



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
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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:



Club Social Event - Pizza Night Wednesday 15th March From 8.30 in the clubhouse.

If you have not already booked please email dulwichrunnerssocialsec@gmail.com and also confirm meat/veg choice.
Meat or veg option £7.00

The Awards for the Ken Crooke Cross Country Championship 2022/23 will be presented.



2023/24 membership

No they aren't due yet, but if you are not a fully paid up member then you cannot compete in any races as a Dulwich Runner or take part in the club champs.

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

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

Payment by direct bank transfer or contactless on a club night.

Full 1st claim membership £46 includes EA reg. of £16 - 1st claim membership without EA reg £30 - 2nd claim £30

From Jan 1 £7.50 plus if required EA £16 (if you have never been registered with EA before they will give you

15 months for new registrations from Jan 1 to March 31)

EA reg is £16 and can only be arranged through your 1st claim club.

'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 2022 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
Mar 18	Victoria Park 5 miles - S	Mile End
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.
Jun 1	Assembly League	tbc
May 4	Assembly League	Victoria Park tbc
Jun 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
	15 Elmore 7 - L	Chipstead, Surrey
	tbc Golden Stag Mile - S	Finsbury Park
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

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

Usually shortly before Christmas, a list of club champs races for the following year is issued. Over the last 2 years this has proved to be more of a challenge, with limited information on whether events will go ahead and their dates. The picture for next year is a little clearer but there remain quite a few gaps

and uncertainties, notably over dates. In order to provide as much information as possible well in advance, a list of club champs events has been issued, but it includes a number of races for which dates have not yet been confirmed. More details are provided below.

4 March	Sri Chinmoy 10k, Battersea Park L	https://www.eventrac.co.uk/e/sri-chinmoy-10k-races-in-battersea-park-6962
18 March	Victoria Park 5 miles S	https://vphthac.org.uk/fixtures.html#gsc.tab=0
23 April	London Marathon (or alternative) L	
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	
15 July	Elmore 7 L	
? July	(date tbc) Golden Stag Mile S	
3 Sep	Big Half L	

**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.**

In response to the results of the recent survey, we have attempted to spread the events more evenly across the calendar, subject to constraints arising from other events, notably cross country races and relays in which the club participates.

We were unable to find any suitable trail races, so have opted for the Elmore 7, undulating course of rural lanes and minor roads.

Brockwell parkrun chosen, but if parkrun is off because of events in the park we'll choose another date

Finding a suitable 10k has proved problematic. One possibility

is the Vitality 10k but no date set and entry cost is high. We have selected the 4 March event in Battersea Park. Sri Chinmoy series of 5km races at Battersea Park in 2023 are scheduled for the 13 June, 27 June, 18 July and 8 August. Any of these are eligible, but 13 June is recommended.

No date yet for the Golden Stag Mile which was 22 July in 2022, likely to be a Friday evening in July, or possibly early August.

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

The rules for the 2023 Club Championship have been updated - you need to complete at least 4 out of 8 races, including one in each of the short and long categories.

The rules and a table of the races can be found on the website here: [Club Championships Information-Dulwich Runners](#)
 As entries open we'll update the links above, email you, facebook posts and shorts updates to keep you informed.

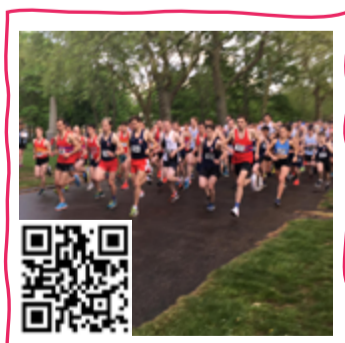
Dulwich Runners Club Championships 2023

- March and April 2023 Events Now Available to Enter!



10 km (LONG CATEGORY)
 Sri Chinmoy Mad March Hare,
 Battersea Park
Saturday 4 March 2023, 8.30am
 Registration closes 3 days prior to
 race

<https://www.eventrac.co.uk/e/sri-chinmoy10k-races-in-battersea-park-6962>



5 Mile (SHORT CATEGORY)
 Mike Penman Open 5 Miles, Victoria
 Park, London, E9 5EG, **Saturday 18
 March 2023, 2.30pm**
 On the Day Entry only (closes 30
 minutes before race time) - FREE

<https://vphthac.org.uk/open5/index.html>



Marathon (LONG CATEGORY)
 London Marathon, Blackheath,
Sunday 23 April
(or alternative marathon)
 Some London Marathon charity
 places are still available

You can nominate any other marathon as long as it occurs by mid December - typically up to and including the Valencia Marathon



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



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

Tuesday night "hell hill" sessions all February, from March will move to flatter venue as Xc season ends and spring marathons and other road races approach.

