



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
- 8 Race reports and results
- 12 Club kit
- 14 Wednesday night maps.

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

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

Like us on Facebook @dulwichrunners

Connect with us:



Please read Shorts each week as all information is always in here.

Facebook and WhatsApp are also widely used.

Facebook group - <https://www.facebook.com/groups/2409157697>

To be added to the WhatsApp group - contact Ebe - dulwichchair@gmail.com

to the ladies' WhatsApp group - contact Kay/Katie - dulwichladiescaptain@gmail.com

2023/24 membership renewals

Now overdue - check your email, final reminder sent

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
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 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.

Brockwell parkrun - 1 July

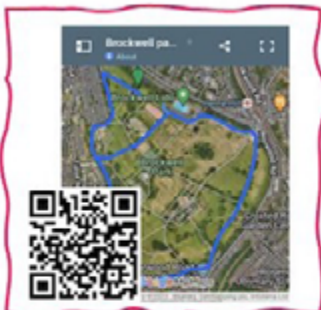
Our next club champs event is Brockwell parkrun on 1 July. We are looking for a good turnout from club members, but those not planning to run are invited to put yourselves forward as volunteers. In addition any fast finishers, 20 minutes or less, could offer to carry out barcode scanning. Those available to help out should contact Brockwell parkrun directly or get in touch with me at mcmann90@yahoo.co.uk

parkrun pacing

10 of us took part in pacing at Brockwell parkrun on 24 June with everyone finishing close to their predicted times. Our pacing efforts seemed to be appreciated by those taking part and it is an easy and effective way of promoting the club. We would like to provide pacers at other local parkruns, starting with Burgess parkrun later in the summer, so watch this space.

Dulwich Runners Club Championships 2023

▪ Edition 4 - June and July events



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

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



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

<https://tinyurl.com/y5e4hv9z>



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

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



5 Km (SHORT CATEGORY)
 Sri Chinmoy Summer Series,
 Battersea Park **Tuesday 27 June, 18 July or 8 August 2023, 7.00pm**
 Entry closes 3 days before.
 Alternatives to the Speedy Steeds race on 13 June

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

Club Runs & Training Sessions

Wednesday Evening Club Runs

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

time you run - Contactless payments only

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

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

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

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

Tuesday interval training

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

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

Tuesday Morning Speed - Dulwich Park

Start 11am in Dulwich Park, meet by cricket nets, will use the grass and or the parkrun circuit - followed by coffee.

Further details Mike Mann mcmann90@yahoo.co.uk

Thur. Mornings - Brockwell & Crystal Palace Pk.

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

Sunday Morning Runs

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

Medium pace (around 8 min/mile) long runs starting from Peckham Rye Common, bottom of Barry Road, usually starts around 9am . Contact Ebe: ebepri1@yahoo.co.uk

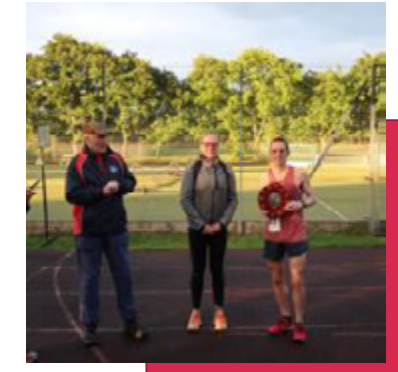
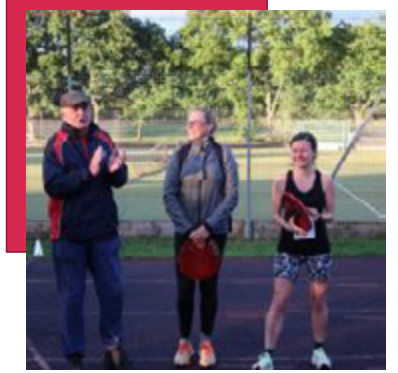
Longer & faster - 9am from Dulwich Park. Circa 7.00/mile pace - Tom South: thomas_south@hotmail.com

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

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

Mark Hayes Mile 2023

- Friday 7 July, 7.30pm
- Dulwich College Track
- A series of seeded races starting with the slowest race in memory of Mark Hayes, a former Dulwich Runners Mile Champion. Trophies are up for grabs with Ed Chuck and Yvette Dore the current champions.
- Please contact Mike Mann by 5 July if you would like to take part with either recent or estimated times for the mile or parkrun (not personal bests) – mcmann90@yahoo.co.uk
- Afterwards we will make our way to the Alleyns Head pub for some light refreshments
- <https://www.dulwichrunners.org.uk/mark-hayes-mile> includes a report from last year and YouTube footage!
- We will be taking donations for Cancer Research on the night.



