



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
- 17 Club kit
- 19 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.enthouse.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 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.

## Big Half entries – update on community places

If you have put your name forward for one of these places, please read.

We have 25 places at £10 each and 71 names on our list. There will be a ballot but we also want this to be as fair as possible. These are community places, not club places, and to obtain these we had to show what practical steps we are taking to be inclusive and accessible.

The Big Half is an open race that all can enter. The £10 community entry price is clearly a far more attractive price. However, some people will hesitate to enter at the full entry price more than others.

(Full price £54 for EA registered and £46 for residents of Greenwich, Lewisham, Southwark and Tower Hamlets.)

So – if you feel that you would enter this race regardless of entry price and would like to withdraw your name from the ballot, please email Ange and Ebe – [dulwichchair@gmail.com](mailto:dulwichchair@gmail.com)

## Assembly League, 1 July: Request For Helpers

The club is hosting the Assembly League race at Crystal Palace on the evening of Thursday 1 June.

We need helpers to marshal the course, which is the standard parkrun route, and at the finish funnel. If available and not running get in touch to help ensure that the race runs smoothly [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## 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!



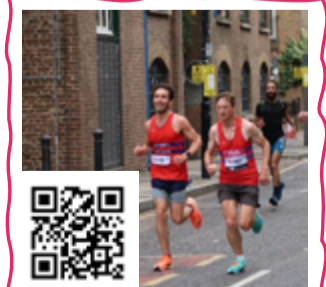
**1 mile (SHORT CATEGORY)**  
 Tracksmith Mile, Tooting Track  
**Saturday 3 June 2023, 2.00pm**  
 Likely to sell out well in advance.  
 The Golden Stag Mile at Finsbury Park on Friday 14 July will remain as an alternative.



**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.opentrac.run/en-gb/x/2023/GBR/tracksmith2/>

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

<https://register.enthouse.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**

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

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

## Tuesday interval training

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.

**Every year the Club hosts an annual children's one mile race, which takes place before the midsummer relays on 21 June.**

In order for it to be successful, every club member needs to drum up some support. "What can I do though?" I hear you asking. Answers below:

If you have children or know children bring them along.  
Spread the word – ask a school to put it in their newsletter. Tell any parents you know about it.  
Promote the event – put a flyer on a noticeboard, in a club, in a church, in a school etc.  
Get it onto social media – retweet any promotion, put it onto your fb feed, get it on snapchat etc etc  
Wear a sandwich board around Dulwich for the next few weeks promoting the event.

# 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 of 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
- Hercules Wimbledon 3000 Night of Races (times under 10:30 only): 7 June <https://data.open-track.run/en-gb/x/2023/GBR/hw3k/>
- Tracksmith London Twilight 5000s Race 1: 20 July, Stratford Olympic warm up track <https://data.opentrack.run/en-gb/x/2023/GBR/tracksmith5k/>
- Finsbury Park 5000s: 21 July. open for booking on 9 June <https://data.opentrack.run/en-gb/x/2023/GBR/finsbury-park-5ks/>
- Tracksmith London Twilight 5000 Race 2: 30 August, Battersea Park <https://data.opentrack.run/en-gb/x/2023/GBR/tracksmith5k2/>

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

## County Championships

Kent Masters T&F Championships TBC

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 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)

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

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 Sportsshoes.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.



## 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](https://app.dulwichrunners.org.uk)

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



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

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

Ola Balme is an experienced Sports Massage Therapist, Reflexologist (reflexology enhances wellbeing) and DR club runner.

For more details - 07506 554004

Want your race results and reports in SHORTS ? please& email them to [barry@1bg1.com](mailto:barry@1bg1.com)  
All road, xc, fell, tri and track results etc, are welcome.

## Green Belt Relay

13th & 14th May 2023

It was the first time we've had 2 teams for a few years. Although in the last couple of weeks run up to the event it was a case of - we did, we didn't, we did! Last minute subs came to the rescue and we ended up with a men's team and a ladies' team.

The results –

men's team 4th

Ladies' team 3rd (annoyingly by 24 seconds!)

There were some great individual runs but notably Polly who notched up 2 stage wins and is now the proud owner of 2 stage winner t-shirts.

Here's what the team have to say about their weekend. The photos show the whole team in various places: not a lot of running in them but our legs do testify that we did do some. We have many more: we'll put a selection on the website.