From Tuesday 7 March - 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: ebepriill@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 and the long runs get longer and include more sections at or near marathon pace. These don't really need to go beyond about 22m or 3:15 hours, whichever comes first. I've suggested below some long run sessions, although feel free to adapt these to how you are feeling and those leading Sunday long runs might have their own ideas. Another 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 seconds a mile slower than marathon pace - it is best to avoid racing it all at a "full on" intensity which will compromise your recovery for several days, if not 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.

I've included an easier week, to allow for recovery, although you could move this around a bit depending on how you feel.

There are two club championship races in this period, and some of you may well 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've continued to 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.

Sri Chinmoy 'Mad March' 10k, Battersea Park

Saturday 4 March

Ebe writes: The opener of our 2023 club champs saw a good crowd of DRs in attendance, bracing the early morning start and chilly conditions, that nevertheless made for fast racing on a flat four lap course.

And indeed many PBs were achieved as well as excellent positions. Just to mention here briefly the first three overall: Lewis (running in Herne Hill vest, second claim for Dulwich), who claimed first spot in a big road 10k PB, followed by Aaron and Ben, both with equally big PBs. Six first claim DRs finished under 34 minutes, 11 under 37 and a full 18 under 40 minutes. On the womens side Michelle was the first DR as second W50 overall in her fastest 10k since 2021. The results are not on Po10 yet and so far without age grading, so the individual awards cannot be shown here yet, but will appear on our DRastic.run app as soon as they can be uploaded.

The age group positions in the results table below reflect the Sri Chinmoy groupings in under 50, 50-59 and 60-69.

A big thanks to Ange, who provided welcome support along the course, still recovering from her stress fracture. Several celebrated in the café after where Sum had the added bonus to take a selfie with some visiting Leeds United football players, in town for their match against Chelsea.

1	Lewis Laylee (2ndcl)	31:45	MSen	1
2	Aaron Wilson	32:04	MSen	2
3	Ben Howe	32:10	MSen	3
10	Maximilian Bloor	33:04	MU23	9
14	Andrew Inglis	33:10	M45	13
16	Alex Winchester	33:22	M40	15
21	Sean Cordon	33:53	MSen	19
22	Thomas South	34:06	M45	20
36	Tom Shakhli	34:46	M40	33
47	Robert Emes	35:15	M40	43
60	James Burrows	36:26	M40	56
62	Shane Donlon	36:41	M40	58
79	Murray Humphrey	37:27	MSen	70
97	Mark Callaghan	38:08	M45	86
98	Jonny Hough	38:12	M45	87
114	Chris Beardsall	39:10	M55	13
121	Rob Meadows	39:43	M40	98
123	Charles Lound	39:46	M55	14
126	Lloyd Collier	39:50	M50	15
128	Tony Tuohy	40:06	M60	2
132	Grant Kennedy	40:22	M40	104
137	Matt Hartin	40:42	M40	108
143	Jonathan Whittaker	41:03	M40	111
146	Eberhard Prill	41:40	M60	3
147	John Kazantzis	42:00	M50	17
150	Michelle Lennon	42:13	W55	2
154	Sum Mattu	42:38	M35	114
156	Robert Tokarski	42:56	M45	115
158	Mark Foster	43:17	M55	21
159	Helen Shannon	43:19	W40	18
161	Christina Dimitrov	43:26	W35	20
163	Isobel Pickles	43:29	WSen	22
164	Laura Torry	43:48	W45	23
167	Clare Norris	44:14	W45	24
171	Miles Gawthorp	44:44	M45	119
179	Michael Fullilove	46:06	M60	4
183	James Gordon	46:44	MSen	124
184	Gower Tan	46:44	M50	26
186	Hugh French	47:03	M45	126
189	Ajay Khandelwal	48:17	M50	27
198	Teresa Northey	50:06	W45	35
201	Lucy Clapp	50:56	W55	4
206	Joanne SheltonPereda	53:10	W45	39
218	BarrieJohn Nicholls	57:04	M65	7
223	Paul Keating	58:15	M55	30



Lewis (right) leading Ben (left) and Aaron (middle)



Helen finishing happy

Martin Kelsen M60 DNF
 233 finishers, 44 DRs 1. claim (9 W, 35 M)

Most of the Dulwich crew, apologies to the ones missing.