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 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



English Fell Racing championships 2023

The 2022 Fell racing championship season has been completed. A few of us completed some amazing races this year and we are keen to give the championship races another go next year. The aim is to do 4 of these races in a year to score as an Individual (or a team). Last year we co-ordinated cars and had one overnight stay in the Lake district camping for the Langdale horseshoe. Anyone interested drop me an email and will add you to the group. Mark Foster Markafos@gmail.com

July 23 Chapelfell Top - AS 7km/4.4 miles; 400m/1312' - St. John's Chapel, Weardale.
Aug 20 Sedbergh Hills - AL 22.5k/14miles; 1830m/6004' - Sedbergh, Cumbria (British Counter)
Sept 23 John Hewitt Shelf Moor - AS 9.1km/5.7miles; 457m/1499' - Old Glossop, Derbyshire.

Masters International Championships

20 Aug British Masters 10 Mile Road Champs Prudhoe
08 Oct - British Masters Marathon Champs - Chester

Oct? British Masters 1/2M Champs Gravesend
03 Dec - British Masters 5k Road Champs - London

Guide to Track events



Even though we aren't a traditional "track club" many members take part in a variety of track events over the spring and summer, with the Mark Hayes Mile and Club Mile Champs longstanding staples of the calendar. We've also a comprehensive set of club records for the various age groups

and distances. Even if you don't think you're a track runner, the shorter distances can help improve speed and finish for road events. With that in mind we thought we'd give you some more information about what open track events are available to enter and what shoes to wear.

Events

Many of the historic track based London clubs organise track and field meets from April to September open to members of all clubs and even unattached runners. These generally cater for all ages and abilities. Common distances that you might like include 400 metres, 800 metres, 1500 metres and 5000 metres. The Mile (1609

metres), 3000 metres and 10000 metres are less common but very popular. Most events now need to be entered in advance from the club's respective website or race entry websites, the most commonly used being <https://data.opentrack.run/en-gb/x/> and <https://entry4sports.co.uk/#/>

Competitive and easily accessible meetings include those hosted by:

Barnet & District AC / London Heathside (Finsbury Park) - including Golden Stag Mile and Fast 5000s.

Blackheath & Bromley (Norman Park) - including the "So Clean Mile"

Cambridge Harriers & British Milers Club (Sutcliffe Park, Eltham) <https://entry4sports.co.uk/#/> scroll down for details

Dartford Harriers (Central Park)

Hercules Wimbledon (Wimbledon Park - note this is a very worn running track which isn't great for joints and muscles) including the Dave Clarke Mile

Herne Hill Harriers (Tooting Bec Track, near Streatham) including the Stan Allen Miles

Highgate Harriers (Parliament Hill Fields, near Kentish Town) including the Night of the 10000 PBs

Kent AC (Ladywell)

Newham and Essex Beagles (Stratford Olympic Warm up Track).

Both Blackheath and Herne Hill Harriers have recently relaid tracks which are better for your joints and fast times!

Some open evenings available for bookings:

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

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

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

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.

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

Dulwich Runners Midsummer Relays

I would like to congratulate everyone who took part in or marshalled at the Dulwich Runners Midsummer Relays. As MC, I received many positive comments about the event so a special thank you to all who volunteered and put in hours of work to make it run smoothly. - Barrie John Nicholls - Honorary President

Battersea parkrun

Wandsworth is currently consulting on the possibility of introducing a Battersea parkrun. The consultation closes on 30 June. You can find it at <https://haveyoursay.citizenspace.com/wandsworthecs/parkrun/>

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 - **HXBEW5** - 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.





 **Dulwich Runners**


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

 app.dulwichrunners.org.uk

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

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



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

Ola Balme is an experienced Sports Massage Therapist, Reflexologist (reflexology enhances wellbeing) and DR club runner.
For more details - 07506 554004

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

Dulwich Runners Mid Summer Relays

Wednesday 21st June 2023

Everyone agreed it was a great evening in the park last week. All the right ingredients were there: a sunny summer's evening. A wave of 80 enthusiastic children to start us off, a sell out of 100 relay teams (including 9 DRs) and crucially an amazing team of Dr volunteers who ensured it went smoothly. Thanks to every single person who was involved. It has to be a team effort and it was. We showed off Dulwich runners as the great club that it is.

