



## These are your SHORTS

Please send any reports, running news etc to:

[barry@bg1.co.uk](mailto: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
- 10 Club kit
- 11 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](mailto:dulwichchair@gmail.com)

to the ladies' WhatsApp group - contact Kay/Katie - [dulwichladiescaptain@gmail.com](mailto: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](mailto:secretary@dulwichrunners.org.uk)

## 'Wear your club vest Wednesday' makes a return

Back by popular demand! Wear your club vest for the run **on the first Wednesday only of each month** and you will be entered into a draw to win a free drink.



If you need a club vest or other club kit: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

## \*\*\*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](mailto: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](mailto:alexloftus75@gmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
 Katie Smith, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto: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 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.

## RUN FOR RON - SAVE THE DATE

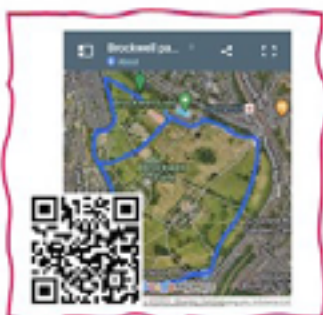
DRS will be taking part in the Dulwich Parkrun on Saturday 30th September with a social walk for the first lap. We will then adjourn to the Clubhouse in Burbage Road for breakfast. This will be a time when we can share our memories of Mr Searle. So we know how many we will be catering for, please would you email [vernonrun@aol.com](mailto: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.

## 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 13 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.

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 will 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:

### 1 August

Field - 4\*3:00 mins @ 5k effort + 90 secs recovery, reversing direction each time - Track - 3\*2:00mins @3k effort + 90 secs recovery - Note: Assembly League on Thur.

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.

### 8 August

Field - 5 mins @10k effort with two short whistle bursts (around field), 90 secs recovery, 2\*3:00 mins @5k effort (diagonally across field) + 90 secs recovery. - Track - 2\*3:00 mins @3k pace + 2 mins recovery.

### 22 August

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

### 15 August

Field - 2\*4mins @between 5-10k effort (around field, reversing

### 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

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](mailto:tpoynton@hotmail.com)

## Tuesday Morning Speed - Dulwich Park

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

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

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

## Sunday Morning Runs

Runs start at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 min/mile. Ola [olabalme1@gmail.com](mailto:olabalme1@gmail.com)

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

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

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

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

# 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](mailto: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:

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

## 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](mailto: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](http://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](mailto:barry@bg1.co.uk)  
All road, xc, fell, tri and track results etc, are welcome.

## Silver Starling 5k

18 July

15 club members took part in the latest of this series of summer races at Battersea Park. These races qualify for the 5k club champs. Conditions were good with pleasant temperatures and a light breeze. There were PBs for Alex Winchester, Jack Leafe, Ed Simmons and John Kazantzis, while Andy Bond, Joe Hallsworth, Alastair Low-Macrae Ebe Prill and Lloyd Collier achieved season's bests. Ros Tabor and Mike Mann finished first W70 and M70 respectively. Note that vets categories start at 50 for these Sri Chinmoy races. Mike Mann

| Pos |          |            | Time  | Age | AG    | Pos G |
|-----|----------|------------|-------|-----|-------|-------|
| 12  | Jack     | Brotchie   | 15:33 | 38  | MU/50 | 12    |
| 16  | Andy     | Bond       | 15:39 | 49  | MU/50 | 16    |
| 20  | Joe      | Hallsworth | 15:49 | 31  | MU/50 | 20    |
| 23  | Alex     | Winchester | 16:00 | 40  | MU/50 | 23    |
| 30  | Thomas   | South      | 16:09 | 47  | MU/50 | 30    |
| 55  | Tom      | Shakhli    | 16:47 | 40  | MU/50 | 54    |
| 87  | Jack     | Leafe      | 17:16 | 30  | MU/50 | 86    |
| 129 | Alastair | Low-Macrae | 17:58 | 32  | MU/50 | 117   |
| 145 | Tony     | Tuohy      | 18:20 | 61  | MV60  | 1     |
| 154 | Lloyd    | Collier    | 18:34 | 50  | MV50  | 7     |
| 160 | Edward   | Simmons    | 18:40 | 42  | MU/50 | 135   |
| 209 | John     | Kazantzis  | 20:10 | 55  | MV50  | 13    |
| 215 | Eberhard | Prill      | 20:24 | 61  | MV60  | 4     |
| 273 | Mike     | Mann       | 23:18 | 75  | MV70  | 1     |
| 299 | Ros      | Tabor      | 25:41 | 73  | VW70  | 1     |

325 ran, new male course record in 14:14  
by Seyfu Jamaal from London Heathside





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.

