



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
- 4 Fixtures
- 6 Club runs & training
- 8 Race reports and results
- 12 Club kit
- 14 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 have received by email a renewal request form.
(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.)

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.

See following pages for further details

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 AC

ANNUAL GENERAL MEETING:

Wednesday 19 April 2023, 8.45pm

The AGM will be held in 'The Nursery' downstairs at the Edward Alleyn Club, 83-85 Burbage Road, London, SE24 9HD at 8.45pm on Wednesday 19 April.

Items for the agenda should be sent to the Club Secretary, Yvette Dore, by Friday 14 April to be sure of inclusion. Minor items of Any Other Business will be allowed on the day at the discretion of the Chair depending upon the time available. Draft minutes of the 2022 AGM are available on the club website here <https://www.dulwichrunners.org.uk/agm> and will be proposed for approval at this AGM.

At the AGM, Committee positions for the coming year will be voted upon. All Committee posts are up for election with the table below showing whether the present incumbent is happy to stand again.

There are **four roles with known vacancies - Honorary President; General Member x 2; and Joint Women's Captain** - and the Committee would especially encourage members to stand for or consider suitable nominations for these positions.

Members are encouraged to stand for these and any role they may be interested in.

For further information on the responsibilities, please see brief descriptions below, or speak to the person currently in the role. It may be possible to accommodate someone who wishes to join the Committee, but who would prefer to take on one of the other roles, through some re-assigning of the remaining Committee.

If you are interested in any of the roles, or know of someone who you think would be a good fit, please contact any Committee member as soon as possible or email Club Secretary, Yvette Dore.

Nominations for any role should be sent to Yvette by Wednesday 16 March to allow time to organise an election if there is more than one candidate, but nominations will be taken up to and including the day of the AGM.

Known nominations to date

Joint Women's Captains: Becca Davies; Katie Smith

General Member: Jack Ramm

Yvette can be contacted at: secretary@dulwichrunners.org.uk

Outgoing Committee Members 2022

Committee Post	Present holder	Standing Again?
Joint Chair	Ebe Prill	Yes
Joint Chair	Ange Norris	Yes
Secretary	Yvette Dore	Yes
Treasurer	Andrea Ceccolini	Yes
Membership Secretary	Barry Graham	Yes
Social Secretary	Michelle Lennon	Yes
Joint Women's Captains	Ola Balme	No
Joint Women's Captains	Kay Sheedy	Yes
Joint Men's Captain	Alex Loftus	Yes
Joint Men's Captain	Ed Chuck	Yes
Shorts Editor	Barry Graham	Yes
Welfare Officer	Tom Poynton	Yes
Publicity Secretary	Jonathan Whittaker	Yes
General Member	Mike Mann	Yes
General Member	Eleanor Simmons	No
General Member	Ryan Duncanson	No
Non-committee posts		
Honorary President	Chris Vernon	No
Welfare Officer	Mark Foster	Yes
Kit Person	Ros Tabor	Yes

Dulwich Runners AC - Committee Roles 2023

Generally, the role of all Committee members is to deliver the smooth-running of Dulwich Runners AC, ensuring it remains a successful, welcoming and sociable club where members of mixed abilities can make the most of their running and have the opportunity to develop and progress.

Honorary President

The Honorary President is appointed in recognition of their expertise and long service to the Club and will not be a member of the Committee. The key remit of the role will be to support and encourage members through visibility at races and presenting Club Awards at the Christmas party and after Club Championship races.

The Honorary President is nominated by the Club membership and voted in at the AGM. The appointee will serve for a period of 1 year after which they may stand for re-election (if re-nominated) but subject to serving a maximum of 3 terms.

Club Chair(s)

The role of Chair can be undertaken by one individual or shared between two Joint Chairs. The Club Chair has overall responsibility for the smooth running of the Club, and Chairs committee meetings and the AGM. The Chair oversees the running and administration of Wednesday Club nights, which they can undertake personally, or delegate to a Committee Member. The Chair also oversees Club events including the Club Championships, and presenting medals when the Honorary President is unavailable to do so. The Chair listens to members' views and raises relevant issues at meetings.

