



These are your SHORTS

Please send any reports, running news etc to:

barry@bg1.co.uk or barry@1bg1.com

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 (see page 3,

In your SHORTS this week !

- 1 General notices
- 2 Fixtures
- 4 Club runs & training
- 6 Race reports and results
- 9 Club kit
- 11 Wednesday night map.

Feel free to send in any running or sport related stories, anecdotes etc, 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:



2023/24 membership renewals Due April 1st

All current members will receive by email a renewal request form by the end of this week.
(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 £46 includes EA reg. of £16 - 1st claim membership without EA reg £30 - 2nd claim £30
EA reg is £16 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.)

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.

Any membership queries contact: barry@bg1.co.uk

Dulwich Runners AC AGM - Save the Date

The 2023 Dulwich Runners AC AGM will take place on **Wednesday 19 April**, at the Alleyns Club House after the Club Run. Further information will be in Shorts in the coming weeks, in the meantime, please do save the date.

Yvette Dore - DR Club Sec.

'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
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Road & other Club Champs Assembly League Cross Country Track

Date	Race	Venue
Apr 2	SEAA 12/6 stage road relay	Queen Elizabeth Olympic Park
	6 Assembly League	Beckenham Place Park tbc
	23 London Marathon (or alternative) - L	London or alt.
May 17	Beckenham Team Relays	Beckenham place Park
Jun 1	Assembly League	tbc
May 4	Assembly League	Victoria Park tbc
Jun 3	Tracksmith Mile - S	Tooting Bec
	13 Speedy Steeds 5km (or any of the Sri Chinmoy summer series) - S	Battersea Park
Jul 1	Brockwell parkrun - S	Brockwell Park
	6 Assembly League	tbc
	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

Dulwich Runners Midsummer Relays' the evening of Wednesday 21st June

This is a great club event in our summer calendar, save the date. More details to follow but we will want runners and volunteers. If you're interested in being part of the organising team, please contact Ange - dulwichchair@gmail.com

SEAA 12/6 stage road relays Sunday 2 April at Queen Elizabeth Olympic Park

If you want to run, contact your captains ASAP and by 18/3/23 latest.

Club Championship Races 2023

- 4 March Sri Chinmoy 10k, Battersea Park L
- 18 March Victoria Park 5 miles S
- 23 April London Marathon (or alternative) L
- 3 June Tracksmith Mile Race S
- 13 June Speedy Steeds 5km (or any others in the Sri Chinmoy summer series, 27 June, 18 July, 8 Aug) S
<https://www.eventrac.co.uk/e/sri-chinmoy-5k-races-in-battersea-park-6961#rc16298>
- 1 July Brockwell parkrun S
- 14 July Golden Stag Mile (alternative to June 3 Tracksmith Mile club champs race) S
- 15 July Elmore 7 L
- 3 Sep Big Half L As in previous years we hope to receive discounted community places although these cannot be guaranteed. <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.

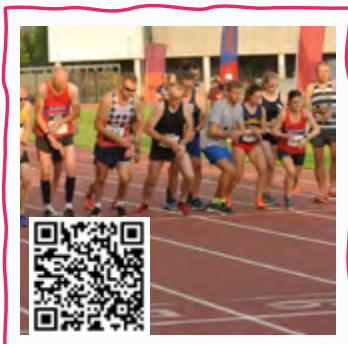
Updates on events with dates to be confirmed will be issued as soon as details known

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.

Dulwich Runners Club Championships 2023

- March and April 2023 Events Now Available to Enter!



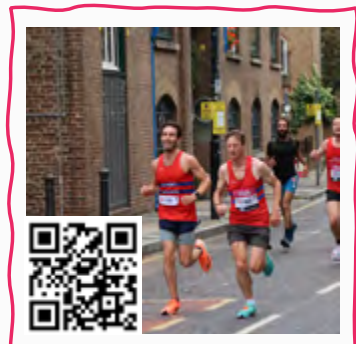
1 mile (SHORT CATEGORY)
 Tracksmith Mile, Tooting Bec Track
Saturday 3 June 2023, 2pm
 Likely to sell out well in advance
 The Golden Stag Mile at Finsbury Park on Friday 14 July remains as alternative

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



5 Km (SHORT CATEGORY)
 Speedy Steeds 5K, Battersea Park
Tuesday 13 June 2023, 7pm
 Entry closes 3 days before
 Or any others in the Sri Chinmoy summer series on 27 June, 18 July or 8 August

<https://www.eventrac.co.uk/e/sri-chinmoy5k-races-in-battersea-park-6961>



Big Half (LONG CATEGORY)
 Tower Bridge, London
Sunday 3 September 2023 (am)
 Standard price entries open
 We hope to get discounted community places, but not guaranteed though

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



weekend of 13th & 14th May

This is described by the organisers as a 22-stage running relay covering 220 miles of the Green Belt around the outside of London over a single weekend. The course follows footpaths and towpaths as much as possible, plus some minor roads.

