



## 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
- 10 Race reports and results
- 16 Club kit
- 18 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](mailto:dulwichchair@gmail.com)

to the ladies' WhatsApp group - contact Kay/Katie - [dulwichladiescaptain@gmail.com](mailto: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](mailto: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](mailto: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](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
Jun 21	Dulwich Midsummer relays	Dulwich Park
Jul 1	Brockwell parkrun - S	Brockwell Park
6	Assembly League	Sutcliffe Park
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 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.

**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](mailto: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](mailto:mcmann90@yahoo.co.uk)

## 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 18 June

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

# Club Runs & Training Sessions

## Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7:15pm...

**time you run** - Contactless payments only

**Meet upstairs in clubhouse, arrive by 7pm to sign in pay & sort out which group you'll run with.**

**Usual runs are : long 8-9M, medium 6-7M, short around 5M**

**NOTE: £1 club run fee for members and guests each**

If you're new at the club, we will place you with others at your preferred pace and distance.

## Tuesday interval training

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

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

Training focused on 1 mile & 5k ahead of remaining club champs races, Mark Hayes Mile and the Assembly League, moving to more of a 5k focus later in July. Sessions suitable for anyone who regularly runs several times a week and whilst there is no minimum standard novice runners would probably be better off building an aerobic base through steady runs of 40-60 minutes. If new to the sessions, feel free to do just some of the session or to miss out some of the intervals and you could also prepare with some fartlek sessions in advance. Subject to any last-minute adjustments, sessions for the next few weeks are:

### 4 July

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

recovery

Track – 3\*225m @1m effort + v.slow jog recovery for 75m

Note: Assembly League on Thursday & Mark Hayes Mile on Friday

Track - 3\*225m @1m pace + v.slow jog recovery for 75m

Note: Golden Stag mile on the Friday

### 18 July

Field – 4 mins @10k effort + 90 secs recovery

4\*2:30 mins @5k effort (diagonally across field) + 90 secs

recovery.

Track – 3\*2:00 mins @3k effort + 90 secs recovery

### 11 July

Field - reversing direction each time: 4 mins (90 secs recovery), 3 mins (90 secs recovery), 2 mins (60 secs recovery), 1 min (60 secs), 2 mins (60 secs), 3 mins (90 secs), 4 mins. The 3&4 min efforts should be around 5-10k effort, 1&2 min efforts at 3-5k effort.

### 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](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: [ebepri1@yahoo.co.uk](mailto:ebepri1@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



# 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](mailto: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](mailto: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](mailto: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](mailto: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  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

Scan me to enter

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: Sutcliffe Park 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](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

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](mailto:asmithcalledben@gmail.com)  
[mikathlon@gmail.com](mailto:mikathlon@gmail.com)  
[alexloftus75@gmail.com](mailto:alexloftus75@gmail.com)



# 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](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 - **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.



**v1 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](https://app.dulwichrunners.org.uk)

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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](#).

Home, Run, Clock, Trophy, Play, Medal, People, Menu

## 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.

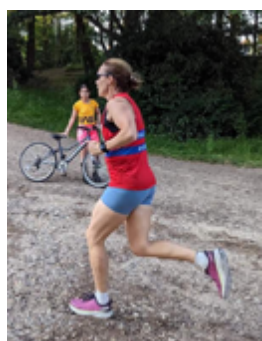
For more details - 07506 554004

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.

## Dino Dash

Clare Whitaker writes: Hosted by Crystal Palace Fun Runners, we thought it would be good to support them as Belinda and Ola are regular CP parkrunners and they're always such a friendly club. Not quite as hot as the Sri Chimnoy the night before, spirits were high and a good turnout with 70 teams, including one Dulwich mens and one Dulwich ladies.

Just over 3km a leg, Belinda had a super run to start us off (13:58) and I felt relaxed to be on the middle leg and that's how I run best (12:32). Ola never seems phased to run last and ran looking very strong (13:48). Our combined efforts brought



Ola, Clare, Belinda

us in as first ladies team which rewarded us all with wine and toy dinosaurs.