Club Captains – Joint Men's Captains and Joint Women's Captains

There are four Club Captains, two Joint Men's and two Joint Women's. The Captains share responsibility, to ensure men and women members, new and existing, feel part of a team.

The Captains encourage members to participate in events, ensuring they are aware of fixtures, and are responsible for submitting entries for the Club's participation in races, relays and Leagues. Where required, they also select members to represent the Club in certain races and Leagues.

In conjunction with the Athletic Development Sub-Committee (ADSC), the four Captains are responsible for selecting Club Championship races and setting the rules, and selecting events for the Ken Crooke Cross Country Championships.

Club Treasurer

The Club Treasurer manages the Club's finances and financial records, maintaining cash and income and expenditure records, and making payments and banking income as required. The Treasurer makes track bookings at Crystal Palace and Dulwich College and negotiates rates as necessary. The Treasurer produces and presents income and expenditure summaries for each Committee meeting and the AGM.

Club Secretary

The Club Secretary organises and co-ordinates five Committee Meetings per year. This includes compiling and distributing the agenda, and attending and writing meeting minutes. The Secretary also attends and minutes the AGM, and supports the Club Chair in Committee Meetings and the AGM as required.

Membership Secretary

The Membership Secretary maintains the database holding an up to date record of Club members. They send out an annual notice via email of membership renewals, register members with England Athletics, and liaise with EA throughout the year. The Membership Secretary attends Wednesday Club runs to welcome new and prospective members.

Social Secretary

The Social Secretary organises regular events to increase club engagement, such as curry nights, quizzes, and the Christmas Party. The Social Secretary is also responsible for arranging coaches to Club Championship Races that are difficult to get to or too far away for public transport.

Welfare Officer

The Welfare Officer will be responsible for creating and implementing a club policy and code of conduct on welfare. The Welfare Officer will deal with any cases or complaints that are raised by members. The Welfare Officer will also take on the role of Covid Officer, responsible for ensuring that club activities are Covid-compliant and preparing Covid risk assessments, where necessary.

Shorts Editor

Shorts is the Dulwich Runners AC weekly newsletter. The Shorts Editor compiles and edits where required all stories and articles, ensuring the newsletter goes out every Wednesday containing all relevant information about the Club and upcoming races and events. The Editor distributes Shorts via email to all subscribers and also makes it available on Facebook.

Publicity Officer

The Publicity Officer is responsible for promoting the Club and its achievements via a number of channels including the Club's website, Facebook, Instagram and local forums, as well as submitting regular reports of races the Club has competed in, including Cross Country and Club Championships, to relevant publications such as the South London Press.

Kit Person

The Kit Person orders and sells Club kit, including Club vests, and maintains a stock list.

General Member – three positions

There are currently three General Member roles on the Committee. Their remit is to represent Club Members generally and feedback to the Committee by taking part in most club events (training, road and cross country races, and social activities), and representing views on general matters through input from other members as well as their own experiences.

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.

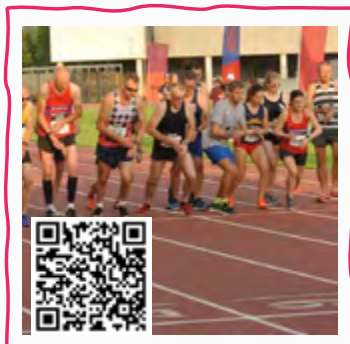
Updates on events with dates to be confirmed will be issued as soon as details known

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

June & September 2023 Events Now Available to Enter!



