



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
- 10 Race reports and results
- 14 Club kit
- 16 Wednesday night maps.

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

Like us on Facebook @dulwichrunners

Connect with us:



No Wednesday club run - 21st June
Either run or help at the Mid Summer Relays
- See inside Shorts for details

Please read Shorts each week as all information is always put 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

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

2023/24 membership renewals

Now overdue - check your email, final reminder sent today

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.

email renewal request forms were sent end of March
(If you can't find it check your junk/spam folders.)

Please do not reply to the email unless to request changes to your details or to not renew.

Payment only by direct bank transfer or contactless on a club night. **(no cash or cheques)**
Bank details will be on the renewal form.

Full 1st claim membership £47 includes EA reg. of £17 - 1st claim membership without EA reg £30 - 2nd claim £30 EA reg is £17 and can only be arranged through your 1st claim club.

The club membership year is April 1 to March 31 (same applies to EA reg.)

Any membership queries contact: barry@bg1.co.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

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
Jun 21	Dulwich Midsummer relays	Dulwich Park
Jul 1	Brockwell parkrun - S	Brockwell Park
6	Assembly League	tbc
7	Mark Hayes mile	Dulwich College track
14	Golden Stag Mile - S (alternative to June 3 Tracksmith)	Finsbury Park
15	Elmore 7 - L	Chipstead, Surrey
Aug 3	Assembly League	Victoria Park tbc
Sep 3	Big Half - L	Central London
7	Assembly League	Beckenham Place Park tbc

NOTE: All Assembly League dates and venues to be confirmed

Club Championship Races 2023

Remaining events

- 1 July Brockwell parkrun S
- 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.

Join us after our club champs in Battersea Park next Tuesday 13th at the Pear Tree Club in the park.

Pacers at Brockwell parkrun, 24 June

the organizers at Brockwell parkrun has accepted our offer to provide pacers for the event on 24 June. This is a week before our club champs parkrun there on 1 July. Could those of you prepared to act as pacers please contact me with your proposed time. My suggestion is to pace within your comfort zones as opposed to your maximum pace. mcmann90@yahoo.co.uk

Big Half entries – the draw for community places has been done

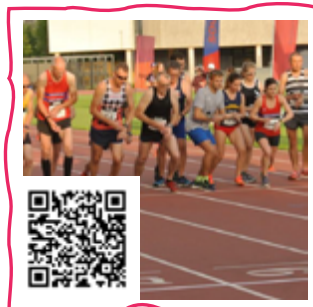
Names were pulled out with a 50/50 split between male and female. Everyone successful has been emailed. Please reply asap. We have applied for some more community places, but there is no indication when, or if, we will receive any. If we do, the people who were unsuccessful this time will have priority.

Mark Hayes Mile - 7 July

Dulwich College track Friday 7 July, start 7.30pm. A series of seeded races with the slowest race going off first. Those wishing to take part contact me with either recent or estimated times (not pbs). mcmann90@yahoo.co.uk

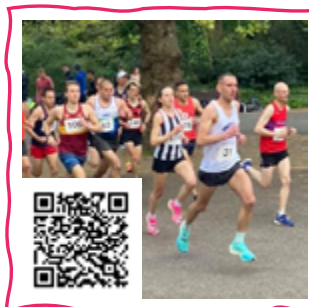
Dulwich Runners Club Championships 2023

- Edition 3 – Elmore 7 Plus Others now Available to Enter!



1 mile (SHORT CATEGORY)
 Tracksmith Mile, Tooting Track
Saturday 3 June 2023, 2.00pm
 Likely to sell out well in advance.
 The Golden Stag Mile at Finsbury Park on Friday 14 July will remain as an alternative.

<https://data.opentrack.run/en-gb/x/2023/GBR/tracksmith2/>



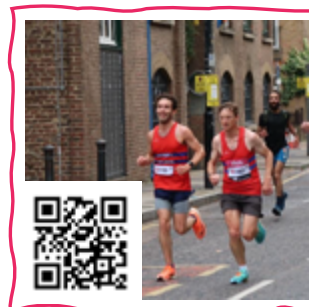
5 Km (SHORT CATEGORY)
 Speedy Steeds 5K, Battersea Park
Tuesday 13 June 2023, 7.00pm
 Entry closes 3 days before.
 Or any others in the Sri Chinmoy summer series on 27 June, 18 July or 8 August

<https://www.eventrac.co.uk/e/sri-chinmoy-5k-races-in-battersea-park-6961>



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://register.enthuse.com/ps/event/SLHElmore72023>



Big Half (LONG CATEGORY)
 Tower Bridge, London
Sunday 3 September 2023 (am)
 Standard Price Entries open.
 We hope to receive discounted community places although these cannot be guaranteed.

<https://www.thebighalf.co.uk/the-events/how-to-enter>

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.

champs (1 July), Assembly League (3m-3.5m). Later in July sessions focus on 5k speed and additional guidance and advice for the Big Half 3 September.

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). Every Tuesday, except 13 June (5k club champs race then).

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.

Training focused on the 1 mile club champs (2 June & 14 July), Mark Hayes mile 7 July, 5k club champs (13 June) parkrun

Subject to any last-minute adjustments, proposed sessions for the next few weeks are:

20 June - Field - 2*(3mins @5k effort + 90 secs rec).
Track - 4*(90 secs @3k effort + 1 min rec) + 3*(225m @1 mile effort + v.slow jog rec).
Note: midsummer relay on Wed.

