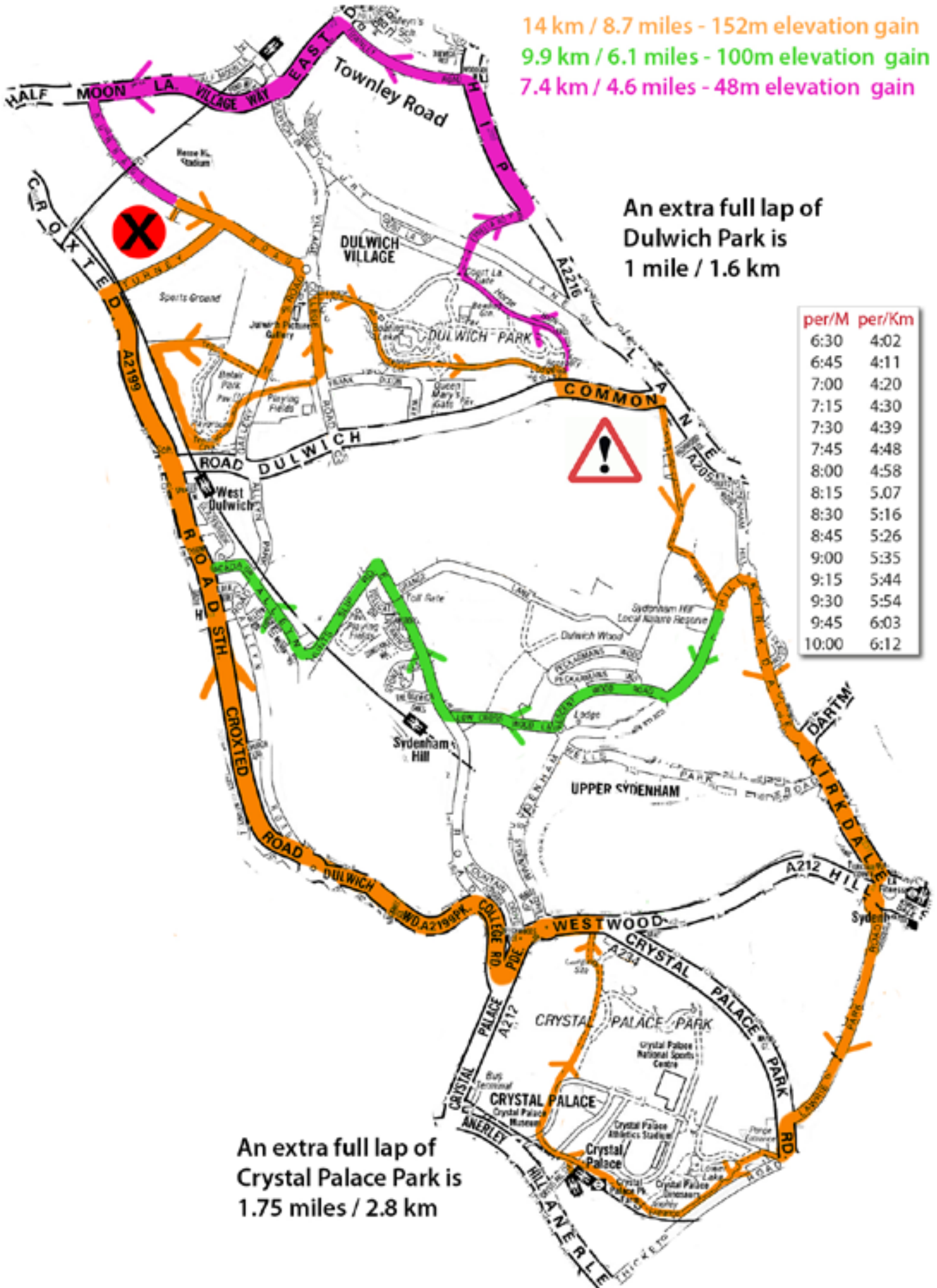


Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer Map 2

14 km / 8.7 miles - 152m elevation gain
 9.9 km / 6.1 miles - 100m elevation gain
 7.4 km / 4.6 miles - 48m elevation gain