The men's team were less competitive this year having all raced the 5k the night before but seemed to enjoy the relay atmosphere nonetheless. Well apart from Andy Bond- he's just Bond, and of course won the fastest lap out of anyone there (10:15) and then jogged off home as if he'd just had a gentle saunter to the shops. Big thanks to Laura Vincent who came down to support and managed to catch all 6 of us with some great photos.

## Dino Dash Relays 2023

Wednesday 14. June

Tom Poynton, leg 1 in 15:02, writes:

This deservedly popular local race is put on by Crystal Palace Fun Runners, and I've always treated it as a fun race rather than a target race. Inflatable dinosaurs, cheering crowds and a sunny evening in Crystal Palace Park: what's not to like? OK some tough gradients, quite a bit of dust, and sore legs from the 5k club champs the previous night: that's what's not to like! Coming back from some long-term injury problems I ran this at a controlled i.e. slow pace but really enjoyed myself, and can't wait for next year when I want to run a lot faster. The race organisers said that the laps were 3.08k long but I thought they might have been shorter, not that it matters too much. Well done to my team-mates Ebe and Andy and to the women's team of Belinda, Clare and Ola, who all ran really well, and thanks also to Laura V for cheering us on.

Ebe Prill, leg 2 in 12:44min, writes:

Fun run and taking it easier on first uphill kilometre after the club champs 5k race in Battersea Park the evening before. A much faster downhill kilometre followed and I kept it steady on third k, reeling in three of the men ahead. Bit cooler conditions



Andy, Ebe, Tom

thankfully compared to the race the day before. Enjoyable running at a very nice and well organised event.

Andy Bond, leg 3 in 10:15min, fastest leg overall, writes: Thought this would be a fun event to do. It's always good to support a local race and the start line was only 2km from my front door. Like Ebe, I'd run at Battersea the night before so I didn't go charging up the hill for fear of causing myself an injury. Once I began the downhill at the top of the Bowl I could see a few runners ahead so sped up a bit to try and gain a few places. This momentum carried me all the way down to the lake and after running around the dinosaurs it was suddenly all over! Afterwards

it was nice to catch up with a few familiar faces from other nearby running clubs.

Results:

Dulwich male team TEA time: 38:01  
(Tom 15:02, Ebe 12:44, Andy 10:15),

15th team out of 69; 10th/20 male teams

Dulwich female team Dulwich Spirit: 40:18 (Belinda 13:58,  
Clare 12:32, Ola 13:48)

20th team/69, 1st female team/13





# Sri Chinmoy 5k 'Speedy Steeds' Battersea Park

Tuesday 13. June

## Club Champs Race

ChatGPT writes:

Excited helium nuclei inflate like balloons, offering physicists a chance to study the strong nuclear force, which binds the nucleus's protons and neutrons.

Ebe takes over:

That'll teach me to fob off the reporting to AI. Have to do it myself then (sigh). So, about 50 excited Dulwich Runners, somewhat inflated by the evening heat, assembled at the start of this fast two lap course, offering all spectators a chance to study the strong running force that binds us together in a swarm of red vests. This was the chosen 5k for the club champs, but all the 5k races in this series are allowed, the three other opportunities are on 27 June (Dashing Deer), 18 July (Silver Starling) and 8 August (Kangaroo Hop). The best result will count.

The conditions that evening weren't ideal to say the least. The Met office and London mayor had issued a health warning, the heat on the tarmac in full sun was still oppressive and plenty of pollen and other debris from plants and trees was in the air or about to be kicked up from the ground



by a great turnout of almost 350 runners. Unfortunately a few had to drop out after a lap or so under these circumstances, coughing too much or overheating. But 46 managed to finish. And while quite a few, including myself, lost chunks of time compared to cooler days (Tony, Jonathan, Mike and I had run the Vets AC 5k on the same course with different start and finish a week before, all of us around 20 sec faster), several others ran strong debuts, PBs or season's bests. I cannot mention all here, always in hope that there might be more individual reports.