### Banstead Woods

210 Ran  
Pos Gen  
12 10 Tony Tuohy 20:04

### Richmond

402 Ran  
Pos Gen  
162 117 Barrie John Nicholls 27:07  
186 50 Lindsey Annable 28:04

### Bromley

637 Ran  
Pos Gen  
560 351 Steve Wehrle 2nd cl 37:27

### Brockwell

319 Ran  
Pos Gen  
44 41 Stephen Trowell 21:47  
55 3 Klara Saville 22:20  
64 58 Mark Foster 22:36  
120 98 William Hooper 24:37  
150 118 Lloyd Collier 25:32  
167 30 Lucy Clapp 26:01

### Beckenham Place

304 Ran  
Pos Gen  
25 24 Ross Rook 21:25  
184 37 Claire Barnard 28:52

### Bath Skyline

281 Ran  
Pos Gen  
84 12 Katie Prior 24:27

### Crystal Palace

375 Ran  
Pos Gen  
42 2 Laura Denison 21:59  
48 44 Paul Hodge 22:14  
202 36 Belinda Cottrill 28:23  
348 114 Chris Bell 37:36  
349 210 Bob Bell 37:40

### Henley-On-Thames

64 Ran  
Pos Gen  
1 1 Adrian Russell 18:22

### Dulwich

627 Ran  
Pos Gen

18 16 James Blackwood 17:28  
33 29 Mark Callaghan 18:15  
67 56 Dominic O'sullivan 19:30  
80 8 Kay Sheedy 19:45  
96 81 Robert Tokarski 20:17  
104 88 Ebe Prill 20:39  
105 10 Katie Smith 20:40  
106 89 Terence Baker 20:42  
113 11 Alice Williams 20:58  
123 14 Michelle Lennon 21:22  
128 107 James Auger 21:29  
158 132 Huw Russell 22:23  
181 151 Hugh French 22:57  
186 156 Grzegorz Galezia 23:11  
192 22 Lucy Pickering 23:20  
205 168 James Gordon 23:42  
213 174 Sean Cordon 23:49  
240 34 Izzy Pickles 24:26  
260 203 Rob Mayes 25:02  
302 226 Michael Dodds 26:01  
384 102 Clare Wyngard 28:05

### Beckton

104 Ran  
Pos Gen  
38 31 Dave West 25:25  
51 40 Paul Keating 27:18

### Burgess

591 Ran

### Pos Gen

6 6 Tommaso Bendoni 17:45  
8 8 Timothy Bowen 17:52

### Southwark

433 Ran  
Pos Gen  
192 148 Gary Budinger 25:33

### Forest Rec

207 Ran  
Pos Gen  
1 1 Joe Hallsworth 17:15

### Tonbridge

492 Ran  
Pos Gen  
106 95 Nicholas Brown 24:26

### Peckham Rye

288 Ran  
Pos Gen  
4 4 Joe Farrington-Douglas 18:28

### Folkestone

397 Ran  
Pos Gen  
24 2 Kim Hainsworth 20:28

### Croxteth Hall

247 Ran  
Pos Gen  
12 12 Austin Laylee 20:20

### Leicester Victoria

250 Ran  
Pos Gen  
45 6 Marjorie Epton 23:54

### Tooting Common

564 Ran  
Pos Gen  
24 22 John Kazantzis 20:17  
215 145 Ian Sesnan 25:59  
361 196 Peter Jackson 29:38

### Clapham Common

855 Ran  
Pos Gen  
45 39 Shane Donlon 20:00  
468 98 Harriet Roddy 28:07

### Catford

205 Ran  
Pos Gen  
95 13 Ros Tabor 26:09  
108 87 Andy Murray 27:07  
172 52 Stephanie Burchill 32:26

### Sizewell

142 Ran  
Pos Gen  
8 8 Alex Loftus 20:38

### Sharpham Estate

105 Ran  
Pos Gen  
22 20 James Wicks 23:17

### Thames Path, Woolwich

274 Ran  
Pos Gen  
1 1 Andy Bond 16:07

# 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](mailto: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



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



**Socks only £5**

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

For all club kit enquiries: [ros.tabor49@gmail.com](mailto: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](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket