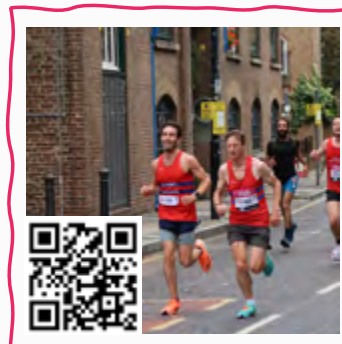
1 mile (SHORT CATEGORY)
 Tracksmith Mile, Tooting Bec Track
Saturday 3 June 2023, 2pm
 Likely to sell out well in advance
 The Golden Stag Mile at Finsbury Park on Friday 14 July remains as alternative

<https://data.opentrack.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- April update

Sunday 2nd long run is about the last time for your longest of long runs, with a shorter run the following Sunday that gets even shorter a week later. It takes 10-12 days for a session to have a positive effect, it makes sense to have a last hard session around the middle of the penultimate week. After that reduce

the volume but not intensity of sessions, so you get to the start line feeling refreshed ready to go. It might take a while for this tapering to have an effect so don't panic if you're a bit tired a few days before, and resist any temptation to fill this extra free time with more activities.

Mon 27 March – Sun 2 April

Tuesday interval session, Wednesday 60min easy-steady club run, Sunday long run 2:45-3:00 hours, mainly easy pace, but with 3m at marathon pace, 2m easy, 3m at marathon pace and 1m faster than marathon pace. If you're racing the SEAA road relays (on the Sunday) you could move your long run to Saturday, or you could incorporate your stage into your long run e.g. 5m easy, race, then a mix of recovery and MP running. Otherwise two, preferably three easy runs for 40-60 mins elsewhere in the week.

Mon 3 – Sun 9 April

Tuesday easy run, Wednesday club run, Sunday long run for c1:45 hours at a bit slower than marathon pace. Otherwise two, preferably three easy runs for 40-60 mins elsewhere in the week.

Mon 10 – Sun 16 April

Last "proper" Tuesday interval session, Wednesday club run, Saturday possibly parkrun at controlled 10k effort or race the National Road Relays (if there is a DR team), Sunday long run for c75 mins, mostly at slightly slower than marathon pace. Otherwise one, possibly two easy runs for 40-60 mins elsewhere in the week.

Mon 17 – Sun 23 April

Tuesday interval session a LOT shorter than usual – do these either at the club track session, or elsewhere e.g. Dulwich Pk - 3 or 4 x1k at marathon pace. Otherwise keep your runs short (30-40 mins max) at an easy pace with a few strides and feel free to take a day or two extra off

10% off on Sportshoes.com for the club

with a monthly code. Please don't share outside of Dulwich Runners.

The new code for the month of April is - **UIJAQ6** - valid until 3rd of May 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. Please make sure to select United Kingdom in your shipping address to apply the promotion code without errors

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

The last Wednesday of each month - Next date - 26th April

Thanks to those who brought books along last week. 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 are unlikely to re-read them, bring them along to the club house on Wednesday 26th April.

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

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](#).

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

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.

Ashridge Duathlon

Sunday 26th March 2023

I travelled up to Berkhamsted in Hertfordshire for my first ever standard distance duathlon (10km run, 40km cycle, 5km run), which was also a qualifying event for the European age group Championships in 2024. The Ashridge Estate comprises of a beautiful country house and gardens in the Chilterns, once the residence of Henry VIII and Elizabeth I, and now used in 2023 as a venue mainly for weddings and duathlons. The rules were pretty simple: finish in the top 4 in your age group and within 120% of the winner in order to qualify for the 2024 championships.

With the clocks going forward the night before, I didn't quite fancy the 4am start from London, so I headed up to Tring the night before for a spot of carb-loading at Pizza Express and a night at a Premier Inn hotel.

I had done some research on the course beforehand and had been warned that some of the potential hazards to watch out for on the bike leg were horses, packs of wild deer and tractors unloading bales of hay! Other definite problems that would be encountered were the inevitable potholes in the Hertfordshire countryside, multiple speed humps and a hill with a 20% gradient climb that had to be tackled three times in total for the standard distance. Luckily, I'd practiced going up Canonbie Road a few times on my bike so I felt more or less prepared. (Not so much for packs of wild deer though!)