Andy Bond was our fastest man in 15:49, his second fastest 5k this year and another staggering display of speed at the age of 49! That man doesn't slow down and the M50 club records don't look exactly safe next year once Andy turned 50. Just to prove the point Andy sort of 'fun ran' a leg of the Dino Dash relays the next evening and by accident ran the fastest leg overall. The next three Dulwich men finished in close order (15, 17, 19): Aaron Wilson (fastest Dulwich Senior) in 15:59, Joe Hallsworth in 16:03 and Tom South in 16:08. All three losing between 10 and 20 sec due to conditions compared to their bests this or last year at Battersea, but finishing strongly. Tony Tuohy was easily the best Dulwich M60+ in 18:20 and second M60 in the race, showing his improving race form despite the heat.

The quickest Dulwich M50 was Chris Beardsall in 18:36 in what looks like his 5k debut, and a few seconds quicker than his best Dulwich parkrun this year. James Burrows deserves a special mention because he smashed his PB in these conditions, finishing in a very strong 17:27. At my 20 to 21 min end of the race I started more towards the front of the large field to avoid getting stuck in traffic like in the 5k the week before. I had hoped to be quicker than on that occasion (20:24), feeling better rested but paid in the conditions, coming in at 20:44 as 2nd DR M60+ and 8th M60 out of 17 in the race. Several DRs came past me on the first kilometre or so (I remember Andrew, Austin, Ian, Helen, Robert, Hugh and Justin but there might have been more,) starting further back and losing a few seconds on gun time but keeping it together better and finishing well ahead of me. It confirmed the form of the Tracksmith mile race (almost everyone faster than me there was faster here too)

and generally I wasn't too disappointed in retrospect. Most of the race I stayed in the flow of the runners around me and finished ok. But I was over a minute slower than at the same event last year. Well, there's always a next time.

Helen Shannon proved her improving form as first Dulwich female finisher in 19:52, breaking 20 minutes in her debut over the distance (compared to 22 min parkruns the year before and a 43 min 10k earlier this year), following Ian Lilley (19:48 one



position ahead and improving steadily since injuries) to the finish. Next women in close order were Emma Hatch in her debut over 5k in 20:54, Laura Vincent in 21:00 (her first 5k for two years and only a few seconds off her best Dulwich parkrun from February this year) and Harriet Roddy also in 21:00 just one position behind and with a big improvement of over a minute compared to her parkruns in her first proper 5k race.

Always remarkable even on a tough day is Michelle Lennon, finishing in 21:06 as third fastest W50+ overall and quickest Dulwich Runner in that age group. Ros Tabor was the only W70 in the race bracing the conditions and the first Dulwich W60+ in 26:05, while Mike Mann was the first M70 of three in 23:40, ahead of Andy Murray as second M70 overall.

Apologies to all that I didn't have time to mention here, no doubt I missed several great runs.

Well done all and I blame ChatGPT. The beer garden time afterwards was fun as well by the way.