27 June - Field - 5mins @10k effort with a couple of short faster speed on whistle + 3*(2.30 mins @5k effort +90 secs rec, diagonally across field).
Track - 2*(2:30 mins @3k effort + 90 secs rec) + 2*(400m @1m pace + v.slow jog rec. back to start line).
Note: Brockwell Parkrun club champs on Saturday July 1st

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: ebepri11@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

Dulwich Midsummers Team Relay & Children's Fun Run

Wednesday 21st June 2023 - Dulwich Park, SE21 7BQ

We are pleased to announce that our popular event open to all levels of ability will take place again this June. This is a really important fundraising event for the club so please run or volunteer if you can.

Relay Race

3 x 1 mile
Start time 7:30pm
Minimum age 7
Advance entry: £15 per team On the day entry: £18 per team
Run Britain license applied for.
Further details from Ange and Ebe:
dulwichchair@gmail.com

Children's Race

1 mile
Start time 7:00pm,
for ages 4-14 - all children will receive a medal.
Cost £2 (on the day entry only)
For more info contact Hugh French:
hughfrench@hotmail.com

1. You can enter as a team via Opentrack - enter via relay entry (second green box), choose 'or add a club not in the database' and include DR in the unique name), <https://data.opentrack.run/en-gb/x/2023/GBR/dr-midsummer-relay/>
2. If you do not have a team and would like to be added to a Dulwich one, let Ange know - dulwichchair@gmail.com
If not running, it would be great if you help on the night. Let Alice know if you can - alice.williams1712@gmail.com



DULWICH RUNNERS
MIDSUMMER RELAYS
AND CHILDREN'S FUN MILE

Wednesday 21 June, Dulwich Park
Children's Fun Mile 7pm
Midsummer Relays 3x 1 mile 7.30pm

Children's Fun Mile (age 4-14)
£2 entry on the day only
£15 per relay team online in advance
£18 per relay team on the day subject to availability

Scan me to enter



www.dulwichrunners.org.uk

Prizes will be awarded for winning male, female and mixed (minimum 1 female runner) relay teams.

Please form and enter your own teams, or if you do not have a full team, email your interest to Ange and we will put some teams together. If you don't want to run, we will also need many volunteers.

Every year the Club hosts an annual children's one mile race, which takes place before the midsummer relays on 21 June.

In order for it to be successful, every club member needs to drum up some support. "What can I do though?" I hear you asking. Answers below:

If you have children or know children bring them along.
Spread the word – ask a school to put it in their newsletter. Tell any parents you know about it.
Promote the event – put a flyer on a noticeboard, in a club, in a church, in a school etc.
Get it onto social media – retweet any promotion, put it onto your fb feed, get it on snapchat etc etc
Wear a sandwich board around Dulwich for the next few weeks promoting the event.

Assembly League

What is the Assembly league ?

- A summer evening race series that ran every year from 1975 to 2019 with a partial return 2022 and full season of 6 races is planned for 2023.
- Races free to enter, no need to book in advance, men and women run together.
- A competition between 15-20 London running clubs from north and south of the river.
- Extremely popular, all first and second claim members encouraged to take part whatever your standard or ability
- Just turn up on the evening with a club vest and we'll give you a number to pin on your vest. Club vests can be bought from Ros Tabor on a Wednesday evening.
- Races normally either 5km or 5.6km (3.5 miles) and usually start at 7.30pm unless otherwise advised.
- Beckenham uses the parkrun course, mixture of surfaces so consider this in your of shoe choice.
- After each race organisers normally have a bar for food and drink.

All dates and venues TBC - all on Thursdays

May 4: Victoria Park - June 1: Crystal Palace - July 6: Venue TBC Aug 3: Victoria Park - Sept 7: Beckenham Place Park

Rules

- A team's first four runners score.
- Lowest score = first place and so on.
- Unlike Surrey League a team's 5th, 6th etc finishers impact the score of slower teams who's first four finishers place after them. This rewards a strong turnout.
- 1st place team gets 15, 2nd gets 14 so seasons end team with the Highest point total wins.
- For individual awards same applies- 1st place runner in that category getting 15, 2nd 14 and so on.

- Individual champion is the runner with the most points.

Awards

- Men's A and B team, individual, U20, M40, M45 and subsequent veteran categories.
- Women's A and B team, individual, U20, W35, W40 and subsequent veteran categories.

History

- Dulwich have enjoyed team and individual success. The men are still the reigning champions from 2019



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:

- Dave Clarke Mile 28 June, Wimbledon Pk (entries close 22 June) <https://data.opentrack.run/en-gb/x/2023/GBR/dc1mile23/>
- 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/>
- 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/>

We'll endeavour to update this list every couple of weeks.

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.

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

25 Jun British Masters 30km Multi-Terrain Champs Gravesend Oct? British Masters 1/2M Champs Gravesend
20 Aug British Masters 10 Mile Road Champs Prudhoe 03 Dec - British Masters 5k Road Champs - London
08 Oct - British Masters Marathon Champs - Chester

Bob Graham Round (30th June) pacers / support needed!