Barrie John came along in his role of Honorary president. The Friends of Dulwich Park kindly lent us their PA system which was a vast improvement on the megaphone we had last year. He was able to give pre race info, timings of starts and general chat that helped keep a great vibe.

The children's race kicked off at 7pm (see report by Hugh French), their prize giving followed swiftly at 7.15pm and then we were ready for the relays at 7.30pm. Hugh Balfour impressively got 300 runners to stop talking and listen as he explained the course/change over and finish. They may all have been quiet but they had time to forget the changeover instructions as one runner managed to start too early. (It was all sorted for the final results.) Once Hugh had blown the horn, the A runners were off and chasing Harriet on the lead bike and followed by Chris N as tail runner. The front of the pack meant business and it was less than 5 minutes before they began to cross the finish line.

There followed a manic period for the changeover, finish and timing volunteers who all took it in their stride. Very soon after the last runner had finished Andrea and the

timing team were able to compile the results.

Dulwich team 'Andy's Art Attack Club Runners' made it onto the runner's up spot on the podium. Rob put the team into second place with a 4.52 run (4th fastest overall) and there they stayed with Andy and Fred bringing the team home in a time of 14.49, just 21 seconds away from first place Kent AC.

DR Speedsters were true to their name with first off Joe F-D who ran just one second off his PB set in 2018. Matt had his debut 1 mile race and Andy completed the line up to finish in 23rd place.

Many DRs were running their debut 1 mile race. Both Libby S and John K ran 6.06, plus Matt W 6.03; sub 6 mins to come for them very soon. See full DR results below – well done to all.

2	Andy's Art Attack Club Runners – 14.49	Rob Armstrong	4.52
		Andy Bond	5.02
		Fred Bungay	4.55
23	DR Speedsters - 17.17	Joe Farrington-Douglas	5.29
		Matt Ahluwalia	6.01
		Andy Scott	5.46
26	Fast & Furious – 17.30	James Burrows	5.33
		Libby Simpson	6.06
		Grzegorz Galezia	5.51
49	Dulwich PBers – 18.57	John Kazantzis	6.06
		Cameron Timmis	6.48
		Matt Wright	6.03
55	Dashing Dulwich Ladies – 19.27	Helen Shannon	6.14
		Katie Smith	6.34
		Yvette Dore	6.38
67	Dulwich 4% - 20.26	Emma Hatch	6.53
		Philippa Goodhew	7.24
		Justin Siderfin	6.09
71	Team Fullilove – 21.01	Lucy F	7.57
		Sam F	6.41
		Mike Fullilove	6.28
72	DR Superstars – 21.14	Dave West	7.29
		Toby Irvine	6.46
		James Gordon	6.58
82	Dulwich Spirit – 22.46	Catherine Buglass	6.44
		Teresa Northey	7.53
		Joanne Shelton-Pereda	8.09

Dulwich Runners Children's Run 2023

Hugh French writes: On a glorious summer evening on Wednesday 21 June 2023 future members of Dulwich Runners gathered in Dulwich Park to contest the keenly fought one mile children's race.

The organisation was seamless and the tone of the evening was set beautifully by Barrie John's smooth patter on the microphone, creating a feeling of a 'festival or running'. The younger children were enticed by the chunky (but sustainable) medals, whilst the older children fought for the £20 gift vouchers which had kindly been donated by Herne Hill Sports for the first Boy and first Girl.

There were several children of present members competing including children of Catherine Buglass, Joe Farrington-Douglas, Chris Nunn, Rob Meadows and Hugh French (whose son Raffi came second). Overall winner of the race was Shad-Juan Bryan-Gray (5.31), whilst first girl went to Jasmine Mahoney (5.51). The turnout was impressive; 80 runners which was up from last years 48. Pre-Pandemic the numbers were 75 in 2019 and 60 in 2018.. Many thanks to everyone for spreading the word and promoting the event.