Cambridge Half

5th March

At the start of this year I didn't have any plans to run Cambridge, but once I finished within the automatic selection spots for the inter counties xc at the Surrey county champs, this created a fixture clash with Paddock Wood, which takes place this Sunday, the day after inter-counties.

Thus Cambridge. A bit soon coming the week after the National, but my best race to date was the London champs XC in November, which was preceded the weekend before by both the British masters XC, and the Sodbury Slog - so being a paid up member of Tony's "race yourself fit" training philosophy, I decided that if my legs felt reasonable post national, I'd give it a go.

The only real issue was what was I trying to do? To race, or to time trial? I did some research on the entry list last week, and could see that the best guys running were around my level over xc, so I really should try to go with them. My half outing at Kingston last October (68.41) had given me some hope that maybe in the right conditions (cold - the colder the better) I might now avoid cramping, and the forecast for Cambridge was a dreamy 3C, so I reasoned that unless the pace was ridiculous (say sub 65 minutes) I'd go with it and see what happened.

When the hooter sounded there was the usual dart from the line, and the front felt quite congested with 10/12 guys bunched at the front. I tried to not get too disturbed by the guys packed around, and to tuck in to avoid the light wind.

The first k went through in 3.02 without the group thinning out, and the pack stayed together as the pace dropped off a tad over the next few ks, but with quite a bit of variation in speed as the course twisted through college grounds (I'm sure the route looks fantastic if you aren't staring at the ground a couple of yards in front if you.) I had managed to stay off the front until about 5 miles in, by which time numbers had finally winnowed down to a group of 6, at which point Nick Bowker (Clapham) and Charlie Sandison (Fulham) beckoned me forward.

I did a mile or so at the front, before tucking in behind again, and at the 6.5

mile mark things were pretty convivial - a couple of brief conversations unexpectedly broke out as we headed out of town in a wide loop towards Grantchester. I don't know whether this was a moment designed to induce complacency, but as we got to the 7.5 mile mark the course started to climb, and suddenly Bowker and Sandison put in an effort. This caught me a little by surprise, but I tried to go with them up the incline. After 400/500m of chasing (and becoming somewhat detached) I could feel the stitch I sometimes get during hard efforts coming on, and started to panic a little bit, trying to work out if this was terminal.

I slowed, and the three chaps behind soon caught up and went past me. Bowker and Sandison disappeared off into the distance. I tried to find a level where I could keep the feeling steady, without it getting worse, and hoping that it would pass. It didn't deteriorate over the next mile, and I knew that if I could maintain this new speed (about 3.16/k, down from the av 3.06 we'd been running), that I could still PB. The next mile was slightly better, although still off the pace, and a chap who had been in 7th was able to come up from behind and past.

While he was going away from me I could feel the tightness lifting a little, and I tried to follow along. Both of us were catching the immediate three runners in front, and with 5k to go (all of which is slightly downhill) I found a bit of a second wind. We moved past the three in front, and it seemed that we were gaining a little on the two way out ahead in the distance.

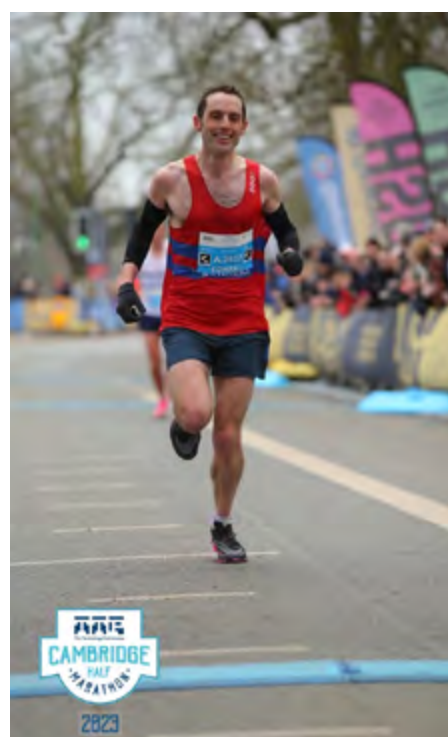
As we headed back into town where there were big crowds, I had the bit between my teeth, and we were running around 3.04/k pace again. With about 2 miles to go things the route twisted a little again, and we both slowed, but as we entered the final mile I had worked out that barring having to stop to walk, I had got the club record, so felt able to try to empty the tank, and finished with maybe a 4.50 last mile, keeping 4th place at bay by 6/7s.