### Dave

View from a driver's seat

The Green Belt is often remembered for what went wrong; there are many tales of runners and kit ending up in different places, finishing a stage and finding that there is no transport or ending up in a pub for two hours with no money. However, 2023 was the year when it all went right notwithstanding a train strike to add to the usual weekend engineering works. It was a year when the promised Brexit bonus of sunlit uplands waited until the last few stages, despite a clear instruction from the Met Office. As a result, the weather was pretty much perfect for running. Although recent rain made shoe choice a lottery and most finishers looked like they'd just completed a XC race at Lloyd Park. That was especially the case for those who ran towards the end of Saturday and early Sunday where there had been another heavy downpour in Essex during the afternoon prior to our arrival.

I ended up driving 350 miles, with breakfast at 5am and getting home between 9pm and 10pm. However, Katie and Ebe also

drove significant distances and ran two stages. Others also brought their cars to help move things along at various points. Cameron definitely had the most variety, being handed a random car key at various point (which had often exchanged hands a couple of times to get to him), somehow locating an unfamiliar vehicle amongst all the others, working out what tricks were needed to get it started, then driving off to another random location! Somehow that and all the other logistics just worked thanks to Ange's brilliant plan. Despite not running a step all weekend, I apparently still walked the equivalent of 13 miles and my Garmin Body Battery was in single digits by the end of both days. My right knee is also very swollen from an insect bite that I wasn't even aware of – note to self, add insect repellent to the list for next year.

There are many things that I will remember from the weekend. The frantic call for a first aider 30 seconds into the very first stage – fortunately the lady from Elmbridge (actually the local club) managed to carry on. Fighting with Parking Apps, sometimes with limited mobile phone signal. Juggling two SatNav systems to get to the next rendezvous and grateful that I'd done enough research in advance that it worked perfectly (including a long scenic detour with Tom on board along narrow, muddy farm tracks near Knockholt due to a road closure). The unexpected mobile coffee van in the remote West Hanger car park on the NDW complete with tables and chairs and real mugs (you can also get your bike fixed) – a much needed caffeine hit after not being able to get any at Lullingstone. Finding Joe F-D with a pint in hand just minutes after his finish (Ripley possibly has the shortest finish line to bar distance to be fair). I also remember Polly at the start of day two, realising that the only toilets were in the pub (which strangely was not open at 7:30am on a Sunday morning), and watching her disappear into the mist out of town, toilet roll in hand wondering what to do if she didn't return! Fortunately she did and, covered in mud, came storming into Thorndon Country Park in 5th place overall to the plaudits of numerous men than she'd overtaken during the stage. Sum was also on that stage and despite being picked up at 6:30am both mornings,

raced 24 miles in total across the weekend and still went off to play 7-a-side football later on Sunday. Legends both.

It was also a joy, watching many of our runners transition from slight apprehension before to elation after – despite the challenging underfoot conditions, there's nothing quite like a trail run to lift the spirits. Everyone was really up for it on day two wanting more of the same. Of course, some are too chilled for comfort and one runner still had his jeans on and race number in the envelope 10 minutes before the start, another went past our marshalling point with his vest on back to front. All part of what makes GBR the event it is!

### Ange

One way of lessening the stress of getting lost on GBR is to do stages you've done before. Actually, I don't really stress about that and it wasn't the real reason – it was that stages 10 and 19 aren't too long. Six weeks ago I ran for the first time since December – for one whole minute, so even making the start line wasn't a definite. Happy to report that I made it and loved it, as usual. It was a far more sedate pace than I'd like, but it did give me time to enjoy the scenery. Having 2 teams, Dylan and I ran together: he was ready to keep up a monologue to distract me if necessary, or even give me a piggy back and with the sedate pace I was helping him as it stopped him getting excited and going off at his normal speed and blowing up after a few miles. (He is coming back from injury too.) It was an excellent weekend of running, supporting and spending time with fellow DRs. As usual the fun, camaraderie, support and encouragement from both DRs and other teams was brilliant.

So - stage 10 – High Beech to Toot Hill 9 miles. A beautiful, muddy run through Epping Forest with carpets of bluebells in places. Navigationally it's not straightforward, especially when the instructions tell you to bear right at the fir trees (when you're in the middle of a forest!) but it was excellently marked with sawdust and marshals at road crossings.



## **Stage 19 – Burford Bridge to West Hanger 8.5 miles.**

This climbs up to Ranmore Common with sweeping views over Denbies Vineyard. The first 3 miles are largely up but after that it's rolling paths along the North Downs Way. Another fantastic route – more tree roots and quite technical in places (so it's not always possible to admire the views) but less mud.

## **Mark Stage 3 and 22**

Had a great time as usual on the Green Belt. Turning up with my partners shoes (or at least one of them) instead of mine, forcing me to run in my townie and ancient reebok classics gave me a ready excuse on stage 3 but reframing it as running as in 1979 worked for me. I got to the end then navigated at stage 4 with Catherine Polly and Jonny a slightly demented lawnmower man and then peer pressured by Jonny to buy my son a Prime Drink.. so got brownie points there too. A great day out. Then Sunderland beat Luton 2 – 1 in the play offs so had some beers...