It largely follows the Green Belt Way which is a long distance footpath, with a variety of scenic landscapes ranging from rivers, meadows, fields and hills to market towns and villages.

Teams are 11 people who all run one stage on both Saturday and Sunday. Although the race is a relay, each stage starts at a fixed time which allows each stage to be a competitive race in its own right. The length of each stage varies but we will always try to match runners with stages according to distance and difficulty, as this is an event for all standard of runners. We have entered a team so we need 11 people to fill it, plus some reserves to cover last minute injury/illness etc.

Have a look at these links: <https://www.dulwichrunners.org.uk/green-belt-relay> & www.greenbeltrelay.org.uk

To be in the team/or more information, email Ange - dulwichchair@gmail.com or let me know on a Wednesday evening.

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

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

Rules

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

- Individual champion is the runner with the most points.

Awards

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

History

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



Beckenham Team Relay - Wednesday 17th May 2023 @ 19.30

Entries not yet open but check here in April: <http://www.beckenhamrunning.co.uk/races/relay>
queries: races@beckenhamrunning.co.uk

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 evening track speed/strength

Cox's Walk 7pm, meet by entrance on South Circular (opposite the old Grove Tavern pub) led by Tom Poynton tpoynton@hotmail.com Well lit path, little footfall, a good place to run at speed, we'll adjust if needed.

Peckham Rye Common sessions all March led by Mark Callaghan m.s.callaghan@outlook.com. Meet outside front of Peckham Rye Common Round Cafe 7pm - warm ups then the slope for main session.

From some time in April (dates tbc) club aims to have a single track session at Crystal Palace or Dulwich College - updates when more known.

Comments / suggestions for sessions welcome but our summer focus is shorter races not least club champs and Assembly League, with a few possible adaptations later on for those planning an autumn half or full marathon.

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: ebeprill@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

Masters International Championships

There is a World indoor track and field championship plus cross country and road 10k/half marathon in Torun, Poland from 26 March to 1 April 2023. Note that there is no selection and any master in a club affiliated to British Masters Athletics Federation can enter the championships as part of the British team. Veterans AC is affiliated to BMAF and 2nd claim membership is £12 p.a.

Ros, Andy M, Mike M, Tony, Steve S have competed in the past in Torun, a historic town with a modern indoor stadium.
vetsac.org.uk - World Masters Athletics Championships Indoor - Toruń 2023 wmaci2023.com

September 2023 the European Masters Champs -outdoor track and field plus- is being held in Pescara, Italy, details not released yet.

16 Apr - British Masters 10k Road Champs - Grangemouth
20 May - British Masters Open Road Relays - Birmingham
04 Jun - British Masters 1 Mile Road Champs - Edinburgh
25 Jun British Masters 30km Multi-Terrain Champs Gravesend
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

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

May 13 Fairfield Horseshoe - AM 14.5km/9 miles; 914m/1999' Rydal Hall, Cumbria.
June 3 Duddon Valley - AL 29km/18 miles; 1830m/6004' Newfield Inn, Seathwaite, Cumbria.
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.

A spring marathon training plan

A spring marathon training plan - March update

In March we build on February's work, long runs get longer with more sections at or near marathon pace. These don't need to go beyond about 22m or 3:15 hours, whichever comes first. Suggestions below for long run sessions, feel free to adapt these to how you are feeling and those leading Sunday long runs might have their own ideas. An alternative is to do a 20m race or supported run e.g. the Hillingdon 20 and the Riverside 20, where you could mix up some easy and marathon pace running or run it all at about 10-20 secs a mile slower than marathon pace - best to avoid racing it all at a "full on" intensity which will compromise your recovery for several days or longer.

Mon 20 - Sun 26 Feb

Tue. easy run, 75 mins. Wed fast-steady club run, Sat National XC champs (or threshold session), Sun. long run or easy pace 1:30-2:00 hours (especially if raced hard the day before). Otherwise one, preferably two easy runs for 40-60 mins. elsewhere in the week.

Mon 27 Feb - Sun 5 March

Tue. intervals, Wed. 60 mins. easy-steady run, Sat. Sri Chinmoy 10k, Sun. 2:30-2:45 hours easy pace (especially if you raced hard the day before). Otherwise one, preferably two easy runs for 40-60 mins. elsewhere in the week.