Ahead Nick Bowker had kept clear of Charlie Sandison by about 15s, with me following Charlie in by another 15s odd. While it would have been nice if I could have gone with them when they made their move, in truth I probably would have then paid heavily for it later on. The finishing time of 1:05:45 was something far beyond even my "A" goal for the race (which had been to finish inside 1:07), and was a 3 minute PB. Post race I caught up with Jon Phillips who had driven up with me, who had a good run out with a 73:42, a little down on his PB set at Cambridge last year of 72:16, perhaps paying slightly in the second half for a quick opening 10k. While I didn't see her on the day, Kay Sheedy had a great

day out, knocking 2 mins off her PB to come home in 83:24.

I think I first saw Jim Estall's club record of 67:55 sometime shortly after I finished Paddock Wood in 2018 (running 73:13), and sat across from Chris Loizou who listened patiently to my chirrupings about the race, and at some point revealed a PB of 70 something back when I would have been wearing grey corduroy school shorts. That time in itself seemed improbably unobtainable, and when I then saw Jim's record, it appeared so alien that it didn't resonate with the running that I was doing. Even the following year when I dropped down to 69:26, again at Paddock Wood (in what was my first experience of getting the benefit of running in a pack), going another 7s/mile quicker still felt like a chasm.

Between then and Kingston last November I tried and failed to improve at 4 further halves over the next 3.5 years - the



Copenhagen half 2019 (cramp), Jack and Ed's informal Battersea half May(?) 2020 (just not fast enough), Big half 2021 (cramp), and Paddock Wood 2021 (cramp). This time last year I was ready to run Reading and think I would have been around Jim's time, but a second dusting of covid put paid to that.

Of course Jim's time is/was a completely arbitrary measure, but we experience and understand things on a local level, and for me it represented something distant that I aspired to want to match. At the start of 2021, recovering from covid, doing so wasn't something that I could have in any seriousness thought possible, and I'm really thrilled to have done so. While there are many things I think have helped me progress from then to now (see footnote below for full list, in no particular order of importance!), chief among these is the club - if I am ever struggling for motivation, or need advice, there are always words of encouragement or nuggets of wisdom ready at hand. While Virginia Woolf singled out fans of Sir Thomas Browne as the salt of the earth, she could only have said so in ignorance of the membership of running clubs.



Footnote: not drinking tea; not running up and down the Walworth Road; increased off-road running; accidentally breaking my rowing machine so that it can only be used on the lightest possible setting; easy access to a swimming pool; sleeping on a firmer mattress; having a smaller lunch; more mileage generally; apple cider vinegar; short hard reps; avoiding 5k pace in training; hill reps (including downhill reps), cross country, iron supplements; not approaching each interval session with maximum intensity; trying to be as consistent as possible)

				Gen. Pos	Start	Kings 1	G`chester	Kings 2	Finish
1	1:05:11	Nick Bowker	Clapham Chasers	m1 35-39	09:30:01	00:19:31	00:22:13	00:09:39	00:13:47
2	1:05:28	Charlie Sandison	Fulham Running Club	m2 25-29	09:30:01	00:19:31	00:22:14	00:10:05	00:13:37
3	1:05:44	Edward Chuck	Dulwich Runners Ac	m3 35-39	09:30:01	00:19:31	00:22:26	00:09:19	00:14:26
4	1:05:48	Chris Darling		m4 25-29	09:30:01	00:19:32	00:22:34	00:10:08	00:13:32
5	1:06:20	David Bishop	Derby AC	m5 30-34	09:30:01	00:19:31	00:22:21	00:10:46	00:13:41
84	1:13:42	Jon Phillips	Dulwich Runners	m84 35-39	09:30:03	00:21:34	00:24:51	00:14:25	00:12:51
531	1:23:24	Kay Sheedy	Dulwich Runners	f39 35-39	09:30:32	00:25:04	00:28:07	00:20:51	00:09:21

