



These are your SHORTS

Please send any reports, running news etc to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto: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 7)

## In your SHORTS this week !

- 1 General notices
- 2 Fixtures
- 3 Club runs & training
- 8 Race reports and results
- 11 Club kit
- 13 Wednesday night maps.

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\*\*\*

### Now overdue

**If you are not a fully paid up member then you cannot compete in any races at all as a Dulwich Runner or take part in the club champs etc.**

email renewal request forms were sent end of March  
(If you can't find it check your junk/spam folders.)

Please do not reply to the email unless to request changes to your details or to not renew.

Payment only by direct bank transfer or contactless on a club night. **(no cash or cheques)**  
Bank details will be on the renewal form.

Full 1st claim membership £47 includes EA reg. of £17 - 1st claim membership without EA reg £30 - 2nd claim £30 EA reg is £17 and can only be arranged through your 1st claim club.

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

Any membership queries contact: [barry@bg1.co.uk](mailto:barry@bg1.co.uk)

## Quiz night - Time to stress the brain rather than the brawn

**Wednesday 24th May, 8.30 p.m. after the run.**

Teams of 4/5 - Either organise your own teams or let us know you'd like to take part and we'll put you in a team.

Teams or individuals email - Ange - [dulwichchair@gmail.com](mailto:dulwichchair@gmail.com)

We will need to have an idea of numbers in advance as there will be light snacks included in the ticket price - £5 per person.

## 'Wear your club vest Wednesday' makes a return

Back by popular demand! Wear your club vest for the run **on the first Wednesday only of each month** and you will be entered into a draw to win a free drink.



If you need a club vest or other club kit: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

# DULWICH RUNNERS 2023 FIXTURES

Further info about races will usually be here in SHORTS and or announced on a Wednesday club night. Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

For further info about events in Shorts, how to enter etc, contact your captains:  
 Alex Loftus [alexloftus75@gmail.com](mailto:alexloftus75@gmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
 Katie Smith, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

Road & other Club Champs Assembly League Cross Country Track

Date	Race	Venue
May 17	Beckenham Team Relays	Beckenham place Park
Jun 1	Assembly League 5K 7.30pm start	Crystal Palace
	3 Tracksmith Mile - S	Tooting Bec
	13 Speedy Steeds 5km (or any of the Sri Chinmoy summer series) - S	Battersea Park
	14 Dino Dash Relays - 7.30pm	Crystal Palace Park
	21 Dulwich Midsummer relays	Dulwich 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**

## 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 <https://register.enthuse.com/ps/event/SLHElmore72023>
- 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 isnt ideal if people want to run both club champs events. The Golden Stag Mile still counts to the Club Champs as an alternative to the Tracksmith Mile for anyone who cant make the date or get a place.  
 Updates on events with dates to be confirmed will be issued as soon as details known

2023 Club Championship rules have been updated - you need to complete at least 4 out of 8 races, including one in each of the short and long categories. Rules & races here: <https://www.dulwichrunners.org.uk/club-championships>  
 As entries open we'll update the links above, email you, facebook posts and shorts updates to keep you informed.

## Big Half entries

Entries now open, prices as follows -  
 Full price £54 for EA registered and £46 for residents of Greenwich, Lewisham, Southwark and Tower Hamlets.  
**Community Places** - We've 25 community places at £10 each - unfortunately not the 50 we asked for. If you'd like one let us know. (If you haven't already.) Give your name at the club on Wednesday evening or email [dulwichchair@gmail.com](mailto:dulwichchair@gmail.com)  
 If there are more keen people than places, names will be entered into a ballot. Unlucky people will have another chance if we are given more places, although I don't know when or if that would be.

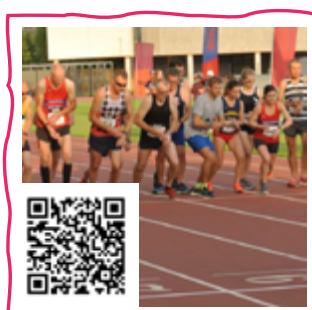
## Dino Dash Relays

Wednesday 14 June at 7.30pm.