Pos		Gun	Sex	Age	Age group	AG Pos
10	Andy Bond	15:49	M	49	MU/50	10
15	Aaron Wilson	15:59	M	33	MU/50	15
17	Joe Hallsworth	16:03	M	31	MU/50	17
19	Tom South	16:08	M	47	MU/50	19
26	Alex Winchester	16:17	M	40	MU/50	25
39	Tim Bowen	16:44	M	39	MU/50	38
44	Steven Kendall	16:47	M	38	MU/50	43
59	James Blackwood	16:56	M	22	MU/50	54
82	James Burrows	17:27	M	43	MU/50	75
90	Murray Humphrey	17:34	M	28	MU/50	83
92	Jack Leafe	17:35	M	30	MU/50	85
100	Buzz Shephard	17:43	M	46	MU/50	92
108	Oliver Newlan	17:50	M	32	MU/50	99
124	Alex Loftus	18:10	M	47	MU/50	106
135	Tony Tuohy	18:20	M	60	MV60	2
145	Harry Bennett	18:34	M	29	MU/50	121
149	Chris Beardsall	18:36	M	56	MV50	13
151	Jonathan Whittaker	18:40	M	43	MU/50	125
153	Shane Donlon	18:42	M	40	MU/50	126
156	Andrew Scott	18:45	M	41	MU/50	128
173	Joe Farrington-Douglas	19:04	M	44	MU/50	140
175	Ed Simmons	19:06	M	42	MU/50	141
183	Austin Laylee	19:16	M	27	MU/50	144
200	Ian Lilley	19:48	M	51	MV50	20
201	Helen Shannon	19:52	F	40	WU/50	23
204	Justin Siderfin	20:00	M	50	MV50	21
213	Hugh French	20:24	M	47	MU/50	156
214	Robert Tokarski	20:25	M	45	MU/50	157
226	Eberhard Prill	20:44	M	61	MV60	8
231	Ed Smyth	20:49	M	41	MU/50	166
235	Emma Hatch	20:54	F	35	WU/50	31
237	Ross Rook	20:58	M	42	MU/50	169
238	Laura Vincent	21:00	F	40	WU/50	32
239	Harriet Roddy	21:00	F	28	WU/50	33
244	Michelle Lennon	21:06	F	56	WV50	3
268	Miles Gawthorp	22:08	M	49	MU/50	179
286	Graham Laylee	23:34	M	66	MV60	12
288	Mike Mann	23:40	M	74	MV70	1
295	Philippa Goodhew	24:10	F	37	WU/50	64
312	Barrie John Nicholls	25:18	M	69	MV60	15
316	Midge Cameron	25:42	F	58	WV50	7
317	Ros Tabor	26:05	F	73	WV70	1
318	Joanne Shelton Pereda	26:09	F	48	WU/50	73
327	Ameet Patel	27:23	M	59	MV50	30
328	Andrew Murray	27:26	M	70	MV70	2
333	Lindsey Annable	29:11	F	55	WV50	9



# Man v Horse

Saturday 10 June, 2023

Gower Tan writes: I no longer have race bucket lists (or anything else) – an ultrarunning friend once told me people just add things to bucket lists but never get round to doing them. Wise words and now I tend to impulsively book every race I want to do – of course that can also have its downsides! I remember seeing Rob Hollands wearing a Man v Horse running top and asked him about it. Everything he said was true – it is magical, and I would hugely recommend it, whether running the full distance or as part of a three-person relay team. [Oh, and if you have a horse, you could also ride it].



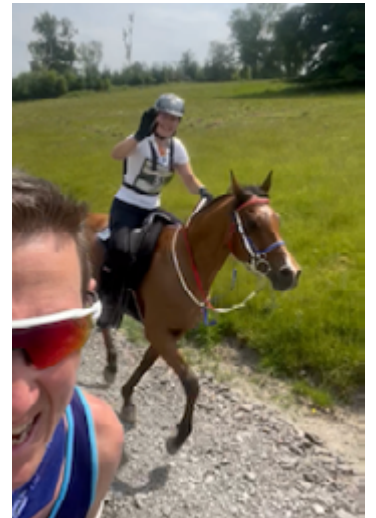
From the website:

'The event began in June 1980 following a chat over a pint (or three) in the back bar of the Neuadd Arms Hotel. The then Landlord, Gordon Green, overheard two men discussing the relative merits of men and horses running over mountainous terrain. The enterprising Gordon, never one to miss an opportunity to promote Llanwrtyd Wells and improve business at his hotel, decided to put it to the test. And so began Green Events and its first, longest standing and now internationally acclaimed event, Man v Horse.'