As some of you know, three DRs (Michael Williams, Ben Smith and Alex Loftus) are planning an attempt on the Bob Graham Round (BGR) this Summer. The BGR is one of three classic sub-24 hour mountain challenges in the UK, the other two being the Ramsey Round in Scotland and the Paddy Buckley Round in Wales. It dates back to June 1932, when Keswick hotelier Bob Graham broke the Lakeland 24-hour record by crossing 42 fells in the Lake District, over 66 miles with 27,000ft of ascent. (Everest is 29,035ft, just for scale). To be officially ratified in the 'Bob Graham 24-hour Club', you must complete it in under 24-hours, and each runner must be accompanied by a witness on each summit.

The route crosses roads at 4 distinct points so it's broken down into five distinct legs and we're hoping to have a team of pacers taking turns to join us on each leg. This is not only to verify that we've actually reached each summit but – more importantly – to help make sure the three of us are on course, running at a steady pace and are still sane, fed and watered! This is where we're hoping that other DRs might be willing to join us for a leg or two. Although it might seem a somewhat selfish request, we'd also hope it might be a beautiful night & day for running in the Lakes. In the reciprocal spirit of the BGR, we'll also return the favour when anyone else is keen to do the same.

We've now set a tentative, weather-dependent date of June 30th, and there should be at least a couple of cars going up from Dulwich. If, nearer the time, the forecast doesn't look optimal, we'll aim for the weekend after (7th-8th July), with the same scheduled departure of 7:15pm from the Moot Hall in Keswick. On the basis of a 23-hour round (the schedule is likely to change quite a bit!) this would mean rough timings for each leg as follows:

- Leg 1. Keswick to Threlkeld: Depart 1915. Arrive 2301.
- Leg 2. Threlkeld to Dunmail Raise: Depart 2316. Arrive 0342
- Leg 3. Dunmail Raise to Wasdale: Depart 0357. Arrive 0949
- Leg 4. Wasdale to Honister: Depart 1009. Arrive 1508
- Leg 5. Honister to Keswick: Depart 1522. Arrive 1818

The 1st of July should dawn at around 3-ish near to the summit of Fairfield, with some of the most beautiful views on this island.

There are likely to be at least a couple of cars going up from Dulwich. If anyone is able to offer any help in our attempt – whether as a pacer or road support – please do write to us on:

asmithcalledben@gmail.com
mikathlon@gmail.com
alexloftus75@gmail.com



An introduction to developing your running i.e. how to make the most of your Dulwich Runners membership

Who is this aimed at?

I thought I would pull something together on a fairly “quick and dirty” basis about what the training sessions are intended to achieve, why we do what we do and how this fits with wider club activity. This is primarily intended for those of you who are fairly new to the club and/ or structured endurance training although it might be of wider interest.

General principles of endurance running

Essentially, we train in order to improve our aerobic capacity (your cardiovascular system can deliver more oxygen which your neuromuscular system is better able to use), our lactate threshold (you can run at a faster pace at which energy production becomes increasingly anaerobic, leading to fatigue) and our running economy (you use less energy to do the same level of running). These improvements will vary person-to-person, and it can be a bit of a genetic lottery. Sometimes progress can take a while to become apparent, so don't expect overnight success but consistent intelligent training should pay benefits for almost everyone.

Different training paces provide these benefits in different ways, although it is well worth noting that whilst training at your target pace has its place, there is a lot more to improving your 5k time than simply running at your 5k pace regularly.

Most coaches and experienced athletes generally think of doing most training at a fairly easy or steady pace, with a small proportion at or faster than about marathon pace. There's no one set formula or consensus about how this should best be done although the 80/20 rule is often cited as a general rule. Don't fall into the trap of thinking that running at an easy conversational pace isn't much use and that for training to be effective you need to be collapsed on the ground at the end of a session. You'd be amazed at how slowly so many elite level athletes will do so much of their training.

Intensity and pace

In setting the training sessions and plans, I will generally refer to your pace at a particular distance e.g. 5k pace, 10k pace etc. Almost all of you will be racing regularly so should have at least one recent pace to refer to, and you can then use one of the many online comparators to work out a pace at a different distance. For most of you, 3k, 5k and 10k should each be about 10-20 seconds a mile different from each other. Do try to refer to recent races and avoid the temptation to refer to either very old races when you were much younger and fitter, or those imaginary races which you haven't yet achieved in real life. Another helpful approach although it can be a bit vague, is perceived effort or exertion. Borg scales are often used and worth looking up, but with someone new to running I could just use easy, moderate and sprinting which is at least nice and easy to understand.

What is in a week?

Most people organise their training on a weekly cycle, which includes a variety of sessions of different distances and intensities. But there are risks around relying on a relatively narrow range of sessions as well as failing to allow sufficient recovery between harder sessions.

So you could do some sessions every fortnight rather than weekly, vary your distances and efforts a bit more, and also cut back your mileage occasionally (e.g. one week a month) to ensure you can absorb your training.

But in general terms a week might look something like:

Monday – 40-60 minutes easy run

Tuesday – interval session

Wednesday – 30-60 minute easy or steady club run

Thursday – 40-60 minute easy or steady run

Friday – rest day

Saturday – 40 minute easy run or Parkrun (at whatever pace you want)

Sunday – 80-120 minute long run mainly at easy or steady pace.