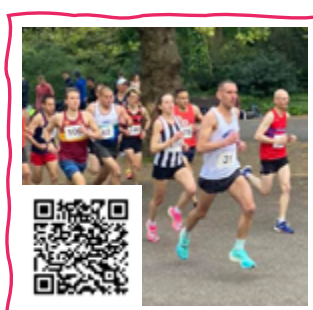
Team captains will be in touch. <https://crystalpalacefunrunners.co.uk/dino-dash> for more details

## Dulwich Runners Club Championships 2023

▪ Edition 3 – Elmore 7 Plus Others now Available to Enter!



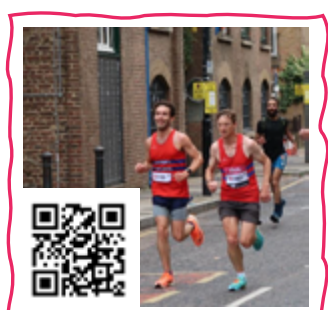
**1 mile (SHORT CATEGORY)**  
 Tracksmith Mile, Tooting Track  
**Saturday 3 June 2023, 2.00pm**  
 Likely to sell out well in advance.  
 The Golden Stag Mile at Finsbury Park on Friday 14 July will remain as an alternative.



**5 Km (SHORT CATEGORY)**  
 Speedy Steeds 5K, Battersea Park  
**Tuesday 13 June 2023, 7.00pm**  
 Entry closes 3 days before.  
 Or any others in the Sri Chinmoy summer series on 27 June, 18 July or 8 August



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



**Big Half (LONG CATEGORY)**  
 Tower Bridge, London  
**Sunday 3 September 2023 (am)**  
 Standard Price Entries open.  
 We hope to receive discounted community places although these cannot be guaranteed.

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

<https://www.eventrac.co.uk/e/sri-chinmoy-5k-races-in-battersea-park-6961>

<https://register.enthuse.com/ps/event/SLHElmore72023>

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

# 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**

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

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

## Tuesday interval training

Returns to Dulwich College track and playing fields from 9th May, Start 7:00pm, warm-ups and drills, main session start 7:10pm. Cost £2:00 per session, zettle contactless payment at the start of each session.

Focus is the 1 mile and 5k club champs races (details elsewhere in Shorts), reducing the volume a bit but up the intensity, should also benefit those targeting longer distances. Session details to be confirmed.

We'll be at Dulwich College track and fields all summer, with some hill sessions in September and we'll monitor the situation with Crystal Palace track and make alternative arrangements if necessary.

Any questions on any of the above let me know - happy to provide advice particularly if you are new to these sessions. Tom Poynton (Coach in Running Fitness) - [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com)

## Tuesday Morning Speed - Dulwich Park

Start 11am in Dulwich Park, meet by cricket nets, will use the grass and or the parkrun circuit - followed by coffee. Further details Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Thur. Mornings - Brockwell & Crystal Palace Pk.

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

## Sunday Morning Runs

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

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

Longer & faster - 9am from Dulwich Park. Circa 7.00/mile pace - Tom South: [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

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

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



# Dulwich Midsummers Team Relay & Children's Fun Run

Wednesday 21st June 2023 - Dulwich Park, SE21 7BQ

We are pleased to announce that our popular event open to all levels of ability will take place again this June.  
This is a really important fundraising event for the club so please run or volunteer if you can.

## **Children's Race**

1 mile  
Start time 7:00pm,  
for ages 4-14 - all children will receive a medal.  
Cost £2 (on the day entry only)  
For more info contact Hugh French:  
[hughfrench@hotmail.com](mailto:hughfrench@hotmail.com)

## **Relay Race**

3 x 1 mile  
Start time 7:30pm  
Minimum age 7  
Advance entry: £15 per team On the day  
entry: £18 per team  
Run Britain license applied for.  
Further details from Ange and Ebe:  
[dulwichchair@gmail.com](mailto:dulwichchair@gmail.com)



**DULWICH RUNNERS**  
**MIDSUMMER RELAYS**  
**AND CHILDREN'S FUN MILE**

**Wednesday 21 June, Dulwich Park**  
**Children's Fun Mile 7pm**  
**Midsummer Relays 3x 1 mile 7.30pm**

Children's Fun Mile (age 4-14)  
£2 entry on the day only  
£15 per relay team online in advance  
£18 per relay team on the day subject to  
availability

Scan me to enter



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

Prizes will be awarded for winning male, female and mixed (minimum 1 female runner) relay teams.

Please form and enter your own teams, or if you do not have a full team, email your interest to Ange and we will put some teams together. If you don't want to run, we will also need many volunteers.