When I signed up for this event a few months ago, I had envisaged that by the end of March it would be a pleasant spring morning for a nice run-cycle-run outing, but it turns out the weather gods had other plans for me. Due to the atrocious conditions, the race started half an hour later than advertised, and the first run leg now consisted of eight loops of an approximately 1.2km circuit on gravel/tarmac around the estate rather than the grass/trail course that was advertised due to it being flooded in parts. I decided to run it at a fairly conservative pace of around

6:45min/mile as I knew I needed to save some energy for the bike leg and the second run. (Also counting 8 laps is harder than you think during a race!) Despite the change of terrain, it was still extremely wet and muddy and I was soaked and a bit miserable by the end of it. The first transition was nothing short of hilarious, having to run down another muddy grass bank with the bike and then try to mount and clip in going up a hill, but after that it was a nice stretch of downhill for the first few kilometres or so and it was a chance to freewheel and rest the legs for a bit. The bike leg overall was a real test of control with the wet conditions and puddles everywhere, the wind, the uphill climbs and a couple of 180 degree turns for each 13km loop. But all in all it was a beautiful cycle route through some stunning country lanes with minimal traffic and I managed to avoid getting a puncture which I was extremely happy about. Coming in to T2, and after 40km of cycling it was time to practice



my best "Bambi on ice" impression and get the Vaporflys back on for the second run leg, where I literally could not feel either my hands or feet for the majority of it, however this was by far and away my strongest part of the race as I made up a lot of ground here and was able to catch and pass a few more people especially on now what was the 12th lap in total around the estate and had just about enough energy left to summon up a sprint finish.

Special kudos goes out to the race director who was stood for over three hours in pouring rain and hideous weather shouting out words of encouragement to us all like "it looks like the sun's about to come out any minute now (!!!)" and "if you smile, it makes the pain go away!" and also to the marshals who were excellent and supportive throughout the entire course and afterwards.

Results

Kay Sheedy 2:35:27 (splits 39:30, 1:32:08, 19:35) 14th female overall, 2nd in 35-39 age category (winner 2:11:53)



World Masters Athletics Indoor Champs, Torun, Poland

6k Cross Country 27.03.23

Andy murray writes: Torun had stepped in at short notice to hold these championships after other cities dropped out. As they had held the last of these in 2019, the organisation seems to be running smoothly. Torun has a world heritage old town, with many medieval tall red brick buildings. The indoor stadium is about 2k from the centre and is very modern, used for the Copernicus Cup (the astronomer comes from here) meet each year plus the last senior European Championships and will host the worlds in 2026.

Ros has in the past contested many indoor distances but this time was doing only the 1500 (next saturday) plus (also Andy) outdoor events. The first of these were age group cross country events, 6k for over 70's. Ros's race was at 8am, only 2 degrees at the start of a cold snap. She made up a British team with other over-70 friends Jane Giorghou and Sue James. The 2k



lap course was on dry paths through a small pine forest, two sides flattish then uphill to a twisty central section, back to the outside, flat and then a final ridge, fast down to the lap finish. Ros made a steady start, close to Georghiou but some way off the leaders, including Germans in 1,2,4 and two US in the top 10. Enjoying her run, Ros held her position and with James finishing well ahead of the third US runner, helped achieve a team silver medal.



Andy ran at 9am in a single age group race with only one other Brit, so not enough for a team. Starting slightly faster than Ros had, he found the cold air difficult and settled back to a similar pace but gradually picking off runners near the back of the field. We also made Parkrun here on forest trails on Saturday. We still have 10k, 1500 (Ros) and half marathon (Andy) to come and have enjoyed watching races in the stadium. We also made Parkrun here on forest trails on Saturday. Results/schedules are here <https://wmaci2023.domtel-sport.pl/>

W70+/M75 race

9 w70 Ros Tabor 35:52; GB were 2nd w70 team

M70 race

37 m70 andy Murray 35:16

Thames Riverside 20 Miles

(aka: The Puddle Workout. Or: Fancy a longer XC?)