Training blocks

Like many other clubs, our training sessions are aligned to target races and we build up over typically 8-12 weeks, which is about the time it takes for the training to make a noticeable difference, with a focus on a particular race (or series of races).

We also like to vary the stimulus simply because the human mind and body occasionally needs something new – if we did 8*800m @5k pace with 75 seconds recovery every week then despite its merits as an individual session you would (1) get bored, which can lead to over-training (2) miss out on the benefits of training at a broader range of paces, intensities and distances and (3) adapt over time and have a reduced response to each session. By varying the session each week we can cover a wider range of training stimuli, and in focusing more on shorter faster sessions in the summer and being more endurance-based in the winter we can similarly periodically freshen things up and better target the key races in each period.

Further advice

A while back I wrote up a short note about the Tuesday sessions, which is at:

<https://wingsonourheels.wordpress.com/2022/10/28/tuesday-interval-sessions-some-additional-information/>

Feel free to ask me (or the other coaches) questions before and after the Tuesday sessions, or contact me by e-mail or Whatsapp. We can also point you in the direction of some suitable further training resources if needed.

There are also lots of good books out there with training advice: I've set out my recommendations at:

<https://wingsonourheels.wordpress.com/2022/10/28/training-books-some-recommendations/>

Wednesday club runs

These are a great way to get to know people in the club and the distances and paces on offer allow you to run in a group that works for you, whether it be a shorter easier recovery run or a faster mid-distance run as part of a marathon build-up. Most people feel a reduced perception of effort when running in a group, and that applies to easier and steady runs as well as the more intense interval sessions. I should be around most Wednesdays so happy to chat after a run if you've got any questions.

We also have had a number of groups doing their Sunday long runs together particularly ahead of spring marathons, so do ask around and check Shorts to see what is on offer. It might also be worth contacting others in the club to arrange meeting up to run at other times e.g. on Thursday evenings.

Races

There is a great range of races on offer with the club which are either free or at low cost. They also vary over the course of the year, which makes life more interesting and are often a focus for a training block. Do bear in mind though that inter-club competitions can be a bit more competitive than other races simply because those taking part will have run regularly for some time, so do adjust your expectations around (and the importance you attach to) where you finish in the rankings.

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 - **HXBIEWS** - valid until 3rd of July 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.



"Delivering the trainers to Care4Calais.org collector Vivienne Riddoch, in Bromley"

On Monday 12 June we donated 30 pairs of used trainers to Care4Calais.org. This is part of our program making Dulwich Runners' activities more sustainable. Thank you to everyone who gave away their used shoes - they will make a difference to many people in need. In this way we also allowed our shoes to be used, probably, for several more years, instead of ending straight away in a landfill. Please contact me to donate your used shoes. - Andrea Ceccolini

Dulwich Runners

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



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



Feedback and requests **Andrea Ceccolini**
Please check your profiles on [Power of 10](#) and [Parkrun](#) are properly configured, so your results can be included automatically in the [DR App](#).

Put a spring back in your stride with a Sports Massage.

Ola Balme is an experienced Sports Massage Therapist, Reflexologist (reflexology enhances wellbeing) and DR club runner.

For more details - 07506 554004



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

“The aim of this past weekend was to have a successful camping trip in Devon/Exmoor”

writes Murray Humphrey but some friends had spotted a trail running event with a 10k option and despite my trail inexperience I thought it would be rude not to have a go. This was hardly an A-race and I had a suitable list of excuses. I compounded any underpreparation further by sampling some local Devon ales in a pub in Croyde and then fumbling with a tent until the early hours of the morning. But I arose a few hours later to the sound of some seagulls attacking our camping neighbours' leftover chips and after a nutritious breakfast of dry coco pops straight from the box felt ready for the race.

A week or so before the race I had quickly glanced at the course, elevation (coastal 10k, 1480ft/451m) and results. The top 10 last year had run 45 - 55 mins and it seemed reasonable to be somewhere in the middle of this so that was my only goal. At the start I spotted a few club running vests including Claphams Chasers and North Devon Road Runners so I guessed these fellows would be the top competition. The race started quite fast and reminded me a bit of cross country (it would seem that trail running is like cross country for middle class people that can buy more gear - myself included) but I quickly found myself in the top 4 behind the club running vests.

The views were incredible over the sea and the striking cliffs of Devon but I had to focus on the trails to make sure I wasn't tripping over. I came into the first marshall point in third place with the Chaser leading a few hundred metres up the road. On the uphills I was making ground but then immediately losing it on the treacherous (for me) downhills where I wasn't willing to risk a rolled ankle or potentially a dip in the Bristol Channel but at the 2nd (and last) marshall point I had pretty much closed



the gap to the Chaser.

The final mile and a half was essentially a long slow uphill with Mr Chaser and I matching each other stride for stride both sounding like we were keen to give up but aware that South London bragging rights were at stake. In the final few hundred metres there was a short and steep on all fours style of scramble; I confirmed with the Chaser it was the right way and he grumbled yes and that his legs were done and I had won. Having never been at the pointy end of races I wasn't sure whether this was tactical mind games or pure exhaustion so I sped up and attacked the scramble as hard as possible.