## 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](http://www.greenbeltrelay.org.uk)

To be in the team/or more information, email Ange - [dulwichchair@gmail.com](mailto: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

May 4: Victoria Park - June 1: Crystal Palace - 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 open - captains will contact you all :<http://www.beckenhamrunning.co.uk/races/relay>  
queries: [races@beckenhamrunning.co.uk](mailto:races@beckenhamrunning.co.uk)



# Guide to Track events



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

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

## Events

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

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

Competitive and easily accessible meetings include those hosted by:

- Barnet & District AC / London Heathside (Finsbury Park) - including Golden Stag Mile and Fast 5000s.
- Blackheath & Bromley (Norman Park) - including the "So Clean Mile"
- Cambridge Harriers & British Milers Club (Sutcliffe Park, Eltham)
- Dartford Harriers (Central Park)
- Hercules Wimbledon (Wimbledon Park - note this is a very worn running track which isn't great for joints and muscles) including the Dave Clarke Mile
- Herne Hill Harriers (Tooting Bec Track, near Streatham) including the Stan Allen Miles
- Highgate Harriers (Parliament Hill Fields, near Kentish Town) including the Night of the 10000 PBs
- Kent AC (Ladywell)
- Newham and Essex Beagles (Stratford Olympic Warm up Track).

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

Some open evenings available for bookings:

- Cambridge Harriers / BMC Open: Wednesday 24 May - Entries close 20 May. Cambridge Harriers full schedule of open events is available for bookings. - <https://entry4sports.co.uk/#/> scroll down to their events
- Blackheath and Bromley Open including 3000m - 25th May (entries close 21 May) <https://entry4sports.co.uk/#/> scroll down to their event
- Newham & Essex Beagles Open: Monday 29 May - Entries close 26 May. <https://entry4sports.co.uk/#/> scroll down to their events
- Herc Wimbo 1500m Night - Wednesday 31 May - **SOLD OUT**

We'll endeavour to update this list every couple of weeks.

Veterans AC (VAC) also host meetings only open to VAC members (aged 35+). A number of Dulwich Runners also compete for VAC with their super cheap second claim membership. Please visit <http://www.vetsac.org.uk/> for more details of their events.

## Shoes

Many road shoes manufactured nowadays with high stack height may be unsuitable for track competition but traditional racing flats (e.g. ASICS DS Racer, Saucony Fastwitch) will be fine. While World Athletics has set out shoe requirements (World Athletics | Book of Rules | Official Documents - see Table C2.1A) that official events are supposed to follow there remains an element of discretion with officials more likely to be flexible for slower pace heats and less formal competitions.

It is always worth checking and the Tracksmith Mile Organisers has told us that any shoe is fine for times greater than 5 minutes. Having said that 'spikes' will generally be better providing a more responsive connection with the track and should lead to slightly faster times. Not all spikes are suitable for all track events.

Shoes suitable for all out pace in the 400m won't

## County Championships

- Kent Masters T&F Championships TBC
- Surrey Senior T&F Championships May 2023
- Surrey Masters T&F Championships June 2023 (cancelled)

be very good for the 1500m or 5000m as you will want more support for your Achilles and ankle. As with all shoes get the opinion of a suitable running shop. Some cross country shoes can be used if they give you sufficient heel support. You'll also need screw in spikes these are much smaller than cross country spikes. Max permitted is 6mm but normally runners go for 3mm to 5mm. As with any new shoe don't try them out for the first time at a race meet - build up training in them beforehand.

Want to know more - Please speak to Jonathan Whittaker or Mike Mann or your club captains who will be happy to help.



# English Fell Racing championships 2023

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

- 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.

## Masters International Championships

- 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

## Bob Graham Round (30th June) pacers / support needed!

As some of you know, three DRs (Michael Williams, Ben Smith and Alex Loftus) are planning an attempt on the Bob Graham Round (BGR) this Summer. The BGR is one of three classic sub-24 hour mountain challenges in the UK, the other two being the Ramsey Round in Scotland and the Paddy Buckley Round in Wales. It dates back to June 1932, when Keswick hotelier Bob Graham broke the Lakeland 24-hour record by crossing 42 fells in the Lake District, over 66 miles with 27,000ft of ascent. (Everest is 29,035ft, just for scale). To be officially ratified in the 'Bob Graham 24-hour Club', you must complete it in under 24-hours, and each runner must be accompanied by a witness on each summit.