Mon 6 - Sun 12 March

Tue. easy run, Wed. 70-80 mins. steady club run, Sun. 2:30-2:45 hours, mainly easy pace with 4-5m at marathon pace - or Paddock Wood half. Otherwise two, preferably three easy runs for 40-60 mins. elsewhere in the week.

Mon 13 - Sun 19 March

Tue. intervals, Wed. 60 mins. club run, Sun. easy pace 1:30-2:00 hours - or Victoria Park 5m. Alternatively you could run the 5m at say 10m pace with lots of easy running before and after to make it part of your long run. Otherwise one, preferably two easy runs for 40-50 mins. elsewhere in the week.

Mon 20 - Sun 26 March

Tue. easy run, Wed. 80-90 mins. fast-steady club run, Sun. long run for 2:45-3:00 hours, mainly easy pace but include 3m at marathon pace, 2 miles easy, 3 miles at marathon pace. Otherwise one, preferably two easy runs for 40-60 mins. elsewhere in the week.

An easier week included to allow for recovery, you could move this around a bit depending on how you feel.

There's two club champs races in this period, some of you may be running the Paddock Wood half too. Shorter tune-up races are not essential but can be good race practice (kit, crowds, gels etc), give some idea of target time to go for (with some caveats), and make a bit of a change from all those long runs although you shouldn't really have a mini-taper and recovery too often.

I suggest running the interval sessions every fortnight. You could substitute them for an easy run if you race "full on" the 5m and 10k races as they provide a very similar stimulus. Similarly, the Wednesday club runs continue to alternate between an easier run and a longer, faster run.

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 Barry Graham 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.

Dulwich Runners Book Swap -

Wednesday 22nd March

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 are unlikely to re-read them, bring them along to the club house on Wednesday 22nd March.

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. If it's popular we can have a regular book swap evening.



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"

Download on the App Store

GET IT ON Google play

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@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

Mike Penman Open 5 Miles Victoria Park

Saturday 18 March 2023

Ebe writes: Another decent turnout for our second club championship race with 30 of us venturing North of the river, despite strikes and closures making travel not easy to the afternoon start of this event over a rarely held distance in road running nowadays. I only ever raced 5 miles on the road years ago, and that didn't make it on Po10 as it lacked a proper license. This one has, so should appear on Power of 10 eventually. Victoria Park Harriers & Tower Hamlets AC held the race for the second year over 5 miles, instead of the previous 10k in memory of a late club member.

Because of various circumstances they decided this year to have it more low key without chip timing, medals or prizes. Therefore it generously was offered as free entry with on the day registration in the VPH&TC clubhouse. The amount of Dulwich vests initially made it look like a mob match between two clubs, but Eton Manor at least made it a three way team competition. The relatively small field, less than half of an Assembly League race, made for quite good conditions with little congestion or obstructions on the paths. And the gun time start didn't cause much delay for the ones further back.

The course was two laps of a figure of eight in the park on well maintained flat tarmac, with mile markers and several marshals adding to a well organised race.

I will only make a few observations on the race itself here, there might be more reports.

Ed Chuck won the first version of this race last year in a stunning time and 5 mile club record of 24:18. He also, I believe, had a bit more of a challenge up front than from Highgate and Havering athletes. This time he successfully defended his win in a lonely race at the front. The TT nature plus a bit of headwinds meant a slower time, but still dipping under 25 minutes in another outstanding run. His sixth hard race in five weeks. Contrary to the initial announcement he won a prize. Low key in form of a mug, but they always come handy for his collection. There were more excellent times achieved, which inevitably will be PBs for many.

My race was made more exciting by running with Sum for most of it. We pushed each other along nicely, much of it with me in the lead, but Sum never letting up. At one point in mid-race he opened a few metres on me, which I managed to claw back. From that I took that I could go a bit harder for a stretch and decided to try and open a lead from the 4th mile marker. Knowing that I would need it when it came to the finishing straight. And the plan just about worked. I had maybe 10 metres on Sum with a hundred to go and he almost caught me, finishing a whisker behind me in the same time. My marathon training gave me the edge this time, but once

he starts training for Chicago I'll see the back of him. Yvette was first woman for Dulwich, 4th overall and 1st in her age group. In the results as of now she is wrongly listed as running for Eton Manor. I sent an email to correct it, though it won't change the Women's A team standings, with Dulwich coming second team behind the hosts VPHTHAC. But it will add another team of three for Dulwich, that includes Claire and Ros. Both running as W70s and coming first and second in their category.