The final few hundred metres were pretty horrific as my legs had never taken such a beating in elevation - very similar to the final few miles of a marathon - but I crossed the line for my first ever win. A super fun moment and whilst the calibre of competition was questionable still something I wouldn't have considered prior to joining Dulwich Runners so a huge thank you to everyone who has helped me over the last months as a new club member! 1/82 (45:13).

Orsted Great Grimsby 10k - 04/06/23

Colin Frith writes: along with Steve Williams and former Dulwich Runner, Martin Morley, made the annual pilgrimage to Colin's home town of Grimsby for this popular and competitive 10k. Steve, having had a few months of injury, was unsure whether he was up to the distance having only just got back to light training with the Tuesday lunch time Dulwich Park training group. Colin was also not in the best of shape given recent excesses on holiday. However, Colin secretly had hoped that given a good run he would get close to or even break 50 mins. Martin Morley has had a number of injuries and illnesses recently. He just wanted to get round in one piece!

Over 3000 runners started this race which was well organised, marshalled with great support on a relatively flat and fast course. With a congested start Colin decided to line up near the front with Steve about 50 metres behind him. Just after 5k Steve surprised himself and passed Colin and with a few words

of encouragement shuffled into the distance. Colin tried to keep him in sight with the hope of a sprint finish but Steve despite slowing in the last few kilometres was not going to be caught. Martin meanwhile took it all in his stride and finished comfortably with no injury issues. Colin was disappointed not to in the end break 50 mins. Steve was really surprised and pleased to break 50 mins. Martin was also pleased considering that at over 70 he had been running recent Park Runs in 31-32 mins. We all decided that we would aim to be back again next year. We can certainly recommend this race for those that fancy a trip to North East Lincs.

No of finishers 2095

	Pos	Gun	Chip
Steve Williams	606 (8th M65)	50:47	49:33
Colin Frith	616 (9th M65)	50:56	50:31
Martin Morley	1218	67:58	62:41

Network Rail Marathon Relay Challenge

Jonathan Whittaker writes: Enigma Running organises a relatively low key but fun running event for Network Rail and related organisations every year around Caldecotte Lake in Milton Keynes where there is a Premier Inn pub in a converted windmill to watch the event from. Teams of 7 (or fewer if runners do multiple legs) run a marathon as a collective with a proper relay baton. As I am on part time secondment to Great British Railways Transition Team I was eligible to take part this year. A small group of us from the Waterloo office formed a team covering



a wide range of abilities from 16 to 30 minute 5km times.

Looking at the blazing hot weather forecast I had opted for the last leg which was expected to start around 6pm. With extra work to do I didn't leave South London until after 3 pm but the quick train to Bletchley and taxi had me at the lake with plenty of time to spare.

The course was very pleasant with a mix of shade, contrasting houses, wildfowl and boats. I received the baton in 5th just ahead of 6th with just under 6km to run to see if I could catch any of the teams in front. The first 3 km I managed to run in quicker than 4 min kms but the heat and headwind then started to sap. Fortunately the lake course meant that I got a glimpse of a runner in front and gradually reeled him in with about 2km to go. I then saw another runner tiring and passed him with about 1km left. The team came 3rd in 3:33:23 with my leg approximately 23:45 for the 5.95km lap. Everyone got a nice train themed medal although when I showed the picture afterwards people thought I had gone to Japan! There was then time to have a drink by the lake watching some of the other teams come in - the winning team ran 3:11:58 and the slowest was 4:32:11



SRI CHIMNOY Midsummer 10K

3 June

3	Aaron Wilson	32:41
59	Austin Laylee	39:21
61(4W)	Alexandra McClelland	40:07
78(1FV50)	Michelle Lennon	42:25
99(2M65)	Graham Laylee	46:41
121	Jonathan Senker	53:14

2nd Sunday 5 Mile

11 June

This usually enjoyable 5 mile trail race on Wimbledon Common was a bit of a struggle in the heat, and consequently times were slower than usual. Mike Mann

Mike Mann	46:01
Ros Tabor	49:11
Andy Murray	50:57

Vets Ac 5k Champs

Several of our group were rather heavy legged for this race at Battersea Park, having raced more than once in recent days. Conditions were good - cool with just a light breeze. As a rough yardstick this pancake flat course is probably worth just short of a minute compared with the Assembly League/parkrun route at Crystal Palace. Tony Tuohy with relatively fresh legs achieved his best time in 4 years, finishing 2nd M60.

Clare Norris also had a great run just over a minute faster than her Assembly League run, achieving a well deserved pb in the process. The remaining 3 of us had decent enough runs, but with times affected by recent races. I was around 30 secs short of my April run on the same course, despite broadly unchanged form. I slowed very slightly during the race with legs reluctant to offer a kick in the final straight. Mike Mann

Tony Tuohy	18:02	2nd M60
Clare Norris	20:16	2nd W45 PB
Ebe Prill	20:24	
Mike Mann	23:19	2nd M70
Dave West	24:12	

Harvel 5

3 June 2023

Claire Steward writes: I have never been able to complete four laps of a track in anything like a competitive time so while speedy DRs were smashing it at the Tracksmith Amateur Mile, three of us ventured to the Kent Countryside for the Harvel Hash House Harriers (HHH) 5 mile race, now in its 24th year. This is a proper race organised by a Drinking Club with a Running Problem and supported by the local community with the trophies consisting of random pottery mementos made by local school children.