The route crosses roads at 4 distinct points so it's broken down into five distinct legs and we're hoping to have a team of pacers taking turns to join us on each leg. This is not only to verify that we've actually reached each summit but – more importantly – to help make sure the three of us are on course, running at a steady pace and are still sane, fed and watered! This is where we're hoping that other DRs might be willing to join us for a leg or two. Although it might seem a somewhat selfish request, we'd also hope it might be a beautiful night & day for running in the Lakes. In the reciprocal spirit of the BGR, we'll also return the favour when anyone else is keen to do the same.

We've now set a tentative, weather-dependent date of June 30th, and there should be at least a couple of cars going up from Dulwich. If, nearer the time, the forecast doesn't look optimal, we'll aim for the weekend after (7th-8th July), with the same scheduled departure of 7:15pm from the Moot Hall in Keswick. On the basis of a 23-hour round (the schedule is likely to change quite a bit!) this would mean rough timings for each leg as follows:

- Leg 1. Keswick to Threlkeld: Depart 1915. Arrive 2301.
- Leg 2. Threlkeld to Dunmail Raise: Depart 2316. Arrive 0342
- Leg 3. Dunmail Raise to Wasdale: Depart 0357. Arrive 0949
- Leg 4. Wasdale to Honister: Depart 1009. Arrive 1508
- Leg 5. Honister to Keswick: Depart 1522. Arrive 1818

The 1st of July should dawn at around 3-ish near to the summit of Fairfield, with some of the most beautiful views on this island.

There are likely to be at least a couple of cars going up from Dulwich. If anyone is able to offer any help in our attempt – whether as a pacer or road support – please do write to us on:

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



## 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

Thanks to those who brought books along last time. I hope they're being enjoyed by their new owners.

If you're someone who reads about running just as much as you do it, then you probably have a stash of running related books. If you're unlikely to re-read them, bring them to the club house on the last Wednesday of any month.

Let's keep it to running related books - instructional, inspirational, fact or fiction. Even if you don't have any, come and browse and borrow one.



This was to be presented to Ron (left) last year for his founding of DR and his 40 years service Steve Wehrle

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](http://app.dulwichrunners.org.uk)

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

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

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## 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](mailto:barry@1bg1.com)  
All road, xc, fell, tri and track results etc, are welcome.

## Assembly League race #1, Victoria Pk, 3.5M

Thursday 4. May

Dulwich Runners				
Assembly League Race 1 Victoria Park				
3.5M 4 May 23 - Victoria Park				
29				
Po10: 30230504				
Pos	Name	Time	AG	
4	Edward Chuck	17:53	82.4%	M V35
5	Andy Bond	18:02	90.5%	M V45
10	Tom South	18:21	87.6%	M V45
11	Jack Brotchie	18:23	81.1%	M V35
22	Theo Gittens	19:20	74.6%	M SEN
27	Alastair Low-Macrae	19:41	73.6%	M SEN
35	Polly Warrack	19:55	82.4%	W SEN
54	Alexander Loftus	20:37	78.0%	M V45
59	Tommaso Bendoni	20:44	69.5%	M SEN
74	Mark Callaghan	21:08	76.2%	M V45
94	Graeme Finnie	22:09	65.3%	M SEN
104	Warren Keefe	22:34	71.3%	M V45
119	Ross Rook	23:00	67.1%	M V40
121	Michelle Lennon	23:05	88.2%	W V55
124	Sum Mattu	23:09	64.3%	M V35
126	Eberhard Prill	23:15	77.3%	M V60
140	Katie Styles	23:38	73.1%	W V40
143	Helen Shannon	23:48	71.9%	W V40
148	Laura Vincent	23:55	71.5%	W V40
153	Harriet Roddy	24:16	67.4%	W SEN
175	Clare Norris	25:06	71.7%	W V45
186	Mike Mann	26:05	80.3%	M V70
197	Colin Frith	26:47	70.3%	M V65
198	Dave West	26:57	69.0%	M V60
202	Carys Morgan	27:14	66.6%	W V45
229	Ros Tabor	29:24	90.5%	W V70
233	Paul N Keating	30:06	57.3%	M V55
239	Andrew Murray	30:55	63.4%	M V70
243	Claire Steward	31:53	79.9%	W V70



The start, 254 ran. Andy Bond, Tom South, Ed Chuck (from l. to r.) in red at the front.