Fred, Rob, Andy



Yvette, Katie and Helen

Vets AC 5000m

21 June

A bit warm for a long track race, but something we will probably need to get used to this summer. The relaid surface at Tooting track helped to provide a low impact. All three of us were down on our fastest 5k times of the season,

(possibly down to the impact of shoe technology on road performances) but Tony posted his best 5000m time for 4 years and Clare was up on her 2 races last year. My own time was 45 secs down on last year's championship race. Mike Mann

Tony Tuohy 18:14.49 2nd M60
Clare Norris 20:50.85 2nd W45
Mike Mann 23:44.33 3rd M70

The Kettering Solitaire

Tuesday 20 June

Ebe writes: A pet project of mine this year has been to attempt holding a club record, for however briefly. Vanitas vanitatum I know, but one needs some entertaining goals in running.

Doing 25 laps on a track is probably not everyone's idea of entertainment. Neither was it mine, but after failing to break Steve Smythe's M60 marathon record earlier this year, the only remaining one, 'soft' enough to be in my reach was Gary Sullivan's 10.000m from 2019 standing at 42:57.21 min.

There isn't exactly a multitude of open entry 10k track races around in the country. And my brief window of opportunity looks decidedly to be slammed shut in September when our current fastest M60 Tony Tuohy tackles the distance. That was why last Tuesday saw me travelling to Northhamptonshire to attend the final event of the Kettering Town Harriers Open track meeting.

Conveniently Kettering is just about one hour by train from St Pancras station and the 10000m was only due to start at 9pm. Time enough to explore a bit of the town and sit in a pub to catch the dramatic end of England's first Ashes Test. Going by the few grumpy drinkers populating the joint, cricket is not the kind of sport Kettering seemed overly enthusiastic about.

Neither was running 10.000 metres on track as it turned out. When everyone was called to the start-line it was only me who had turned up. Slightly embarrassing to have a full race with about four officials involved all to myself. The last one as well. And it looked like everyone else was going home. Kind of the ultimate opposite to the finale of the Night of 10.000 PBs. But some friendly faces assured me that they'd be happy to see it out. And a fast looking young runner by the name of Josh was easily persuaded to keep me some company and pace me around for 'a few laps', as he said. He had already paced a couple of 800s and 1500s and with an 800 PB of 1:55 my sort of target pace couldn't daunt him I imagine. After six kilometres bang on 42:00 target (we had passed 5000m in just under 21min) he had enough and I was on my own.

Even after sunset the conditions were still warm and humid, the sweat started pouring and maybe some dehydration crept in. In any case around lap 19 I felt stitches coming on. Only the second time ever in a race and all this year. Not much I could do apart from breathing out deeply, pressing on the spot and slowing down until it went away. Cost me about 30 seconds over four laps, then I could speed up for the last three laps and just about made it in 42:32.01. Was harder than expected but a new M60 club record. Plus I found a pizza waiting for me in a box with a scribbled, 'well done' and a smiley face. A nice and successful trip after all. And lap counting never was so easy as when I had the counter to myself in this, my second ever 10.000 metre and first, 'win' over the distance.

Records				
	ALL	2023	2022	2021
Mar	3:09:26 S. Smythe	3:15:17 E. Prill	3:28:28 E. Prill	4:55:49 S. Smythe
HM	1:24:52 M. Mann	1:42:33 S. Smythe	1:34:48 M. Kelsen	1:43:40 G. Laylee
10M	1:02:04 M. Mann	1:30:21 D. West	1:42:07 B. Nicholls	1:13:40 N. Webb
10K	38:20 M. Mann	40:06 T. Tuohy	41:34 E. Prill	44:10 M. Kelsen
5M	30:14 T. Tuohy	30:14 T. Tuohy	39:12 D. West	
5K	18:02 T. Tuohy	18:02 T. Tuohy	18:36 T. Tuohy	21:06 N. Brown
parkrun	18:52 M. Mann	19:47 T. Tuohy	19:44 T. Tuohy	20:36 N. Brown
10000	42:32.04 E. Prill	42:32.04 E. Prill		
5000	18:03.83 M. Mann	18:14.49 T. Tuohy	18:17.15 T. Tuohy	
Mile	5:17.00 M. Mann	5:23.54 T. Tuohy	5:20.20 T. Tuohy	7:26.90 B. Nicholls
1500	4:46.93 M. Mann	5:06.28 T. Tuohy	4:59.11 T. Tuohy	6:22.21 M. Mann
800	2:21.18 M. Mann	2:31.59 T. Tuohy	2:30.41 T. Tuohy	3:11.50 M. Mann