Twenty one years ago it was a Club Champs event with twenty three DRs taking part;

the start and finish are on the country lanes but that year we encountered incredibly muddy sections on the loop around Trosley Country Park. Three of us revisited it in 2008, and six in 2011 when dry conditions allowed me to dip under 37 mins. This year conditions underfoot were ideal and the country park was nicely shaded. My time reflects advancing years, lack of fitness (and the fact that I sprained my ankle three weeks previously and was limping round using a stick for a week) but in reality I was happy to get under 50 mins, Joanne was pleased with sub-45, and Dave was only a minute slower than last year.

Car parking was in a field a short walk from the registration and start & finish areas, and the race was chip-timed. Afterwards we enjoyed a beer in the sunshine, watched the presentations and caught up with

old friends and ex-club members Steve Wehrle, and Tereza Grainger Francova now a member of Dartford Harriers who was third woman and led home the first women's team.

The winner recorded a new course record (25:31) and the final finisher came home in 1Hr 41mins, reflecting a range of speed with around 400 of the 753 finishers unaffiliated to a club, but good representation from clubs as diverse as HHH and Zero to Hero, to Cambridge Harriers, Istead & Ifield Harriers, and Swanley & District AC. Maybe we could encourage a few more DRs to give a go next year for the 25th anniversary?

160	Dave West	40:12
262	Joanne Shelton Pereda	44:55
394	Claire Steward	49:46

Project 20 v3

A New weekly column by Ajay Khandelwal

"Fail again. Fail better." I had been taking the great writer Samuel Becket's advice maybe too literally. Perhaps there is a lost page in his diaries where he says, "Ajay, in your case this doesn't apply. I was talking about the masses. You are a SPECIAL case. In your case my advice is simple. STOP FAILING!"

Ok haters. You read it here. I am going to run sub 20 for a 5km for real. My previous attempts have been derailed. But that was then and this is not then.

Rupert Winlaw has really been annoying me. Firstly a provocative name. Name as destiny. It is the "law that he wins." He is

actually getting faster every time i see him. My name Ajay actually does mean "victory" in Hindi, but clearly something has got lost in translation (about 5 minutes to be exact). He has appeared to shrink in size and get fast shoes that do what they say on the tin. I tragically have got the faster shoes but must clearly be amongst the small outlier class who are actually slowed down by so called fast shoes. The injustice is not lost on me. Nice guys never win.

On the upside i have seen a lot of dulwich runners royalty Ed Chuck recently. This must surely be a good omen. Brockwell park, assembly league, we even ran together for at least 100 yards (on the way to park run where he told me breathlessly about how he had been watching the diamond league non stop for 48 hours.) His speech was volatile and delirious. 3.58...3.58...he repeated. I was sure he was on magic mushrooms.

I am also finding Michelle Lennon very annoying. I used to think we were friends. Running compatriots. But no. She gets faster which i think is really not even passive aggressive, but just full on war. Rude, frankly. She is no longer any friend of mine. I make it a point to snub her whenever i bump into her.

To be honest i have a very long list of dulwich runners i am mad at. I dont want to give them free publicity here so email me directly if you want deets. In the meantime let the games begin. I ran 22.28 a few weeks ago. I have stopped eating granola. And i am running. When i told Ebe about my plan he almost choked on his home made muesli bar. His technical analysis was, "No way." I could tell behind his permanent smug grin he was feeling just a little bit scared. ...

Banstead Woods

214 ran			
Pos	Gen		
16	15	Tony Tuohy	21:19
85	13	Catherine Buglass	26:23
89	15	Teresa Northey	26:32
100	18	Joanne Shelton Pereda	27:18

Greenwich

209 ran			
Pos	Gen		
7	7	Justin Siderfin	20:54

Beckenham Place

426 ran			
Pos	Gen		
75	7	Laura Vincent	23:10
250	67	Claire Barnard	30:18
255	70	Sharon Erdman	30:31
268	175	Paul Hilton	30:51
394	220	Steve Wehrle 2nd clm	39:52

Crystal Palace

343 ran			
Pos	Gen		
8	7	John Kazantzis	20:46
33	5	Laura Denison	22:33
46	38	Paul Hodge	22:55
50	41	Hugh Balfour	23:01
155	118	Michael Dodds	27:11
299	107	Chris Bell	36:48
326	186	Bob Bell	42:47

Whitstable

331 ran			
Pos	Gen		
32	3	Michelle Lennon	21:43

South Norwood

188 ran			
Pos	Gen		
38	4	Eleanor Simmons	24:45
105	81	Peter Jackson	30:11

Medina I.O.W.