Sunday 28 March

Ebe writes: A Sunday long run exercise in the build-up to the marathon, namely Manchester and London for us five DRs taking part in this run with chip timing and pacers organised by Clapham Chasers. Starting and finishing in the Old Deer Park, Richmond, not far from Twickenham Bridge, running South to Ham with two loops and going back along the river all the way to Chiswick Bridge and back again. I report on it here only because it's officially a race and will appear on Po10 (as multiterrain). Our rough plan was to start at easier pace for 5 miles, then 10 around marathon pace and final 5 easing up. Important not to race the whole 20 if you value your training in the following weeks up to the goal marathon. Recovering from a hard 20 miler takes too long otherwise. That's the received wisdom anyway. Risk is of course that with the race setting one is drawn in and goes too hard too soon and for too long.

Well, in this case the conditions made that difficult from the start. The grim state of the course provided a good reason for not overdoing it, as any aspirations of a fast time were soon drowned in the flooded conditions of prolonged sections along the towpath. That applied in spades to the second half of the run with a long out and back stretch next to Kew Gardens. Once you tackled the muddy multi-puddle obstacle course heading out, you knew what the miles coming back had in store. The first 12 miles had at least around 8 miles on decent enough

road and tarmac paths to stick to the pace plan, after that it was better to go by effort. In general most of us roughly achieved what the training plan was, with the exception of Grzegorz who had a horrid run, being sick twice and with little sleep after a night of glorious disco dancing in the Rivoli ballrooms. He also

sported full length running gear with a hat to test the feel of his yet to be designed mummy costume for the marathon (a Guinness book thing). Hence it took me by complete surprise that this wrapped up bloke ahead of me who slowed down even more than I did dodging the puddles turned out to be Grzegorz. Jonny on the other hand was at the other end of the enjoyment spectrum, having a ball well ahead of all of us.

Can't really say that I would want to repeat this run in future training build-ups. With the early 8am start on the morning of the clock change and all. The risk of tricky conditions along the Thames at this time of the year is too great. That said, the organisers did their best to make it a pleasant experience in trying circumstances (the flooding never was so bad before, it was announced), and the pacers were excellent. Plus, as Jonny mentioned, a cool water bottle for everyone afterwards, plus lots of other nice things.

Pos	Name	Age Group	Chip Time
37	Jonny Hough	M45	02:23:54
63	Eberhard Prill	M60	02:31:20
69	Grzegorz Galezia	M50	02:33:27
93 (22)	Michelle Lennon	W55	02:38:50
124 (35)	Olivia Bishton	W45	02:45:28

BVAC 5 Open Five Mile XC Race

26th March 2023

I'm a runner and I love XC and mud – there I've said it – and we got it in spades in this multi-terrain, two lap, chip-timed 5½ mile race, well-organised by Bromley Vets AC at Sparrows Den, just a mile south-west of Hayes, Kent. After a spell of wet weather and constant rain for almost 12 hours (including for the duration of the event) soft going was a given, further enhanced by a natural watershed at the top of the course, with The Beck flowing north and a number of lesser streams traversing the course in the opposite direction. As an aside, given recent debates within the club on WhatsApp about how long things take, results were out within a couple of hours and on Power of 10 by Monday afternoon.

Reaching its 200 limit a fortnight in advance, just 149 runners actually finished. A shame for those who had stayed in bed or overslept due to the time change as they missed a treat with deep puddles, molehills and thick mud just in the short opening loop before heading uphill into the woods, with tree roots and fallen trees now added to the mix. Nearly 400 feet of climb, gradients of 25% and a mix of narrow twisty trails and broad paths, made this XC at its technical best; constantly changing underfoot, always runnable, but shoe choice, racing line and picking the optimum moment to overtake making a massive difference.

Having run a harder than anticipated Parkrun the previous day (5.8 on the Tim Grose Richter scale), I decided to take the shortest line through anything in my way, bar trees and other runners. I did however modify slightly on the second lap for a short patch of mud which I discovered was a lot deeper and more fun than anticipated; a good test for my core muscles in trying to stay upright! Overall, that strategy seemed to work well and I dropped a lot of runners on the second lap struggling for grip or slowing to navigate around the gloop. The only downside was that my very soggy left shoe lace came undone towards the end, but by that time I was stopping for nothing!