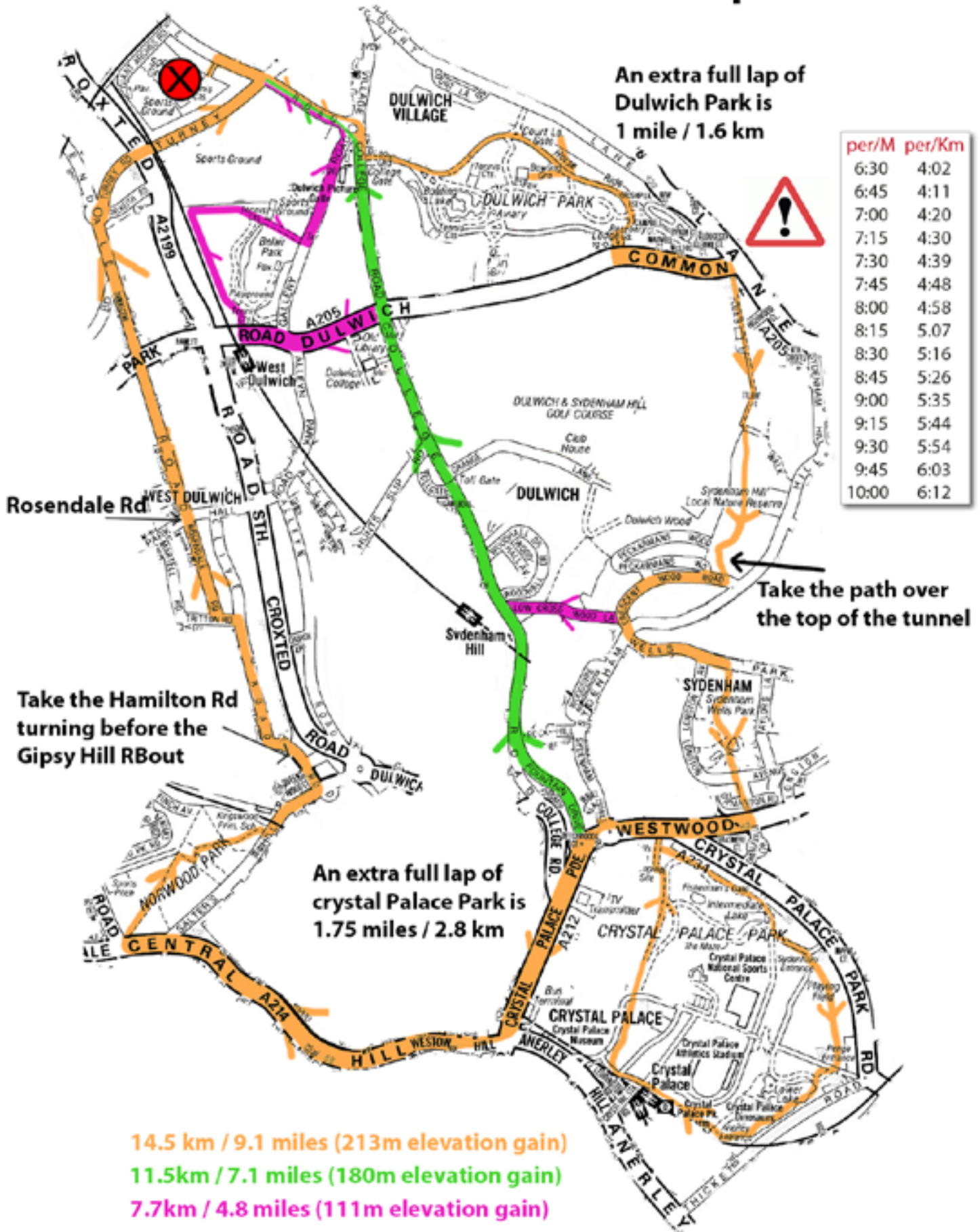


Showerproof Team Jacket



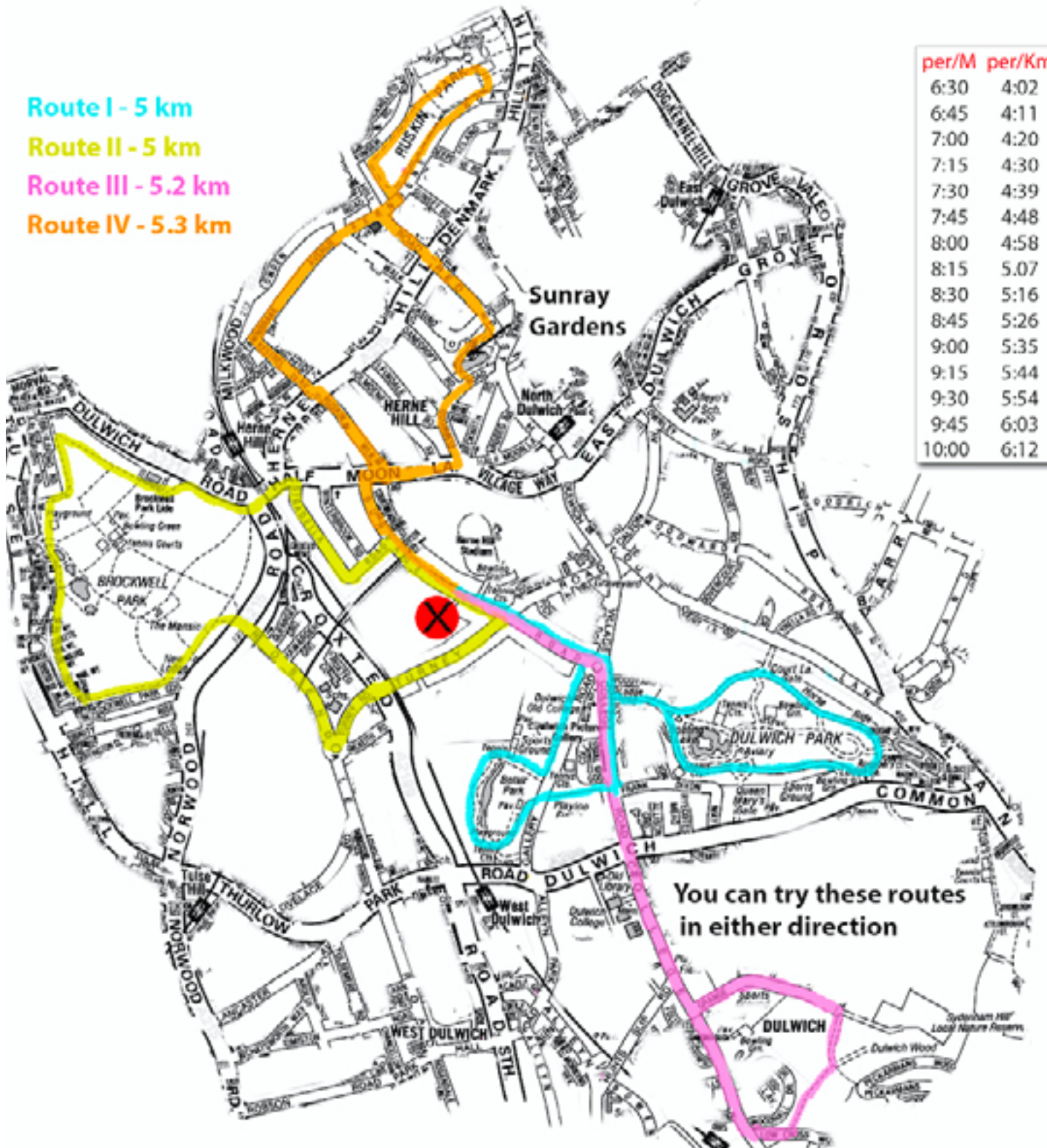
Pro Mid Layer 1-4 Zip Top

# Dulwich Runners Summer Map 3



# 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   |

You can try these routes in either direction