246 ran			
Pos	Gen		
41	2	Lucy Pickering	23:43

Eastville

422 ran			
Pos	Gen		
88	69	Jamie Robinson-Nicol	24:08

Mile End

349 ran			
Pos	Gen		
127	78	Dave West	25:23

150	92	Paul Keating	26:33
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Dulwich

591 ran			
Pos	Gen		
1	1	Edward Chuck	15:54
9	8	Max Bloor	17:00
11	10	Hugh Stobart	17:45
17	15	Steven Kendall	17:56
22	19	James Blackwood	18:15
29	26	Rupert Winlaw	18:54
30	27	Chris Beardsall	18:55
47	43	Chris Cooper	19:57
79	73	Lee Wild	21:13
95	88	Stephen Trowell	21:42
109	4	Ola Balme	22:07
115	106	Tom Shakhli	22:14
119	107	Benjamin Hewitt	22:20
131	112	Hugh French	22:39
135	116	Dan Hill	22:43
146	123	Miles Gawthorp	22:55
155	130	Lloyd Collier	23:14
162	134	Toby Irvine	23:21
163	135	Tom Childs	23:22
180	20	Izzy Pickles	23:38
188	152	Graham Laylee	23:53
206	31	Marjorie Epson	24:16
343	247	Ajay Khandelwal	27:28
579	205	Susan Vernon	45:08

Riverside

413 ran			
Pos	Gen		
197	37	Claire Steward	27:23

Hilly Fields

406 ran			
Pos	Gen		
1	1	Andy Bond	16:43

Burgess

522 ran			
Pos	Gen		
1	1	Callum Job	16:28
7	7	Timothy Bowen	18:22
27	1	Hannah Norman	20:18
481	235	Barry Evans	38:07

Southwark

457 ran			
Pos	Gen		
76	7	Harriet Roddy	22:18
228	166	Gary Budinger	26:49

Fulham Palace

498 ran			
Pos	Gen		
498	234	Ian Sesnan	55:52

Peckham Rye

313 ran			
Pos	Gen		
16	16	Mark Callaghan	19:33

Dartford

206 ran			
Pos	Gen		
12	11	Michael Fullilove	21:55

Hastings

388 ran			
Pos	Gen		
88	76	Nicholas Brown	24:24

Rogiet

87 ran			
Pos	Gen		
18	3	Belinda Bell	23:04

Clapham Common

953 ran			
Pos	Gen		
163	131	Cameron Timmis	22:41

Felixstowe

315 ran			
Pos	Gen		
231	72	Hannah Issett	32:50

Centennial

402 ran			
Pos	Gen		
13	13	Tim Taylor	18:59

Bethlem Royal Hospital

123 ran			
Pos	Gen		
1	1	Kay Sheedy	19:29
12	8	Stephen Smythe	22:30

St Mary's

103 ran			
Pos	Gen		
6	1	Lucy Mordaunt	21:24

Leazes

266 ran			
Pos	Gen		
47	39	Sum Mattu	22:34

Mote Park

163 ran			
Pos	Gen		
9	1	Kim Hainsworth	21:39

DULWICH RUNNERS KIT

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



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



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



Crop tops - £25



Beast from the East !