Jack Brotchie (l), Tom South (r)



Alastair ,Ally' & Polly Low Macrae (Warrack)

Results, no age group rankings yet.  
Provisionally DR men 2. team, Polly 1st woman overall. 29 DR ran

Photos courtesy of Cliff Hide, AL facebook group



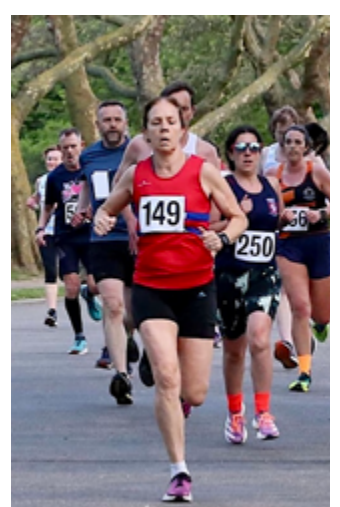
Mike Mann



Ed Chuck



Tommaso Bendoni



Clare Norris



# Battle of the Steve Smythe's 3:37:11 v 3:37:42

Steve Smythe the less older writes Those who saw the London Marathon report and saw Steve Smythe's name might have been confused without the usual Gary B insult included (see below).

Just to confirm there are two Steve Smythe's and many think one is more than enough. One has the highest number of races of anyone listed in Britain on Power of 10 (closing on 1900 - still missing a few hundred) and the other one who has raced only 10 times in 40 years. The latter goes for quality over quantity.

Me (the younger - the only time that adjective is ever used about me) did set a club M65 record and comfortably got a good for age time as planned but in age-graded terms it was only the second best performance by a Dulwich M65 called Stephen James Smythe from the London Borough of Greenwich and I think we are the only two SJ Smythe's in the whole of London.

As Steve said in his report of a few weeks ago we ran pretty much the same pace all the way off different starts with a few minutes gap between us at the start.

I lost a minute or so after an early loo stop and was 31 seconds down after 10km but eight seconds ahead at 15km and then moved slightly away (48 seconds at halfway and 1:43 at 30km). However then i slowed up as the lack of training paid and he had closed it to 11 seconds at 40km but though not knowing he was just behind) I managed a light acceleration to stretch to 31 seconds at the finish which was not enough to make up for being the younger runner in age-graded terms.

At one stage I had the M40, M45 and M50 club marathon records though Charlie Lound very unsportingly took all those and only injuries have prevented him taking the M55 record which I share with

the other Steve Smythe (2:56:21 in two different races and five years apart) and also thought there was a chance Ebe could take my M60 mark (on schedule to halfway) so was reasonably pleased to have one more than when I started rather than one less as looked possible.

Actually, as the M65 previous record was 4:55 and I finished first, I broke the record by 1 hour 18 but four minutes later effectively the margin as the other Steve finished was down to half a minute. Shame we did not run together and share the record but considering it was his first race for ten years and he had a cancer op, there is no doubt his was much the better performance if not quite as quick.

My preparation had been poor and not recommended by Steve Smythe the marathon coach (me not him) - 5km at 11-minute-miling every day apart from a faster parkrun and an occasional Tuesday speed session and an average of 10km on Sunday rather than my usual 20 milers from when i was a proper runner. I did manage two half-marathons in the build-up but a chest infection meant I did nothing over 10km in the last 5 weeks so my preparation was just enough to get round and I do have experience on my side.

Though I got through the race ok, I was badly dehydrated as lulled into a false security by the rain and the difficulty in getting drinks due to the crowds of runners, I barely drunk.

On Monday and Tuesday I expected going down stairs would be difficult but I couldn't even walk up steps or negotiate a kerb - having to use the pushchair routes to get on to the pavement.

I have run every London since 1984 as well as doing 1981 (PB 2:29) and 1982 having done my first marathon in 1976. Only 5

have now done all the London marathons so I'm the equal sixth most experienced London runner. At one stage I had the longest sub-3 span of 40 years plus (1976 to 2017) and did have the British and European longest span until Manchester in April. A sub 3:30 is probably my limits for the future.

I have run a marathon every year since 1976 so in 2025 will be 50th year of marathoning and a good point to stop and I do intend to train properly the next few years rather than do it off memory.