Having run this event last year, I was a little disappointed to be over two minutes down albeit it was very dry last year. Nevertheless, my second lap was slightly faster than the first and I ran an enjoyable last mile off the highest point with a mud-spattered grin on my face, crossing the line in 57th place - 47:22 (remarkably the left shoe stayed put). Po10/Run Britain has this event as a 7.8, so a decent weekend all told even if the combined distances were short. Next weekend's Brighton 10km is going to seem very tame in comparison.

The winner from Petts Wood Runners finished in 33:22 and the last finisher in 1h 28m. There were free cakes and coffee afterwards, but now covered in mud and living just a few minutes' drive away, I headed home to hose off that Kentish soil. A great way to finally close my 2022/23 XC season.
Dave West - Mudlark

Club champs results table for Open 5 Mile race at Victoria Park, Saturday 18 March (captains awards to be decided yet)

Beer medals for this and the 10k race at the next club social, to be announced in Shorts. See also our DRastic.run app for current standings in the 2023 club champs.

#	Date	Event	Meeting	Venue	
R1	18 Mar 23	5M	Mike Penman Open 5 Mile	Victoria P	
	Pos	Name	AG	Time	AG Res
Overall Winner	1	Edward Chuck	M V35	24:55	85.9%
1st M	4	Tom South	M V45	27:31	84.8%
2nd M	8	James Burrows	M V40	29:02	77.3%
3rd M	9	Shane Donlon	M V40	29:11	75.5%
1st M V50	13	Grzegorz Galezia	M V50	30:56	79.2%
AG M Winner	16	Charles Lound	M V55	31:24	79.6%
1st M V60+	17	Tony Tuohy	M V60	31:43	82.3%
1st M V40	19	Jonathan Whittaker	M V40	31:54	70.7%
	24	Eberhard Prill	M V60	33:07	79.0%
	25	Sum Mattu	M V35	33:07	65.2%
1st W	27	Yvette Dore	W V50	33:51	80.2%
2nd W	28	Michelle Lennon	W V55	33:59	84.8%
3rd W	31	Helen Shannon	W V40	34:10	72.5%
	33	Rosie Murton	W SEN	34:30	69.1%
	34	Edward Smyth	M V40	34:33	64.5%
	35	Martin Kelsen	M V60	34:41	75.8%
1st W V40	38	Laura Vincent	W V40	35:49	69.2%
	41	Harriet Roddy	W SEN	36:06	66.0%
	43	Hugh Balfour	M V65	36:58	76.3%
	46	Hugh French	M V45	37:43	61.8%
	47	Cameron Timmis	M V50	37:45	64.3%
	52	Mike Mann	M V70	38:39	78.5%
	55	Teresa Northey	W V45	39:11	68.4%
	59	Dave West	M V60	40:45	66.4%
	66	Barrie John Nicholls	M V65	43:07	65.5%
	68	Andrew Murray	M V70	43:46	65.2%
1st W V60+	71	Claire Steward	W V70	44:20	79.3%
AG W Winner	72	Ros Tabor	W V70	44:34	81.9%
	75	Paul N Keating	M V55	46:55	53.5%

Banstead Woods

155 ran
Pos Gen
11 10 Tony Tuohy 20:40

Richmond

434 ran
Pos Gen
137 105 Barrie John Nicholls 26:13
425 173 Lindsey Annable 53:18

St Peters

488 ran
Pos Gen
2 2 Alexander Dodds 17:53

Bromley

654 ran
Pos Gen
170 146 Colin Frith 24:57
366 271 Peter Jackson 29:37

Brockwell , Herne Hill

370 ran
Pos Gen
1 1 Lewis Laylee 16:25
23 16 John Kazantzis 20:25
39 26 William Hooper 21:35
46 32 Mark Foster 21:43
52 38 Stephen Trowell 21:56
96 15 Michelle Lennon 23:46
124 94 Graham Laylee 25:03
132 99 Jonny Hough 25:22
253 80 Sharon Erdman 29:23