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



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



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

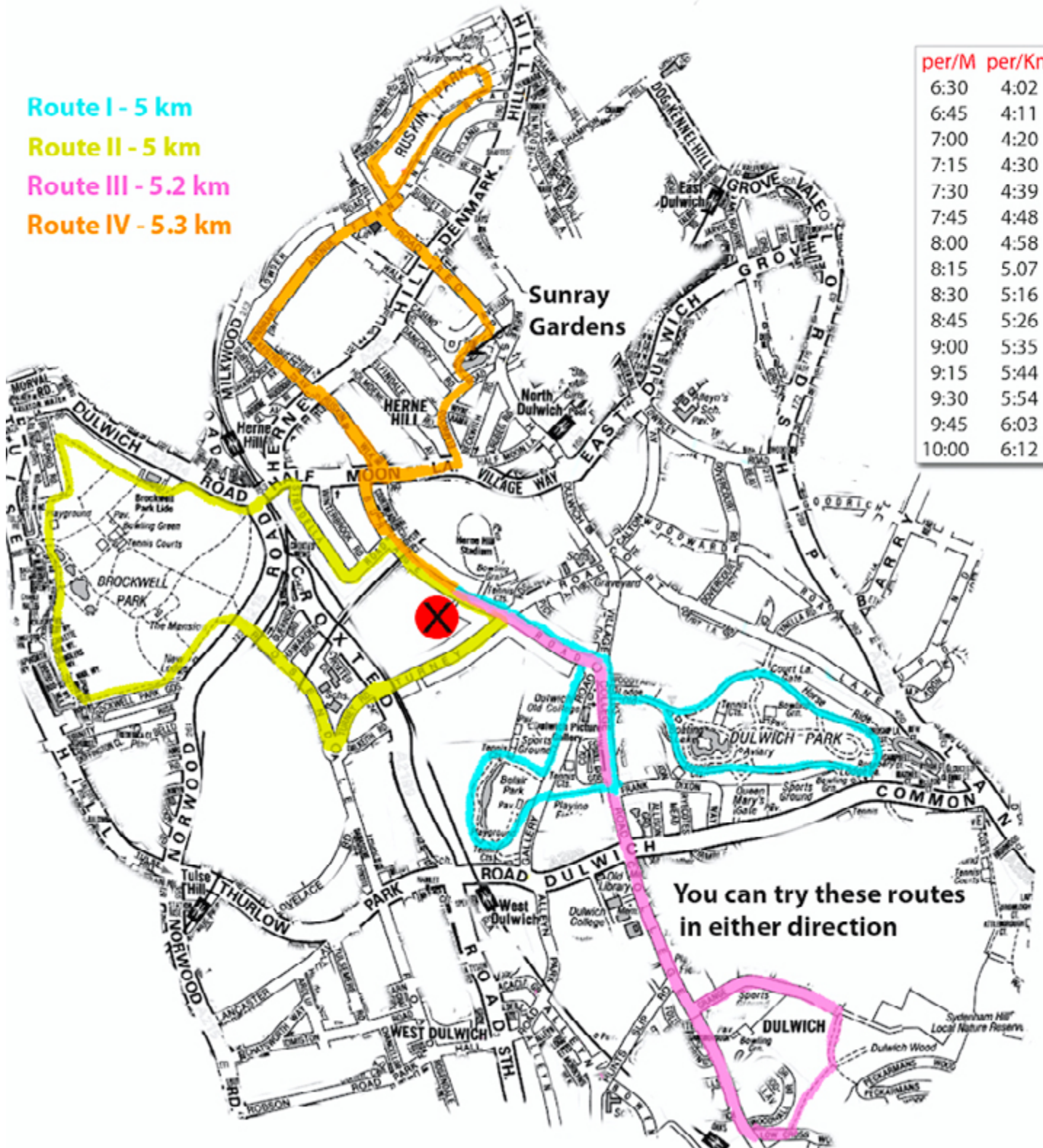


Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer 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



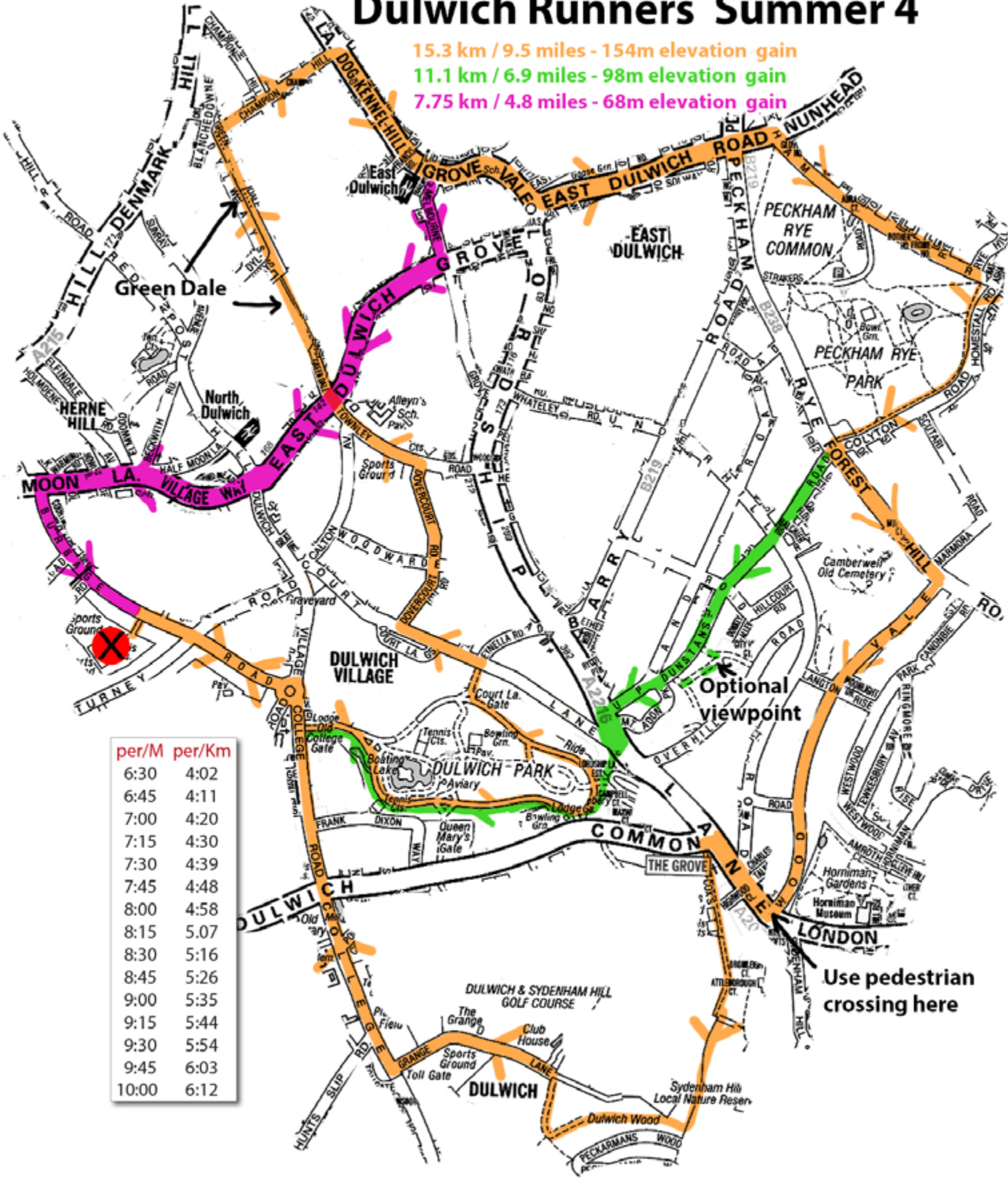
You can try these routes in either direction

Dulwich Runners Summer 4

15.3 km / 9.5 miles - 154m elevation gain

11.1 km / 6.9 miles - 98m elevation gain

7.75 km / 4.8 miles - 68m elevation gain



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

Optional viewpoint

Use pedestrian crossing here