How can a race that started over a pint, not be brilliant!? The 2023 event saw the biggest field ever, with 751 individual runners 152 relay teams and 64 horses and riders ready to do battle.

Great organisation and easy bib pick up the evening prior or on the day, plenty of accommodation from camping to great hotels or B&B, cracking support from start to finish and stunning scenery. It was also an incredibly challenging race, exacerbated by the heat, humidity and rock-hard ground. We caught the beginning of the recent heatwave, and a 11:00am start (horses & riders 15 mins later for safety) didn't help matters much.

I started off OK, although the full Welsh breakfast in the farmhouse B&B I was staying was proving to be a mistake. Ran most of the first half criss-crossing a couple of similar paced runners incl. David Hellard (Bad Boy Running, Caffeine Bullet, Dragons Den and my 3:15 pacer from the 2019 London Marathon)! By mile 12, I was flagging and I finished about 30 mins slower than hoped in 3hrs 27min. The course was 21 miles with 1,200m of elevation and I'd expected 20 miles, based on Ricky Lightfoot's 2022 Strava. The course changes a bit each year too! Underfoot was difficult, with no rain for weeks here and the ground so hard. The first horse passed me at 9 miles, then two more in succession - but I passed them back them again shortly after on a steep downhill. Then at 15 miles one of the horses came back past me, and in total I think 6 finished ahead of me (out of the 64 that started). The overall race was won by a man, for only the 4th time in the 42 year-history. The heat played in our favour.



If you don't fancy racing horses, Llanwrtyd Wells also hosts the Bogsnoorkelling World Championships... just sayin'

Gower Tan 3:26:37 92 overall 23 M45-59 710 finishers

Nick Impey, running for Ranelagh, had a great race finishing 3rd in 2:35:52 and beating all the horses!!

## Eltham 5-mile trail race

18th June 2023

Dave West writes - This race is a long standing, two lap off-road event starting in Eltham Park South and crossing into Shepherdleas Wood via a much graffitied bridge over the busy A2. A club championship in 2019, it's organised by New Eltham Joggers and attracts a huge range of abilities with the last finisher arriving some 52 minutes after the winner. It's preceded by a kids' race with nearly 100 participants consisting of a mile round the first field with the longer main race off at 11:15 giving plenty of time for a Father's Day breakfast in bed for those who qualify.

There are no steep hills, although it's not flat. The running surface was generally pretty good for a trail race with the grass being recently cut and only the odd tree root or rut to watch

out for. The Race Director told me that, on walking the course first thing, the ground was steaming from the overnight rain which subsequently led to humidity levels of over 80% as the temperature rose to around 25c by race time (a disadvantage of the late start). Perfect for a sauna!

Paul Keating, Mike Fullilove, Steve Smythe and Dave West started the race. However, Mike had to pull out with a hamstring niggle shortly after the start. I simply felt that I had limited energy, but a quick water stop at halfway revived me a little for the second loop and I was passing people despite apparently slowing according to my watch. The weather conditions resulted in significantly slower times all round and we were all about three minutes down on what might have been predicted based on our, admittedly flatter, Parkruns at Sutcliffe and Charlton the previous day. There were also problems with overheating chip timing devices, so it wasn't just the humans struggling!

59 Steve Smythe	39:15
110 Dave West	43:40
167 Paul Keating	48:12
309 finished	



***“Like the proverbial buses, you don’t race for weeks, then two come along in the space of three days!”***

## Parkland Relays

Wednesday 14 June

This is a low-key off-road relay organised by Thames Hare and Hounds in Richmond Park, comprising four legs of 2.8 miles each. This was my fourth outing in this event, running for my old school running association (Eton).