Ranelagh 10k

25th June 2023

Dave West writes: A Dulwich club championship last year and both Surrey County and Vets AC 10km Championships this year, the Richmond 10km organised by Ranelagh Harriers has always been a popular event albeit not one I've run since 2011. This year there was a minor course change to eliminate the unwelcome final circuit of the field at the finish, although the compensating minor changes elsewhere seem to have made it about 60 metres over-distance. It remains a mix of flat road and riverside running with plenty of marshals and a great atmosphere on the green at the finish. The early start, meant that we avoided the worst of the weather which reached 32c later that afternoon as I drove home after a visit to nearby Ham House.

Andy Bond returned to the event for a second year after struggling in 2022 and finishing 14th, subsequently testing positive for COVID. His target being to at least beat that time. Ros Tabor and Andy Murray hoped to test out their endurance in the run up to the next club champs over 7 miles at Elmore. Jo Quantrill was apprehensive about the heat as we all were given recent conditions. In my case, I'd run a Parkrun on Dartford Heath the previous day (which curiously was about the same distance too long, although in this case to avoid an area of Oak Processionary Moth infestation) and found it hard work probably due to the heat and humidity.

Project 20 v3, week 4

Ajay writes: Fast twitch muscles, I may lack. But i do have a preponderance of the L-type muscle. What genetic marvel am I talking about? The LAZY muscle. Now we all know that being lazy is important for us runners. Its during lazy time that we actually get better. Thats when the body really changes. The catch is that this super adaptation, which I am expert level in, only occurs if the body is first suitable trashed and battered.

I am talking about intervals. True the world record breaker Ed Whitlock never ran intervals. He just ran in a circle in twenty year old trainers as he smashed record after record. Well that is not going to work for me. I need to do intervals. But i lack the requisite fortitude and mental capacity. I crumple and crumble when faced with a pyramid. The mere mention of "Lactate" or "threshold" makes want to lie face down in a hammock and micro dose.

Still I know there is no way over or under this particular hurdle. But how does a man with a preponderance of lazy twitch muscles get over this? I pondered this during a sublime 6am run on Sunday morning. As well as avoiding the heatwave my running partner and I willwitnessed several elaborate wedding shoots, took a Mexican running tourist to Buckingham palace,

At the 9am start, it was already 25c but only about 55% humidity, down on the previous day, and I felt much better, finding a pace which I pretty much sustained to the end. There was some shade along the riverside, a welcome water station/hose passed on each of the two laps and a child with a well-aimed water pistol at one point. Whilst slowed by the heat it seemed more bearable than of late, possibly also as a result of a couple of weeks of 3-5 mile midday runs in the heat of the day as acclimatisation. On the second lap, I passed a lot of people who were slowing and a few who had to walk.

Andy Bond set off at 33:20 pace, but the heat took its toll and, like me, he picked up a few places in the second half to finish a fine 5th and 2nd M40 in 33:53; although 4 seconds slower than 2022 it was probably over a slightly longer course this year and in temperatures that were 10c warmer! Jo Quantrill was another who was slower than in 2022, but doesn't enjoy the heat and still ran 49:34 to pick up the 1st W65 prize. I was next home in 50:47, better than my previous week's effort in hot conditions over 5 miles in Eltham and feeling like there was a sub 50 there on a cooler day. Ros Tabor had a confidence boosting 58:36 finish, whilst Andy Murray suffered with the conditions and was a little way behind in 61:20.

5	Andy Bond	33:53
307	Jo Quantrill	49:34
323	Dave West	50:47
398	Ros Tabor	58:36
418	Andy Murray	1:01:20
470 finishers, 6 DNF, winner – 32:17; last finisher 1:34:24		

and enjoyed a post run coffee at bar italia in soho. What a great way and time to commune with London. Still I knew there was no getting away from my undiagnosed interval avoidance syndrome.

Tuesday was interval day. I managed to leave my phone at home so "couldn't remember the session". How long, how hard, how many reps was a muddle in my head. My dog was thirsty. I had no water. I aborted my run in bel air park after a meagre 1.75 mile warm up. Interval avoidance syndrome 1, Ajay 0. Lazy twitches were like japanese knotweed. I was being consumed by laziness from the inside out. Stuck in my car i was feeling hopeless. What was the point?