Beckenham Place

247 ran
Pos Gen
22 1 Christina Dimitrov 22:28
113 21 Claire Barnard 27:14

Nonsuch

573 ran
Pos Gen
557 217 Ange Norris 50:54

Crystal Palace

322 ran
Pos Gen
21 3 Yvette Dore 21:50
23 4 Laura Denison 22:03
34 6 Belinda Cottrill 22:57
42 7 Eleanor Simmons 23:28
168 47 Claire Steward 28:14
227 139 Paul Hilton 30:51
306 124 Chris Bell 40:40
307 165 Bob Bell 40:44
321 133 Joanne Shelton Pereda 55:34

Fælledparken

72 ran
Pos Gen
19 17 Daniel Walsh 21:46

Riddlesdown

81 ran
Pos Gen
14 13 James Wicks 23:34

Eastville

595 ran
Pos Gen
79 67 Jamie Robinson-Nicol 22:55

Hoblingwell

88 ran
Pos Gen
26 23 Dave West 26:52

Mile End

338 ran
Pos Gen
38 36 Tommaso Bendoni 21:16

Dulwich

569 ran
Pos Gen
13 13 Aaron Wilson 17:06
38 34 Alastair Low-Macrae 18:38
43 2 Polly Warrack 18:56
50 45 Lloyd Collier 19:10
55 49 Grzegorz Galezia 19:15
70 61 Mark Callaghan 19:45
79 70 Rupert Winlaw 19:59
90 77 Chris Lawrence 20:23
93 80 Chris Cooper 20:28
127 104 Miles Gawthorp 21:39
133 14 Katie Styles 21:44
136 111 Martin Kelsen 21:50
182 143 Lee Wild 23:05
317 230 Tom Shakhli 26:34
320 231 Michael Dodds 26:44
333 78 Hannah Little 27:03
363 92 Clare Wyngard 27:51
426 271 Rob Fawn 29:42
464 150 Stephanie Burchill 30:59