Crystal Palace Canter

7 March

This month's 5k Canter took place in wintry conditions with participants enjoying a face full of sleet in the second lap. Times were down on February's event held in pleasant

sunshine. Ebe was first to finish but unclear instructions at the start resulting in him taking a shortcut, so he is not included in the results. Mike Mann

1. Mike Mann 24:04
3. Jo Quantrill 24:55
4. Dave West 26:03
5. Paul Keating 27:49
7. Claire Steward 28:55
9. Clare Wyngard 30:37
10. Mike Dodds 30:38

English National cross-country results

Steve Smythe writes: Club numbers were disappointing for what is one of the world's greatest cross-country races and while the journey was difficult the fact the club no longer gives proper support for runners to travel to these events (unlike most other leading clubs) explains the low numbers. 33rd is still highly respectable with a full team easily capable of top 20.

Ed's run (38th) was far and away the best ever men's performance and just two minutes down on the winner. NB 14th senior woman for Alison Fletcher in 2002 is the best ever overall.

Nb entries close Friday for the British Masters Cross-Country on March 18 at Wallsend - so far just one Dulwich Runner is entered.

NB the British Masters Road Relays where previously Dulwich has done very well at could have their best ever men's performance at M35 and M45 if everyone available has been postponed from May to the Autumn.

Senior men

38 Ed Chuck	38:01
109 Jack Ramm	39:48
153 Rob Armstrong	40:29
299 Adrian Russell	42:32
625 Shane Donlon	46:59
910 Mike Beadle	51:00
1243 Hugh Balfour	57:30

1473 finished

Team 33rd 2134 pts - 99 teams completed 6 runners

Senior women

92 Lucy Elms (2nd claim)	34:02
146 Clare Elms (2nd claim)	35:29
220 Becca Schulleri	37:18
238 Katie Styles	37:49

773 finished

Dartford 1/2M

March 5

Steve Smythe writes: On the day Ed Chuck was producing the greatest ever men's performance at any event (superb club record 65:44 at Cambridge), I was producing the slowest of my 126 half-marathons.

It's a much hillier course but not enough to explain 40 minutes - maybe 3 - and 30 seconds slower than on this course in 2017 when I had a pulled hamstring.

The only notable thing about my run is that I did the very first Dartford Half in 1977 won by future Olympic 800m champ Steve Ovett.

I note that while I finished ahead of over 400 runners this time despite my slow run, back in 1977 I would have finished 118th of 122 with my 1:45 time with every runner (nearly all male and not many vets) a club runner while very few club runners at Dartford.

It appears I was the only runner in 1977 back this year with nearly everyone retired or sadly no longer with us.

144th Steve Smythe 1:45:34 (1:45:22)
561 finished



Clare Elms

I don't think it has been reported in Shorts but Clare Elms, now second claim, but easily the most successful Dulwich Runner in history (world records, world titles and various top road race wins ie Paddock Wood Half 3 times) has been signed up by Soar as one of their sponsored runners and you can read more about it on Soar's website and Clare's Instagram account.

England Masters Inter-Area Cross Country/ East Surrey League

5 March

This was a combined race as it was decided to piggy back this year's England Masters Inter-Area CC Challenge onto the East Surrey match at Lloyd Park. The Inter-Area is a competition between all the masters area clubs in England, with Vets AC hosting it on this occasion, as well as providing the largest number of competitors. The East Surrey League includes a number of local clubs including HHH, EE, Croydon Harriers and Striders as well as Vets AC and organizes several cross country and road races. The ground conditions at Lloyd Park were unusually firm for this time of year, making road shoes a feasible option.

As I was involved in the organisation of the event, I made a late decision to pick up my number and take part. As a result, I was not fully prepared and it was some way off the best of my 12 cross country races this season, though by no means a disaster. Second claimer, Jo Quantrill had a great run to pick up the overall women's award, which was based on age grading. Mike Mann

Jo Quantrill 38:56
Mike Mann 40:29

The Leith Hill 1/2M

(A Spring Marilyn rather than a

Midsummer Munro)

5th March 2023

I was there for the first in 2008, but as Strava wasn't launched until a year later it probably didn't count. I do however still wear the hi-vis yellow race t-shirt which is in far better shape than its owner. The Saucony Grizzly Approach shoes that I bought for £50 in the now defunct Beckenham Runners Shop, are now in trail heaven, but the 20-mile multi-terrain race they were named after still exists and took place today in East Devon – frankly, Leith Hill sounds like an easier option. The ever-trusty Mr Garmin suggests that I ran just outside 2 hours that day, struggling from about 5 miles with a stitch.