I still have a sub-3 average overall in my 42 London's though after a 4:55 and 4:07 in the previous two years (which mathematically means at the same rate of improvement after a 3:37, I should break two if I run as a M70), the sub-3 average will not survive another year.

The average of my 77 marathons is nearer 2:50 so I have a little more leeway there.

I do hope that one year Gary B will do a marathon as he has been talking about doing one for 40 years though be warned, he can take three hours to describe a 800m race.

Good luck for his upcoming knee operation - not surprising it gave way after all those years of standing next to bars carrying bottles of drink.

Gary had thought about multi sports as an alternative and especially triathlon but after wearing a black bodysuit in swim-training he got put off after being harpooned three times by passing Japanese. A trip to the bike shop did not go well either when the assistant said "Yes sir, Carbon is strong but not that strong" and "sorry, we don't have any saddles in your size, sir."

Gary had also thought about cricket as an alternative and he has been described as an all-rounder. He can't bat or bowl but apparently it does describe his shape.

## Spring Duathlons in Ibiza and Sevenoaks

Mike Dodds writes: A busy period of just over a week for Clare Wyngard with duathlons at home and abroad.

Starting with the latter she was in Ibiza at the end of April for the World Age Group sprint championships, representing GBR, just like she was in 2018 although now up into the 60-64 category. Starting times were sensibly early as temperatures in southern Europe are getting into the higher 20s by now and the 4.8k and 2.8k runs which sandwiched the 20k bike ride were flat, if twisty, along the promenade. This allowed for two performances that were slightly better than her current parkrun form even along the rather slippery, standard issue Spanish paving stones. All things considered, a finishing position of 12th out of 16 was probably the best result she could realistically have hoped for. More broadly, having a full week on the island this time allowed more time after the event to explore. This included finding out that there is actually a bit more to Ibiza Town than just the clubs.

2023 World Duathlon Championships Ibiza 60-64 F AG Sprint:  
29 April  
Run #1: 26.04  
Bike: 39.24  
Run #2: 15.42  
Time: 1.24.27

The following weekend saw her back in the more familiar territory of Sevenoaks, much more familiar, in fact, as she has done the triathlon there at least 15 times going back to 2008 (when they used to have two races a year!). This should have been a triathlon too but the sudden closure of the leisure centre in mid March had the organisers scampering around to turn it into a duathlon (and an excellent job they made of it). The first run was simply repeated after the intervening "undulating" bike ride but the overall running distance covered - of just under 8km - more or less equated to the 'proper' sprint discipline.

The runs covered a lot of territory that would also be familiar to many a DR from the Sevenoaks 7 with the crucial exception that that race starts and finishes in the steep sided valley of Knole park. Challenging, for sure, but not involving two climbs - firstly to bike transition and then to the finish - out of that same valley to the sports centre that is perched way above it.

A return to domestic competition can do wonders for morale just when you may be doubting yourself a little. Clare was the comfortable winner of the mega vet (!!) category (1/8), collecting a trophy to accompany the over 50s one she won at the same venue nearly a decade ago. Even more encouraging, in a way, was that she just got into the top 25% of female finishers overall (11/44) and was 125th out of 197 allcomers.

7Oaks Duathlon: 7 May  
Run #1: 23.21 (3.87km)  
Bike: 1.00 (24.50km)  
Run #2: 23.48 (3.91km)  
Time: 1.50.01

run felt relatively easy and I did a series of 69 seconds and a bit laps gaining on the people in front in the closing straight

Despite some refreshments and a few hours of rest I felt like I had no energy come the Mile Race. Again I was in the fastest race. A chaotic start where no one was ready saw me nearly trip over a faster Kent runner trying to get position. After a slow first lap I then knocked out some 75-76s laps resulting in a time exactly 1s down on my indoor race a couple of months ago. Tony Tuohy was also in action with a good run in the race before me finishing in 5:30. He even had time to provide a post race interview to the crowd!

800 metres  
Jonathan Whittaker 2:19.02, Race 4, 9th

1 Mile  
Tony Tuohy 5:30.27, Race 2, 6th  
Jonathan Whittaker 5:05.06, Race 3, 10th

## Kent AC Coronation Games

Sunday 7th May

Jonathan Whittaker writes: Kent AC organised an excellent set of races and field events to celebrate the Carolean Coronation although there didn't appear to be any Charles and Camilla cut outs on display.