Our team had a good age spread from late 20s to nearly 70, with times to match. Legs one and two were run by the youngsters, both going under 17 minutes. I took the third leg and despite being 20 seconds quicker than last year, lost at least five places. That left our last runner, Ben Thornton (a member of Fulham) to have a rather lonely run without losing or gaining any places. 19th out of 35 wasn’t one of our best results, but I was happy enough with 20.15 over a course with that has 170ft of ascent.

## John Clarke Memorial Fell Race

3.3 miles 280ft ascent

Friday 16 June

If I was a club coach, I might comment on what a poor show it is that the only fell race inside the M25 should not be better supported by the club. But I’m not, so I won’t!

Epping Forest, where the race is held, has a deserved reputation for mud. Not on Friday: the biggest danger on the hard packed paths was a twisted ankle or being run over by a cow – a small herd of English Longhorns that showed a pathetic lack of interest in this great sporting event.

The race HQ at Orion Harriers’ newly refurbished and extended clubhouse is about a mile from the start. A good warm up, but there was some concern about getting lost in the woods before

## Project 20 - week 2

Ajay Khandelwal

Haters gonna hate. But still the work continues. I’ve been visualising my mitochondria expanding exponentially. Saving up for an industrial delivery of beetroot juice. Installing an oxygen tent in the garden. Michelle L has been writing to me, trying to be all friendly, but I never want to see her “gracious in victory” face ever again. Reader, I am stonewalling her. I have blocked her. This is not about fun. This is not a game. This is competition. Ed Chuck said, “never EVER make friends in the club. Your job is to smash them to a quivering mangled pulp.”

I have Lloyd Collier on speed dial. He is a man who lets his legs do the talking. The formula of his ideal race report is. “Ran. Insert time here. End of.” Incredible to think he was once editor of our esteemed Shorts. I can only imagine they were very short Shorts in those days. More like a war time telegram. Lloyd periodically calls me through the day and barks, “run 800



Justin Siderfin

we even got there. However, on arriving safely at the foot of Pole Hill, I was delighted to see Justin, who doubled the DR presence.

The course is a rough figure of 8, involving four climbs on Pole Hill and two on the neighbouring Yardley Hill (home of the disinterested cattle). The start was very congested up a narrow path, or through the long grass either side to the top of Pole Hill. Justin and I started together, but he got away from me on the

first main descent. From then on I kept him in view, but was having to work harder on the climbs than I remember from four years ago. However once at the top of the penultimate climb I felt much stronger and was very pleased to gain five places on the final climb up to the finish at the top of Pole Hill. At one point I thought I might catch Justin, but he dug in for a strong finish.

Back at the clubhouse there was a free beer and a friend from Orion urged us to stay for the prize giving as he thought I might have won the M60 prize. He was right – much to my surprise.

So a good night: a great race over a beautiful course, followed by a free beer all for £3. What’s not to like?



r- Hugh Balfour

1. Joseph Grange (Barking RR) 21:52 (U17)
- 61 Justin Siderfin 31:08
- 64 Hugh Balfour 31:19 (1M60) (2019 28:42)
- 180 ran

metres in 3.06. Rest 45. Repeat 8 times.” And then, half an hour later, “send me the data file so I know you’ve done it.” And then, “I really despair of you.”

Reader I have had to block him too. This is my race and I’m going to run it my way. I think the Omens are good. On Saturday I wasn’t able to run park run. But I started talking to the guy driving my taxi about running. It transpired that 42 year old Dagmawi had come 3rd in Peckham Rye park run that very morning in 17.48. The very fact I am associating with such a quality runner is surely going to rub off on me. We were stuck in traffic but I could feel his mitochondria talking to mine. He dropped me off at a school reunion. I engineered a 100 metre race. I started before the gun, and placed second. No times are available. But like I say the omens are good.