In 2008, the iPhone was less than a year old (with the first Android smartphone still six months away), Gordon Brown was Prime Minister and someone called Boris Johnson had just become Mayor of London. Meanwhile Leith Hill remains essentially unchanged at the top of the Greensand Ridge, deep within the Surrey Hills. At 965 feet above sea level (294m pre-Brexit) it is the highest point in the south-east. In the 1700s the viewpoint was further enhanced by Richard Hull, the landowner, who added a gothic tower to take it above 1000 feet and he was eventually interred underneath it. He lived in nearby Leith Hill Place which was a childhood home of Ralph Vaughan Williams, the composer. It is also the halfway point in the race, but it's not all up and then down. Whilst the total amount of climb is over 1800 feet (553 metres), the start to finish difference in height only accounts for just under 700 feet of that; the majority of the climbing is made up of smaller ups and downs enroute, some quite steep (up to 25% gradient) with tree roots, steps or loose rocks.

With the preceding Wife-carrying Race completed and the National Anthem duly sung, 188 runners set off by the infamous Dr Rob for the 15th and possibly last LH half marathon. The route starts at The Nower, to the south-west of Dorking, heads straight uphill to a ridge before plunging down steep and uneven steps with another hill and series of rocky gullies to follow before

passing through the lovely hamlet of Westcott (see picture taken on an even colder day) and steadier terrain. Whilst no lupine animals were spotted on the long drag up Wolvens Lane, this is a gravel byway open to walkers, horses, mountain bikers and motorbikes and I managed to tick all of them in my Eye-Spy book before the top. The route passes through another hamlet, Coldharbour, once known for hiding smugglers and highwaymen in the 1800s, but they've now discovered oil under the church and there are plans to drill into the nearby hills to access it to the consternation of the 240 residents and conservationists in general. Only accessible via single track roads barely wide enough for a car, it was nevertheless a popular spot for

spectators with a welcome feed station. Having missed a few planned long runs with a succession of winter colds, and being my longest race in 15 years, this was always going to be a challenge so caution was the order of the day. A steady start near the back was sensible but did result in having to weave round runners who were reduced to a walk on the first hill within 200 metres of the start. The first couple of miles are all up and down, and a nasty climb at just under three miles pushed my HR into overdrive for 10 minutes, but once on Wolvens Lane it settled and I got into a rhythm behind a few other runners who I kept company with for much of the race, either ahead or behind, depending on how effective they were at tackling the terrain. Adopting my power walking/fell walking technique for the steepest and gnarliest hills enabled me to catch up or overtake and then they would often come back to me when they were more comfortable.

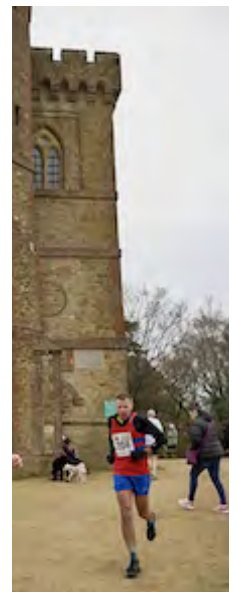
Reaching halfway in 1:08, with plenty in the tank enabled me to pick it up slightly on the return but with a super low heart rate now. However I was wary of those final hills, my lack of training and the last set of steps in particular. Despite feeling a slight cramp in both hamstrings, I survived and dropped nearly all of those I'd kept company with over the last two hours. The final

ascent was brutal and claimed two people with me who misjudged the steps on tired legs and one more on the final run-in who fell heavily and had to be attended to by a paramedic. The second half of my race had been nearly 5 minutes faster but unlike 15 years ago I'd been in complete control and, to my surprise, had something left at the end.

I wasn't the first Dulwich Runner home though as Mike Beadle had finished in 29th place in 1:40:51

albeit we didn't actually see each other as he was incognito in a blue top. I was some way behind in 138th place in 2:12:26, but happy to have got round in relative comfort on a very chilly day (my gloved fingers went numb just warming up). The winner was from Elswick Harriers in the North East in 1:21 just 10 seconds ahead of Epsom and Ewell's 52-year-old legend Steve Winder – both capable of 73 minutes in a road half marathon. The winner was apparently the only one that actually ran all the way up the last steps. The last finisher took 3h 10m with only one DNF.