I decided to enter both the 800m and the Mile on the same day, not to get seasons bests but to get a good racing orientated training session under my belt for the Vets League and the club mile championships. I was in the fastest of the 800 metres races and had set myself a target of 2:20 to have some energy for the mile. Despite being in last place for the whole race the

### Banstead Woods

285 ran  
Pos Gen  
16 16 Tony Tuohy 20:09

### Bromley

683 ran  
Pos Gen  
171 144 Colin Frith 23:22  
464 324 Peter Jackson 30:20

### Harrow

229 ran  
Pos Gen  
20 18 Sum Mattu 21:56

### Old Deer Park

145 ran  
Pos Gen  
66 19 Ros Tabor 27:51  
67 47 Andy Murray 27:51

### Brockwell

391 ran  
Pos Gen  
60 48 Stephen Trowell 22:28  
61 5 Ola Balme 22:31  
64 6 Catherine Buglass 22:39  
88 67 Hugh French 23:30  
94 71 Michael Mann 23:35  
95 72 James Gordon 23:38  
100 74 Graham Laylee 24:01  
258 66 Sharon Erdman 28:38

### Beckenham Place

316 ran  
Pos Gen  
9 1 Kay Sheedy 19:40  
22 21 Sam Jenkins 20:44

### Bath Skyline

238 ran  
Pos Gen  
85 12 Katie Prior 25:28

### Crystal Palace

330 ran  
Pos Gen  
85 14 Eleanor Simmons 24:31  
112 26 Belinda Cottrill 25:24  
154 107 Michael Dodds 27:17  
171 46 Clare Wyngard 28:06  
219 134 Paul Hilton 30:20  
301 124 Chris Bell 37:31  
310 160 Bob Bell 39:40

### Whitstable

324 ran  
Pos Gen  
15 1 Michelle Lennon 20:51

### Wanstead Flats

240 ran  
Pos Gen  
45 2 Laura Vincent 22:56

### Riddlesdown

145 ran  
Pos Gen  
21 20 James Wicks 22:30

### Mile End

355 ran  
Pos Gen  
216 162 Paul Keating 27:29

### Dulwich

499 ran  
Pos Gen  
46 39 Rupert Winlaw 18:48  
56 47 Chris Lawrence 19:12  
81 67 Michael Nogas 20:32  
181 139 Ajay Khandelwal 23:23  
205 158 Lee Wild 24:10  
315 220 Miles Gawthorp 27:23  
490 164 Susan Vernon 51:12

### Burgess

456 ran  
Pos Gen  
171 136 Timothy Bowen 24:54

### Queen Elizabeth

163 ran  
Pos Gen  
39 34 Dave West 25:39

### Peckham Rye

294 ran  
Pos Gen  
9 9 Mark Callaghan 19:12  
22 20 Cameron Lund 20:13  
33 31 Ebe Prill 20:54  
193 61 Claire Steward 29:01

### Northallerton

163 ran  
Pos Gen  
5 4 Rob Mayes 19:51

### Lullingstone

51 ran  
Pos Gen

1 1 Andy Bond 18:43

### Rutland Water

271 ran  
Pos Gen  
7 6 Rob Fawn 18:39

### Leicester Victoria

353 ran  
Pos Gen  
63 12 Marjorie Epton 24:15

### Tooting Common

519 ran  
Pos Gen  
33 29 John Kazantzis 20:18  
65 54 Austin Laylee 22:10

### Clapham Common

746 ran  
Pos Gen  
319 163 Ian Sesnan 26:46

### Lancing Beach Green

129 ran  
Pos Gen  
48 40 Nicholas Brown 26:26

### Crathes Castle

90 ran  
Pos Gen  
1 1 Hugh Stobart 18:40

### Sunny Hill

48 ran  
Pos Gen  
1 1 Tommaso Bondoni 19:19

### Sutcliffe

194 ran  
Pos Gen  
33 29 Michael Fullilove 22:37

### Charlton

181 ran  
Pos Gen  
36 31 Stephen Smythe 22:42

### Ambleside

57 ran  
Pos Gen  
2 1 Becca Schulleri 20:11



# 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](mailto:ros.tabor49@gmail.com)



**Crop tops - £25**



## **Beast from the East !**

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



**Socks only £5**



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

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

For all club kit enquiries: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



## NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

any questions contact Ros at: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket

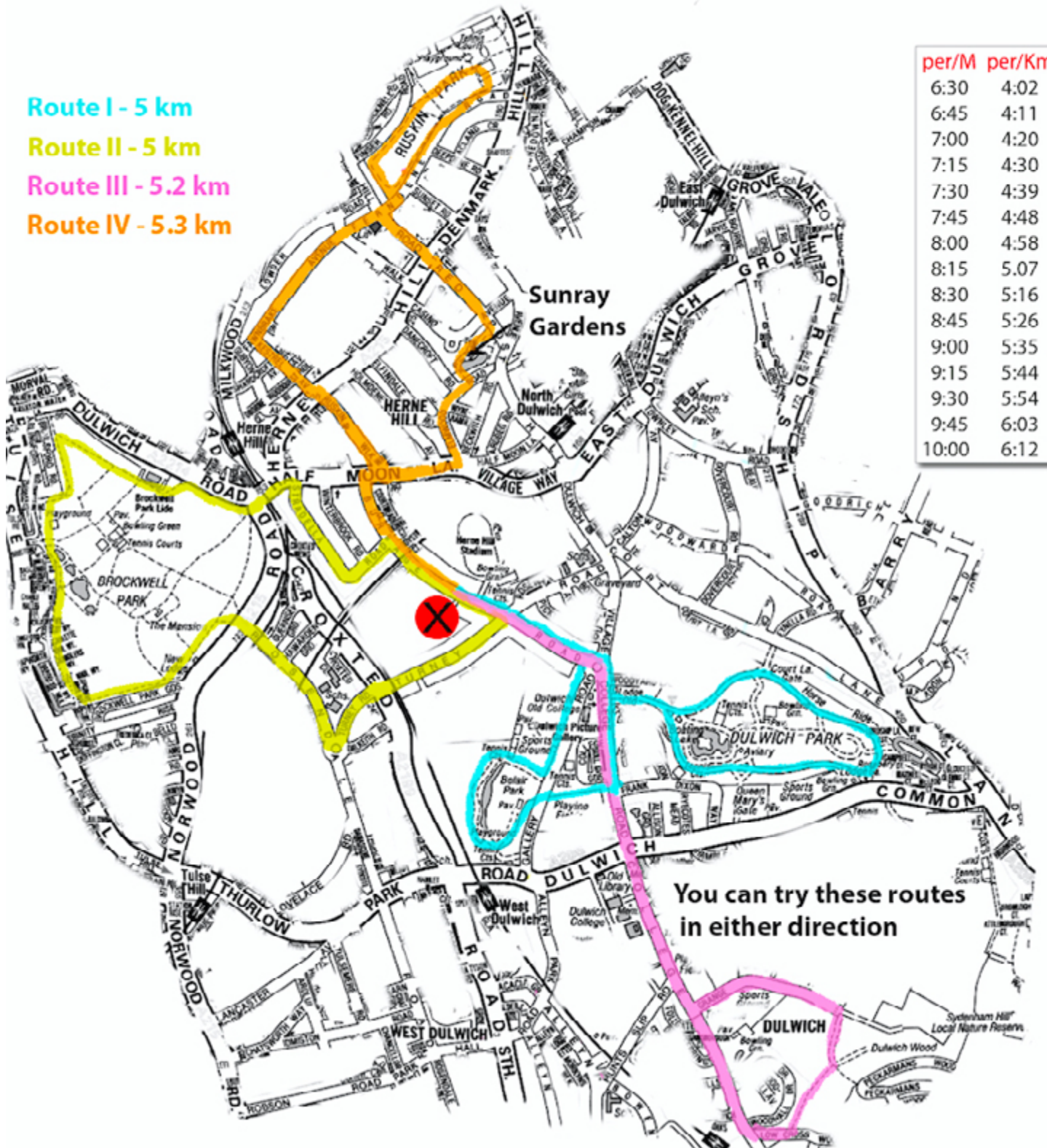


Pro Mid Layer 1-4 Zip Top



# Dulwich Runners Summer 5km routes

- Route I - 5 km
- Route II - 5 km
- Route III - 5.2 km
- Route IV - 5.3 km



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

You can try these routes in either direction

# Dulwich Runners Summer Map E

15.0 km / 9.3 miles - 121m elevation gain  
 12.7 km / 7.9 miles - 117 m elevation gain  
 8.5 km / 5.3 miles - 62m elevation gain

All routes anti clockwise