Mike Mann was 1st M70 ahead of Andy, who used the day after his 70th birthday to celebrate the new age group in style. In fact Dulwich came first in most of the age groups above Senior (of which we had none). Our Men's A team (with Ed, Tom and James) won the team competition comfortably ahead of VPHTHAC, mainly due to the margin that captain Ed had finished ahead of everyone, but also with great runs by Tom and James, all under 30 minutes. I certainly liked the distance on flat road for once, compared to the more frequently raced 5 miles cross country. And thanks also to Ange, who again turned out on the bike for this to cheer us on and take photos.

Pos	Name	Gun time	Pos. M/W	Age Cat.	Pos. AG
1	Edward Chuck	24:55	1	M35	1
4	Tom South	27:31	4	M45	1
8	James Burrows	29:02	8	M40	4
9	Shane Donlon	29:11	9	M40	5
13	Grzegorz Galezia	30:56	13	M50	1
16	Charles Lound	31:24	16	M55	1
17	Tony Tuohy	31:43	17	M60	1
19	Jonathan Whittaker	31:54	19	M40	7
24	Eberhard Prill	33:07	22	M60	2
25	Sum Mattu	33:07	23	M35	2
27	Yvette Dore	33:51	4	W50	1
28	Michelle Lennon	33:59	5	W55	1
31	Helen Shannon	34:10	6	W40	1
33	Rosie Murton	34:30	8	SW	2
34	Ed Smyth	34:33	26	M40	9
35	Martin Kelson	34:41	27	M60	3
38	Laura Vincent	35:49	9	W40	2
41	Harriet Roddy	36:06	11	SW	4
43	Hugh Balfour	36:58	31	M65	3
46	Hugh French	37:43	34	M45	2
47	Cameron Timmis	37:45	35	M50	5
52	Mike Mann	38:39	38	M70	1
55	Teresa Northey	39:11	16	W45	3
59	Dave West	40:45	41	M60	6
66	Barrie Nicholls	43:07	47	M65	6
68	Andy Murray	43:46	48	M70	2
71	Claire Steward	44:20	23	W70	1
72	Ros Tabor	44:34	24	W70	2
75	Paul Keating	46:55	49	M55	3
	Christina Dimitrov	DNF			



Ebe Prill (left) in hope of a happy ending, with Sum Mattu close behind



Yvette Dore (left) looking far too cheerful for this stage of a race, reeling in the competition and leading Helen Shannon (middle) and Rosie Murton (right)



After the race

Mike Mann adds: Over the years I have frequently underperformed in 5 mile races, and indeed 10ks, so I decided to adopt a different, more gung-ho approach. The Assembly League races at Victoria Park have often proved a happy hunting ground for me, so I decided to set off at my current 5k/ Assembly League pace and attempt to hold on for the remaining distance.

Much of the first part of the race I ran alongside Teresa Northey but gradually pulled away in the second half, going through 5k pretty well on target at slightly under 24 mins, not too far off my fastest 5k times over the past year. I managed to hold on pretty well for a while but was conscious of slowing in the final mile. Trying this approach in a 10k would probably result in the wheels falling off, but it seemed to work well enough here, as I managed to shave 4 secs off my fastest 5 mile time as a M70, although it was a full 3 mins slower than I was running a few months prior to turning 70.

100 hills (50km)

Ajay Khandelwal writes: Having broken my left arm (cycling) and my right arm (tennis) I felt that I was being punished by the running gods from deviating from the world's best sport (running) and the world's best club (obvs.). Fate was giving me a battering and I decided, duly humbled, to return to the enlightened path. It involved a meeting with ultra-cult leader Michael Williams in a pub in Forest Hill. Falling under the sway of his charismatic leadership I signed up to a new way of life.

I left behind my previous ego based failures in my chase to be the next Ed Chuck. I stopped trying to strike up conversation with my erstwhile neighbour Jack Ramm. I took down my posters of Steve Smythe. I put away my Clare Elms mugs, and I binned my Tony Touhy emblazoned bibs. I would hence forth be known as Ultraman and would not associate with anyone who ran distances of 42 km or less.

My new training regime consisted of eating 80gms of carbohydrates per hour and ingesting a dubiously named concoction called "trail wind". It was less a fuel than a sinister and accurate prognosis. I had to wear a back pack with strange man-breasts, and shamelessly suckle on myself in full view on Crystal Palace high street. This was a painful reinvention from my previous free wheeling days but Michael assured me it would be worth it.

Although tbh he was never quite the same after running 100 miles in January in the Cornish mists after he mistook his flashing shoulder strapped GPS for another runner and managed to hold an interesting conversation with it for at least 30 miles. Michael said it was one of the best conversations of his life. Truly. (Sorry Alexie.)