### Banstead Woods

236 ran  
Pos Gen  
7 7 Tony Tuohy 19:59

### Bromley

524 ran  
Pos Gen  
118 104 Colin Frith 23:32

### Hackney Marshes

395 ran  
Pos Gen  
339 199 Peter Jackson 32:18

### Old Deer Park

170 ran  
Pos Gen  
71 60 Barrie John Nicholls 26:01  
162 55 Lindsey Annable 52:23

### Brockwell , Herne Hill

252 ran  
Pos Gen  
1 1 Aaron Wilson 17:08  
12 12 Ian Lilley 20:03  
15 15 Ebe Prill 20:34  
36 34 Stephen Trowell 22:12  
39 2 Nicola Richmond 22:19  
42 3 Catherine Buglass 22:22  
71 58 Graham Laylee 24:00  
99 74 Michael Mann 25:16

### Beckenham Place

335 ran  
Pos Gen  
6 1 Kay Sheedy 19:20  
24 22 Justin Siderfin 21:15  
44 39 Paul Hodge 22:59  
146 32 Ros Tabor 26:56

### Crystal Palace

347 ran  
Pos Gen  
1 1 Andy Bond 16:41  
69 5 Belinda Cottrill 23:27  
92 9 Eleanor Simmons 24:31  
131 108 Toby Irvine 25:42  
175 137 Michael Dodds 27:34  
223 48 Clare Wyngard 29:53  
316 108 Chris Bell 37:41  
325 188 Bob Bell 40:43

### Wolverhampton

320 ran

Pos Gen  
79 67 Sum Mattu 25:08

### Riddlesdown

164 ran  
Pos Gen  
81 15 Ange Norris 28:33  
86 69 James Wicks 28:45

### Horsham

535 ran  
Pos Gen  
96 7 Marjorie Epton 24:02

### Eastville

454 ran  
Pos Gen  
99 81 Jamie Robinson-Nicol 23:54

### Dulwich

531 ran  
Pos Gen  
6 5 Adrian Russell 16:33  
15 14 James Blackwood 17:28  
21 19 Jon Phillips 17:43  
40 37 Rupert Winlaw 18:43  
116 101 Lee Wild 21:34  
119 104 Dan Hill 21:38  
182 149 Steven Mark Kendall 23:20

### Riverside

377 ran  
Pos Gen  
198 40 Claire Steward 28:34

### Hilly Fields

215 ran  
Pos Gen  
45 5 Yvette Dore 22:45  
54 8 Emma Ibell 23:36

### Burgess

555 ran  
Pos Gen  
45 40 Robert Tokarski 20:16  
316 205 Mike Crilly 27:33  
523 190 Susan Vernon 43:01  
524 191 Stephanie Burchill 43:02

### Fulham Palace

470 ran  
Pos Gen  
441 219 Steve Wehrle 2nd cl. 38:20

### Peckham Rye

284 ran  
Pos Gen  
30 1 Michelle Lennon 21:27  
44 2 Ola Balme 22:07

### Hastings

361 ran  
Pos Gen  
69 64 Nicholas Brown 23:45

### Tooting Common

644 ran  
Pos Gen  
37 30 John Kazantzis 20:17  
253 168 Ian Sesnan 26:04

### Walmer And Deal

170 ran  
Pos Gen  
15 1 Kim Hainsworth 20:51

### Centennial

329 ran  
Pos Gen  
9 5 Tim R Taylor 19:04

### California Country

190 ran  
Pos Gen  
4 4 Mark Callaghan 18:55

### Sutcliffe

166 ran  
Pos Gen  
25 21 Stephen Smythe 21:45

### Charlton

155 ran  
Pos Gen  
57 50 Dave West 24:24  
73 63 Paul Keating 26:02

### Ashbourne Rec. Ground

173 ran  
Pos Gen  
1 1 Robert Armstrong 16:15

### Lordship Rec. Ground

161 ran  
Pos Gen  
16 15 Jonathan Whittaker 19:49

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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