Tilgate

461 ran
Pos Gen
216 169 Gary Budinger 29:47

Gladstone

240 ran
Pos Gen
20 2 Becca Schulleri 21:27
26 23 Des Crinion 22:11

Southwark

452 ran
Pos Gen
1 1 Andy Bond 16:24
20 1 Miranda Frizzelle 19:36

Peckham Rye

327 ran
Pos Gen
10 10 Charles Lound 19:38
40 35 Dan Hill 21:55

62 50 Hugh Balfour 22:47

Toruń

216 ran
Pos Gen
109 26 Ros Tabor 27:06
110 84 Andy Murray 27:06

Taupō

103 ran
Pos Gen
63 22 Nicola Stevenson 32:44

Tooting Common

504 ran
Pos Gen
193 131 Ian Sesnan 26:22

Bedgebury Pinetum

159 ran
Pos Gen
14 3 Kim Hainsworth 22:12

Milano Nord

137 ran
Pos Gen
58 5 Marta Miaskiewicz 25:05

Melksham

104 ran
Pos Gen
22 3 Katie Prior 25:19

Victoria Dock

202 ran
Pos Gen
73 16 Teresa Northey 24:49

Clapham Common

778 ran
Pos Gen
234 170 James Gordon 25:29
520 177 Shoko Okamura 30:15

Felixstowe

240 ran
Pos Gen
118 31 Hannah Issett 28:58

Coed Cefn-Pwll-Du

16 ran
Pos Gen
4 2 Laura Vincent 25:12

Sutcliffe

212 ran
Pos Gen
29 24 Michael Fullilove 22:24

Charlton

191 ran
Pos Gen
24 21 Stephen Smythe 22:19

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



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



! 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

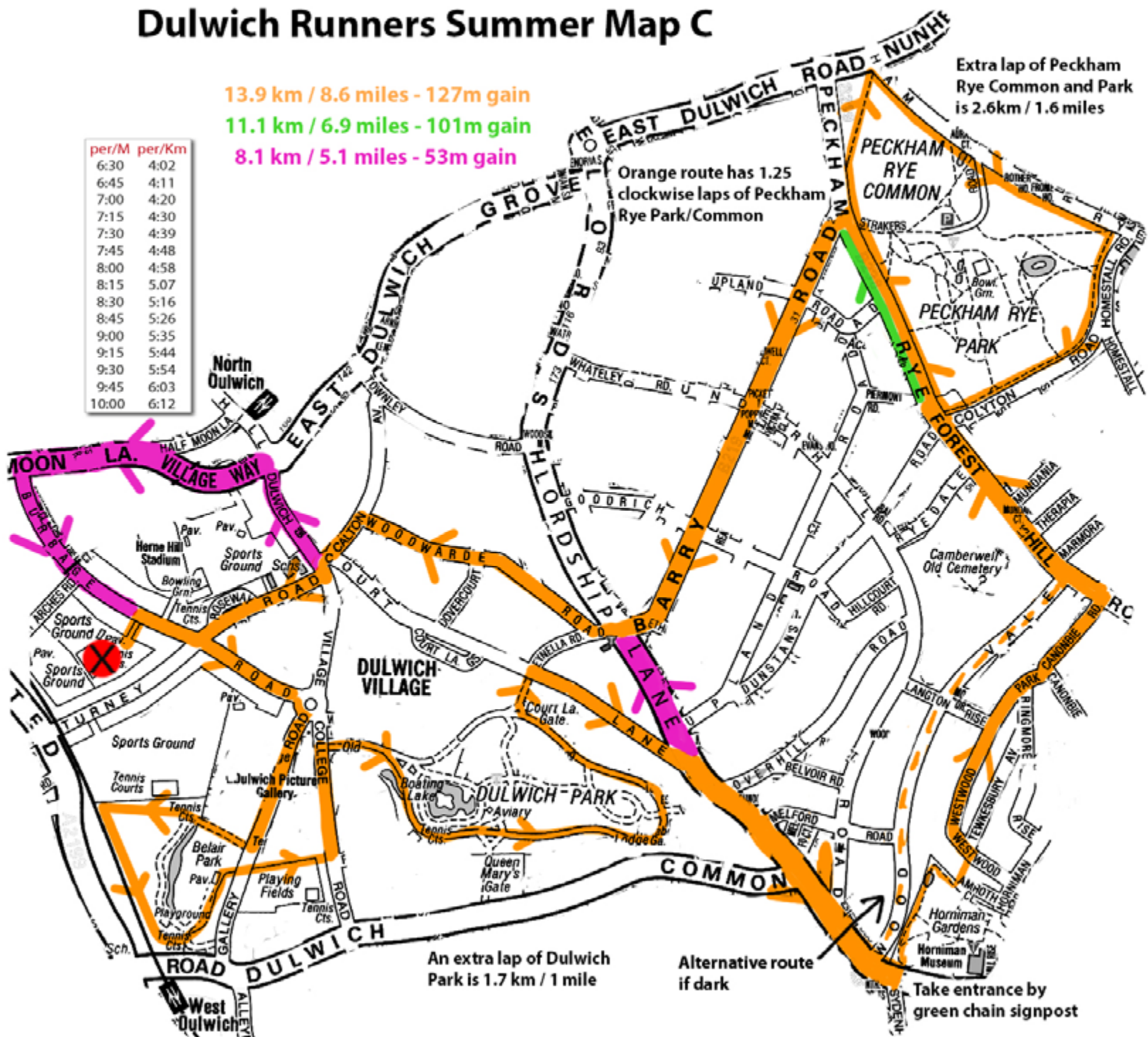
Dulwich Runners Summer Map C

13.9 km / 8.6 miles - 127m gain
 11.1 km / 6.9 miles - 101m gain
 8.1 km / 5.1 miles - 53m 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

Extra lap of Peckham Rye Common and Park is 2.6km / 1.6 miles

Orange route has 1.25 clockwise laps of Peckham Rye Park/Common



An extra lap of Dulwich Park is 1.7 km / 1 mile

Alternative route if dark

Take entrance by green chain signpost