Dr Rob McCaffrey has organised an eccentric series of races for over 15 years, mostly around the Surrey Hills, but has now announced his intention to step back. The Picnic – a marathon around and up Box Hill and the surrounding hills several times with 6000 feet of ascent is no more, but its half-sister, the Midsummer Munro (3000 feet) is on for this year at least. The Knacker Cracker 10km on New Year's Day similarly climbs Box Hill and is largely run in fancy dress. There is often a random bagpiper, the National Anthem is always sung and wives/partners/dogs are occasionally carried over straw bales with buckets of water being thrown over them. Throughout he's had to do constant battle with the National Trust and various landowners who seem to believe that a few hundred careful runners on one day will damage the ecology more than the tens of thousands of the public who trample all over the area 365 days a year. There's hope that someone else will take over the organisation of some or all of these races, but the man is legend anyway. -Dave West



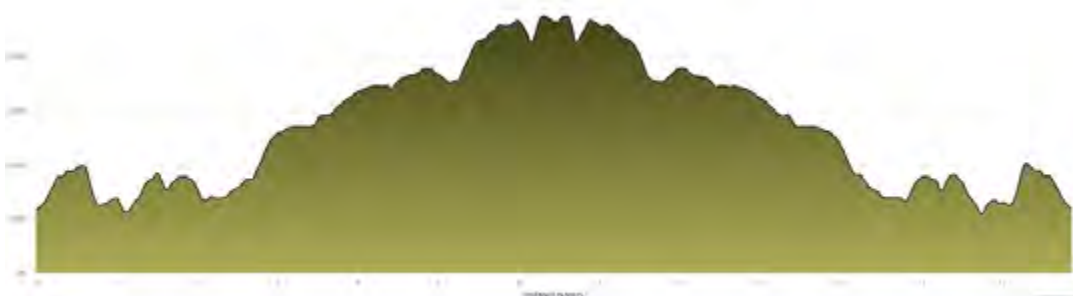
Dave West



Westcott



Mike Beadle



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

707 Ran			
Pos	Gen		
20	16	Sam Jenkins	18:19
287	225	Michael Dodds	25:40
357	86	Clare Wyngard	27:11
433	312	Peter Jackson	28:53

Brockwell

327 Ran			
Pos	Gen		
33	31	Lee Wild	21:51
41	38	Stephen Trowell	22:23
64	7	Lucy Pickering	23:37
83	11	Catherine Buglass	24:36
221	66	Sharon Erdman	29:50

Crystal Palace

296 Ran			
Pos	Gen		
41	35	David Benyon	23:02
54	8	Belinda Cottrill	23:56
279	159	Bob Bell	39:27

Riddlesdown

142 Ran			
Pos	Gen		

18	15	James Wicks	23:36
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Dulwich

475 Ran			
Pos	Gen		
11	11	Harry Lawson	17:09
20	20	Joe Hallsworth	17:47
55	46	Chris Cooper	20:08
65	6	Yvette Dore	20:29
74	8	Victoria Read	20:42
81	67	Ryan Duncanson	20:59
94	79	Chris Lawrence	21:36
121	102	Tommaso Bendon	22:18

Gladstone

288 Ran			
Pos	Gen		
36	4	Becca Schulleri	21:11
79	67	Des Crinion	24:22

Burgess

514 Ran			
Pos	Gen		
1	1	Andy Bond	16:08
78	68	Will Lawn	21:02

Brockenhurst

136 Ran			
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Pos	Gen		
15	2	Katie Styles	21:20

Peckham Rye

268 Ran			
Pos	Gen		
146	110	William Chambers	27:22

Malling

240 Ran			
Pos	Gen		
11	1	Kim Hainsworth	20:31

Victoria Dock

171 Ran			
Pos	Gen		
31	30	Stephen Smythe	21:55

Shingashigawa Ukima

68 Ran			
Pos	Gen		
38	31	Rob Fawn	29:14

Lordship Rec. Ground

151 Ran			
Pos	Gen		
11	10	Paul Collyer	19:49

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 Winter Map 14

All routes go anti-clockwise

9.8 miles / 15.8 km - 158 m elevation

7.8 miles / 12.5 km - 99 m elevation

4.7 miles / 7.6 km - 47 m elevation

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