Then suddenly an omen. I saw Graham Stanton, a dulwich runner i used to run with 10 years ago. I wound down my window and shouted at him. We had a great chat in the slow moving traffic. He was preparing for the bath half. Newly invigorated i went home and left my dog with some water, and headed to Dulwich park where i knew the interval gang congregate. My plan was run close by but not with them. However their magnetic energy drew me in. Reader, I was running intervals. I tried to keep pace with Ola, the most consistent of runners. When i felt i was ready to throw up, i knew it was a good day. My L-gene would be do its work. Club inspired intervals + I gene is a winning interval.

Bushy

1229 Ran			
Pos	Gen		
10	9	Hugh Stobart	17:35

Banstead Woods

265 Ran			
Pos	Gen		
15	15	Tony Tuohy	20:32

Brockwell ,

292 Ran			
Pos	Gen		
8	6	Harrison Minter	18:49
15	13	Grzegorz Galezia	19:52
23	21	Gower Tan	20:56
39	35	John Kazantzis	21:47
43	39	Cameron Timmis	22:28
50	45	Miles Gawthorp	22:47
61	6	Ola Balme	23:00
80	67	Hugh French	23:55
101	15	Catherine Buglass	24:42
124	90	Ebe Prill	25:55
158	109	Hugh Balfour	27:03
173	114	Michael Mann	27:51
191	56	Sharon Erdman	28:32
224	70	Ange Norris	30:02

Ashford

210 Ran			
Pos	Gen		
8	1	Kim Hainsworth	20:34

Crystal Palace

345 Ran			
Pos	Gen		
71	5	Jennifer Gridley	24:39
89	9	Belinda Cottrill	25:09
115	17	Joanne Shelton Pereda	26:24
193	134	Paul Hilton	29:56
295	96	Chris Bell	37:31
307	171	Bob Bell	39:14

Riddlesdown

188 Ran			
Pos	Gen		
65	58	James Wicks	26:16

Horsham

448 Ran			
Pos	Gen		
233	179	Peter Jackson	29:50

Eastville

468 Ran			
Pos	Gen		
49	42	Jamie Robinson-Nicol	22:03

Hoblingwell

57 Ran			
Pos	Gen		
7	7	Stephen Smythe	23:11

Mile End

354 Ran			
Pos	Gen		
51	48	Lee Wild	21:27

Dulwich

520 Ran			
Pos	Gen		
1	1	Ben Howe	15:47
4	4	Robert Armstrong	16:46
5	5	Fred Bungay	16:47
12	11	James Blackwood	17:22
17	16	Jon Phillips	17:52
34	30	Mark Callaghan	18:40
75	68	Chris Lawrence	20:19
85	76	Sum Mattu	20:37
95	85	James Brown	21:02
189	154	Graham Laylee	23:51
197	23	Gabriela Rothova	24:00
250	192	Paul Vivash	25:20
251	193	James Gordon	25:23
504	180	Susan Vernon	40:15
505	181	Stephanie Burchill	40:22

Chippenham

208 Ran			
Pos	Gen		
51	6	Katie Prior	23:49

Alice Holt

249 Ran			
Pos	Gen		
93	71	Michael Dodds	28:03
130	34	Clare Wyngard	30:25

Osterley

276 Ran			
Pos	Gen		
76	60	Barrie John Nicholls	26:07
126	32	Lindsey Annable	29:13

Peckham Rye

338 Ran			
Pos	Gen		

8	1	Polly Warrack	18:41
---	---	---------------	-------

Hastings

371 Ran			
Pos	Gen		
83	70	Nicholas Brown	24:33

Dartford Heath

81 Ran			
Pos	Gen		
22	21	Dave West	26:15

Tooting Common

561 Ran			
Pos	Gen		
44	3	Helen Shannon	20:49

Worthing

487 Ran			
Pos	Gen		
176	139	Joseph Brady	26:07

Marecchia

25 Ran			
Pos	Gen		
1	1	Edward Chuck	15:38

Bethlem Royal Hospital

75 Ran			
Pos	Gen		
1	1	Andy Bond	19:28

harlton

187 Ran			
Pos	Gen		
4	4	Tommaso Bondoni	18:02
7	1	Kay Sheedy	18:32

Thames Path , Woolwich

444 Ran			
Pos	Gen		
1	1	Tom Brooke	16:36
15	15	Jonathan Whittaker	19:03
28	28	Sam Jenkins	19:55
46	1	Emily Smith	21:17
196	154	Paul Keating	27:05
223	46	Claire Steward	28:07

Thornham Walks

170 Ran			
Pos	Gen		
2	2	Justin Siderfin	21:19

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



Socks only £5



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

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

For all club kit enquiries: ros.tabor49@gmail.com



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces & hoodies.