An extra full lap of
 Dulwich Park is
 1 mile / 1.6 km

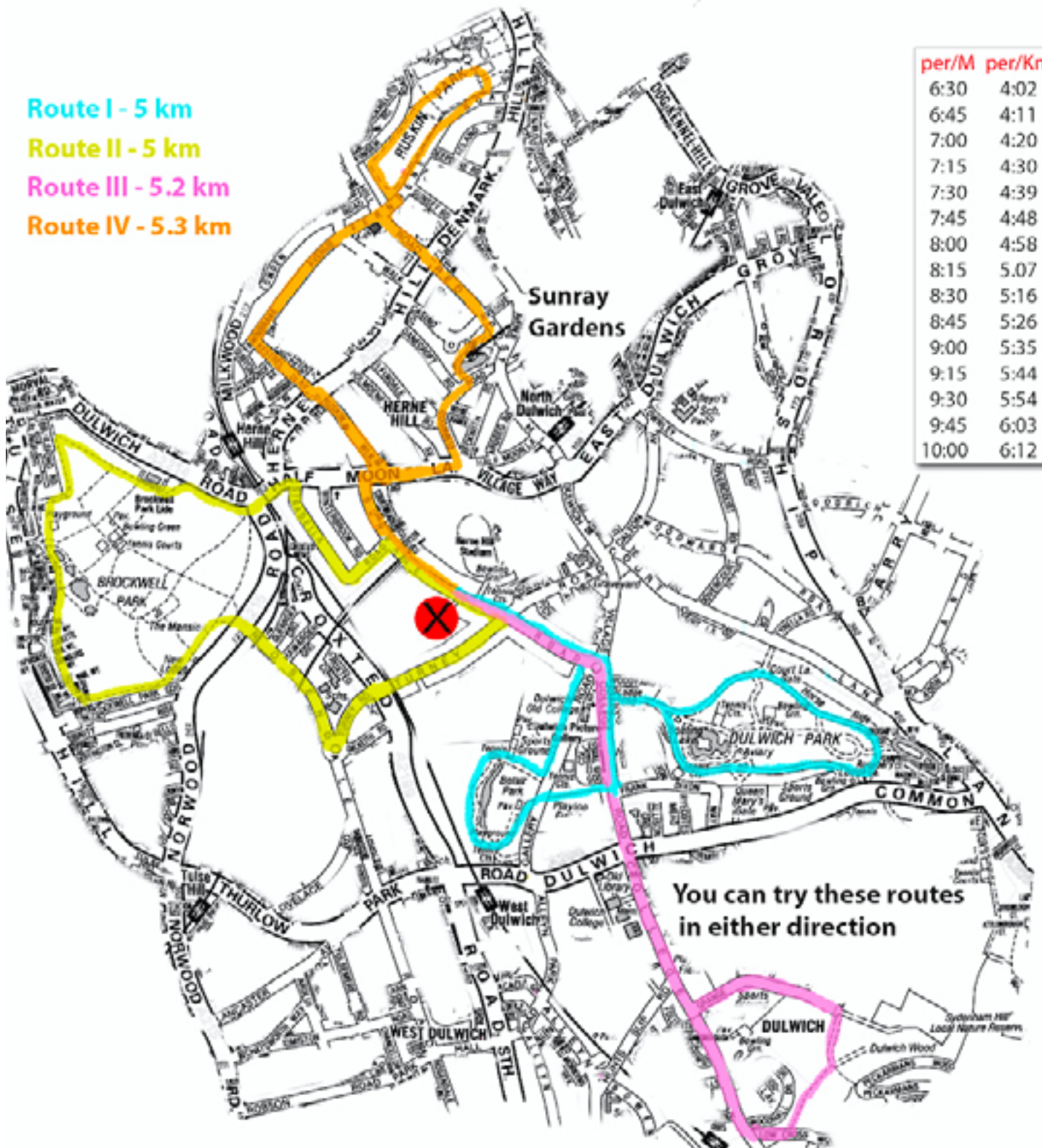


per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

An extra full lap of
 Crystal Palace Park is
 1.75 miles / 2.8 km

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