Claire Steward adds: Last October I withdrew from London Marathon due to a hamstring niggle and my running has not really recovered in the intervening five months. I did one 5 mile run back in January but the hamstring continued to bug me and my running has mainly been reduced to parkruns and the Tuesday/ Thursday daytime sessions.

Five miles in Victoria Park, may be an attractive proposition for fast runners, but can be a daunting prospect for us mere mortals. As expected, the small field was quickly strung out and I settled in with Barrie, Andy, Ros and Paul towards the rear. Barrie slowly pulled away, followed by Andy in his first race as a VM70. Paul had a tough time still suffering the effects of a chest infection and Ros was not at her best, coughing intermittently. At about 4 miles I went past her, a move I regretted almost immediately, having miscalculated where the finish was (it's an age thing), but was able to hold on and was pleased with sub-45 mins which appears to be a VW70 club record.

My running mate actually booked us an Airbnb in cookham above a wine shop 15 miles from the start. This was both a tragedy and a blessing. I recalled all the running lore Gregorz had passed on to me and we duly sampled both Australia and France as our pre race prep.

What can I say about the race? I met a woman who was maybe 200 years old during an early section. She told me she'd once run 91 miles of a hundred, but was forced to stop by the organisers due to snow. Bastards I thought to myself. Evil exists even today. At an aid station I got talking with a squash player who cracked a rib when he slipped on a pool of sweat. We compared injuries and I mused on the precarious nature of life and why it's sometimes just better to stay in bed. Reader I looked like a demented Santa gallivanting through sludge. I was attacked by sheep. It rained. The sun blazed. Various goals came and went. At mile 21 I had a vision of my recently departed mother stroking my head which kept me going.

At mile 26, at Bix Bottom, I saw my guru Michael. He refilled my man breast with such tenderness I almost wept. He looked like he'd been vacuum packed like the new meat packaging in Sainsbury's. Or a solid action man figurine from my childhood. He was slick, no excess, no air pockets around him. Hewn from granite. A trickster told me we had only a mile to go and 51 m before the cut off. I had been fooled. It was still 2-3 miles to go. Perhaps the organisers were going to try and stop me just like they had stopped the 300 year old woman. With a final spurt I got in. No falls or broken bones. I was delighted to have been able to raise 2k for motor neurone disease assoc.

M. Williams 4.38
A Khandelwal 8.52

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

Bromley

503 Ran
Pos Gen
332 237 Peter Jackson 30:03
426 269 Chris Goodman 34:01

Brockwell

227 Ran
Pos Gen
6 5 Jonny Hough 18:46
32 1 Katie Styles 21:16
40 38 Lee Wild 21:47
43 41 Stephen Trowell 22:04

Beckenham Place

212 Ran
Pos Gen
21 18 Sam Jenkins 22:46

Crystal Palace

289 Ran
Pos Gen
2 2 Aaron Wilson 17:39
48 6 Eleanor Simmons 23:18
58 8 Belinda Cottrill 23:37
95 74 Chris Lawrence 25:27
174 35 Joanne Shelton Pereda 28:55

Riddlesdown

89 Ran
Pos Gen

18 16 James Wicks 24:40

Bury St Edmunds

207 Ran
Pos Gen
1 1 Harry Lawson 18:56

Eastville

559 Ran
Pos Gen
73 64 Jamie Robinson-Nicol 22:25

Dulwich

435 Ran
Pos Gen
13 13 Eugene Cross 17:50
18 17 Rob Fawn 18:31
60 6 Victoria Read 20:44
98 81 Alastair Low-Macrae 22:26
185 146 Tom Shakhli 25:12

Kirra

180 Ran
Pos Gen
60 46 Colin Frith 25:36

Burgess

374 Ran
Pos Gen
364 138 Susan Vernon 47:03

South Shields

172 Ran
Pos Gen
10 10 Mark Foster 21:51

Delamere

292 Ran
Pos Gen
85 72 Michael Dodds 27:06
139 30 Clare Wyngard 29:04

Fulham Palace

322 Ran
Pos Gen
321 123 Lindsey Annable 56:47

Peckham Rye

237 Ran
Pos Gen
13 13 Murray Humphrey 19:45

Tooting Common

417 Ran
Pos Gen
23 21 John Kazantzis 20:02
164 122 Ian Sesnan 25:56

Erris

37 Ran
Pos Gen
2 2 Becca Schulleri 21:25

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

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



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



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

Socks only £5



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



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 Winter Map 2

All routes go clockwise

10.8 M / 17.5 km - 245m gain

7.9 M / 12.7 km - 169m gain

4.9 M / 7.8 km - 94m gain

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