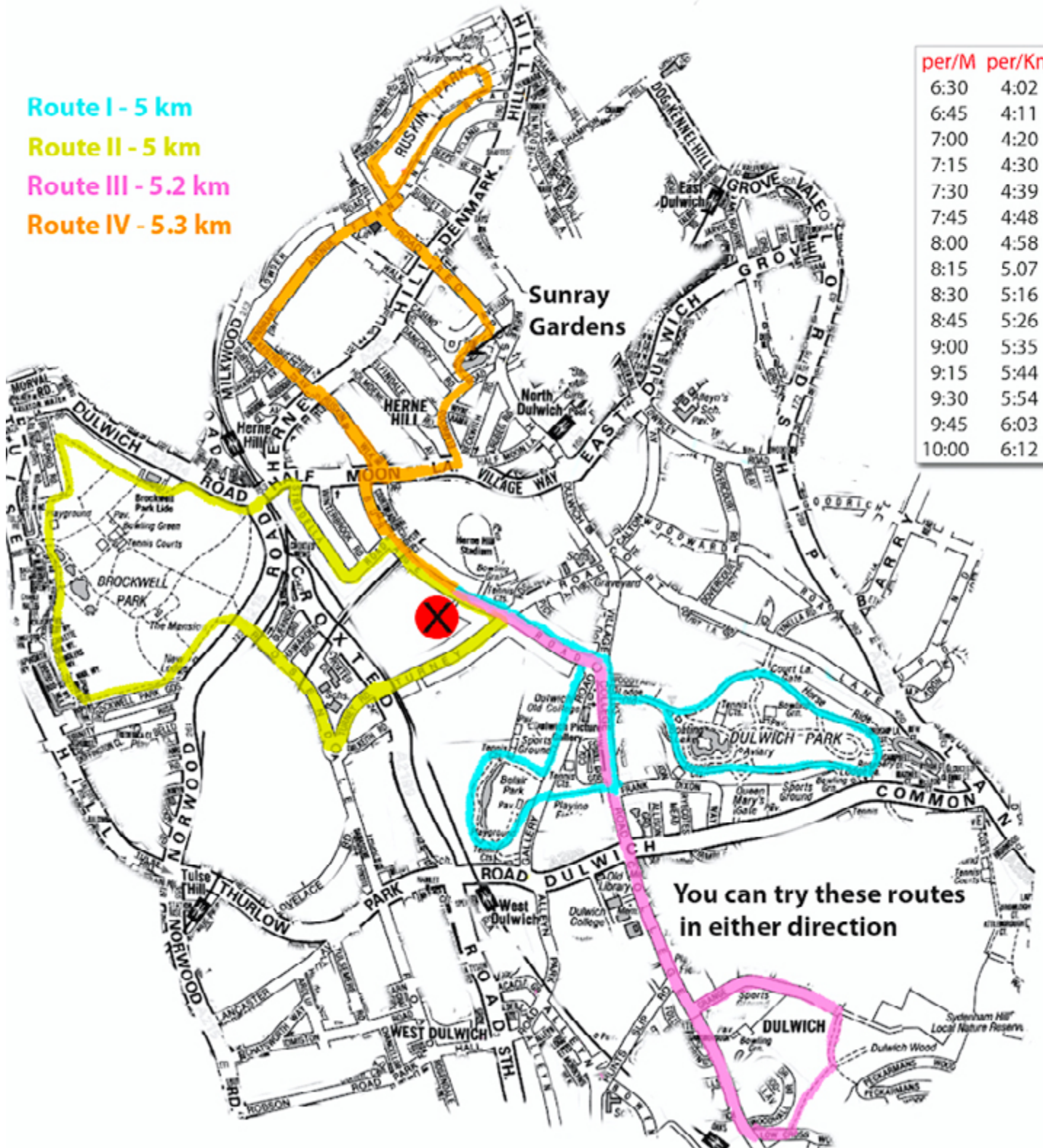
Pro Mid Layer 1-4 Zip Top



# Dulwich Runners Summer 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 Map 5