Just click the link to the Dulwich Runners shop and purchase directly.

<https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html>

any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket

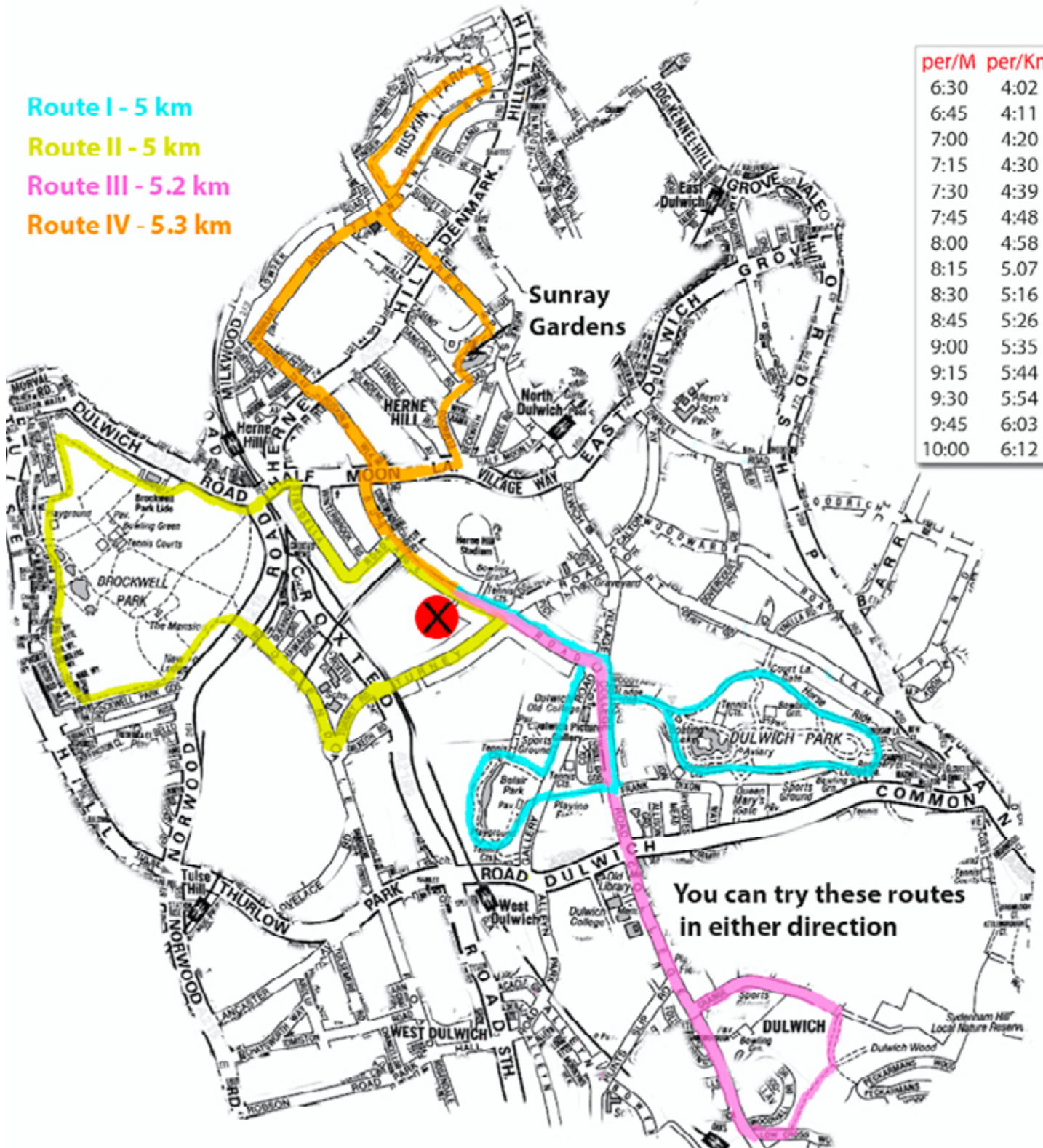


Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer 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

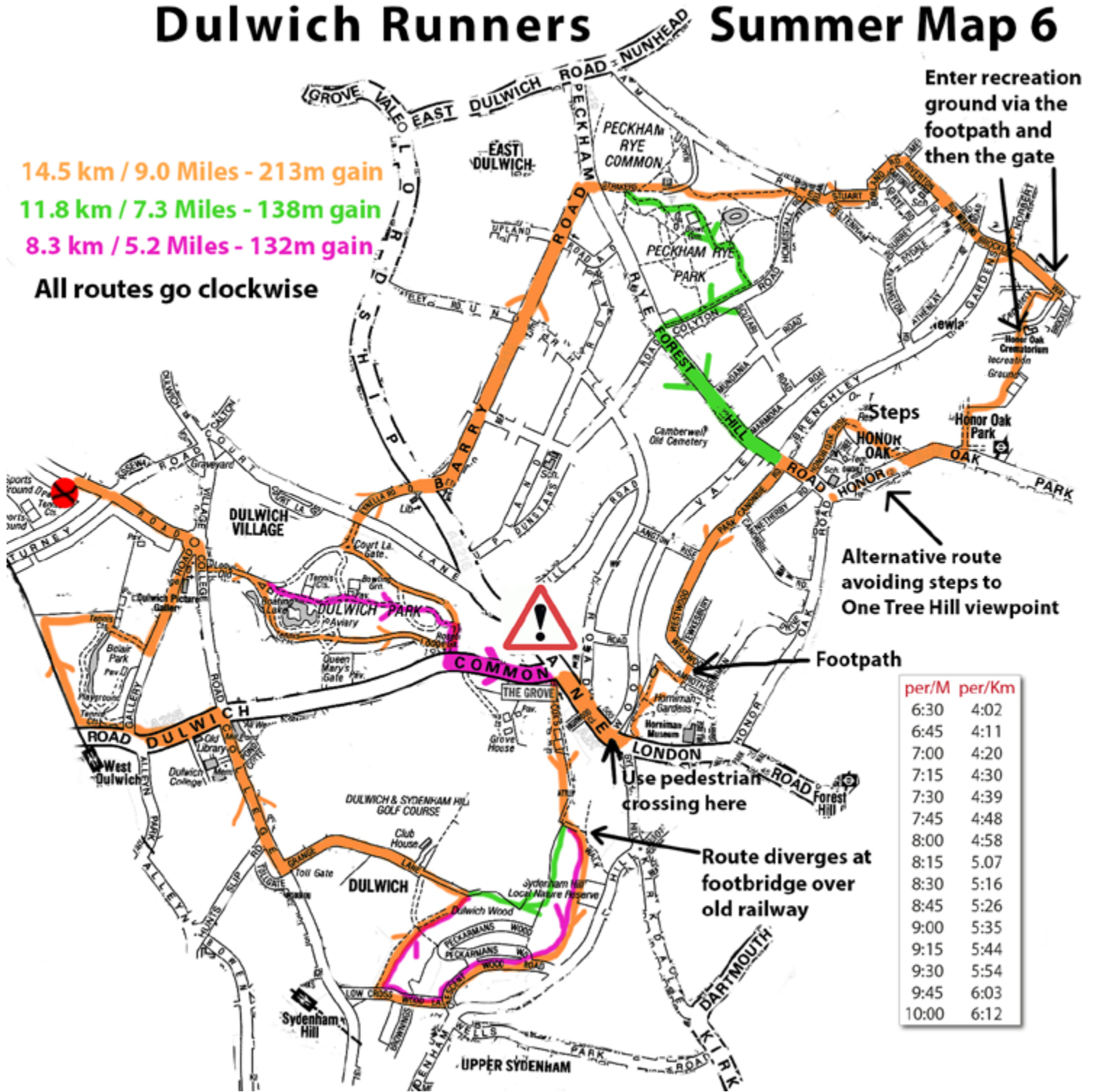
Dulwich Runners Summer Map 6

14.5 km / 9.0 Miles - 213m gain

11.8 km / 7.3 Miles - 138m gain

8.3 km / 5.2 Miles - 132m gain

All routes go clockwise



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