Day 2 watched Michelle disappear into the distance on the glory leg as she weighted me down with her lemon drizzle- excellent stuff. My posher shoes pushed me on for the first 5 miles and I felt like crying for the last 2. Jonny bought me a pint. Much better than Prime. Excellent.

Great 2 days thanks to Ange Dave Ebe etc for all the hard work. No idea how you do it. Run the country please.

## **Ebe**

These were my fourth relays and initially I only wanted to help out as a driver to enjoy the amazing spirit and atmosphere of this event without risking getting back too soon after a tough marathon. I had made that mistake in 2016 and it cost me a summer plagued by injuries. But that was before cushioned super shoes and this time the recovery went much better, so when Charlie had to pull out with a swollen knee I felt ok to fill in last minute. That meant driving to and between stages as well as marshalling and running but, at least on the first day, the prospect of running after hours in a small car felt genuinely attractive. And so it proved for stage 8, my favourite stage so far at the Green Belt: a long gradual downhill along smooth paths in beautiful countryside. Plus running around a castle thrown in before you have miles along a scenic canal to finish at Dobb's weir. Helen proved a great running partner, starting fast on the initial steeper downhill and keeping up nicely once I hit the front. I felt comfortable enough at slightly faster

than my marathon pace, by no means easy but just right to provide a pace target for Helen to gradually reel in several runners ahead of us. One of the men we overtook decided he wasn't giving in without a fight and had a ding dong battle with Helen just behind me over the final miles. I felt strong to the end of the stage, finishing with a grin on my face (not the usual gurning for once), with Helen only ten seconds behind and third woman overall (2. W35). I came 14. overall and 2. M50+ (there is no M60 category).

A happy stage for sure! And fast by nature. So how would the legs feel on the next day?

A tale of two stages this. Sunday brought fine weather in the afternoon. Much more driving (all working well with Ange's wonder of a plan). And then the beast of stage 18!

Ange told me afterwards (probably doing her best to respond to my traumatised looks) that the difficulty rating for this stage was increased from 6 to 9 over the years (only the distance just under ten miles preventing a 10), as the captains found their runners in disbelief afterwards. This stage had it all, quad burning relentless uphill, tricky mud sections in narrow trails with low hanging branches, hair raising downhills with twists, turns and tree-roots from all angles, scenic views from the top of the downs, road crossings in heavy traffic, wrong turns, crashes and a final long downhill on sharp flint stones that I would describe as genuinely dangerous when tackled at race pace. More a stage for the fell running enthusiast. It finished on Box Hill after all.

Helen again was a strong running partner, this time dragging me along on most of the first half. Only on the final steep ascent up to the ridge of Box Hill when most ahead were reduced to walking pace did my marathon fitness provide an unexpected edge insofar as I could still muster a slightly quicker jog and get ahead to the front of the bunch we were running with for most of the stage (one had crashed earlier quite hard into stinging nettles, ouch). The lead evaporated at the road crossing on the top when a somewhat confusing marshalling led me into a carpark and not along the narrow path next to the road. I should have learned the route better of course, but my brain was mainly concerned with staying on my feet at that point. Am not clear how many followed me into that dead end, remember several of us clambering through a fence to get to the right path. Think we made up for most of it along the ridge but cost around 15 sec and one or

two positions. The final downhill is a blur, kept pushing with two others next to me and hoped desperately to not trip on the sharp protruding flint stones of the army track we used this time instead of the grass trail next to it (protecting rarer vegetation). Very relieved to finish in one piece and only a few scratches from brambles and a slip in the mud earlier. Surprisingly just one position down compared to Saturday's dream stage and 2. M50+ this time. Helen finished the same ten seconds behind (she blames the extra weight of my spare car keys she carried in her backpack :) and 2. woman overall (first W35)! It was lovely to rest in the sun for a while, before retrieving the car that was unexpectedly blocked in by parked motorbikes at Ryka's Café. The traffic on two wheels was mad on a sunny evening at Box Hill. Helen luckily made some biker friends and eventually the obstacle in form of a huge Harley was moved. On to the final stage and then the celebrations at Bushy Park! Happy to say the legs recovered well and the trauma of stage 18 will wear off. A pleasure to run and travel in fine company and thanks to Ange for another awesome putting together teams and schedules!

## **Gabi**

### **Day 1 - Stage 1**

Sum and I opened up this glorious GBR event and stage 1 in Hampton Court. Even this run wasn't without challenges: running my 3rd longest run ever, crashing to the ground after the 10th second and bruising my knee, vomiting after the 15th km, confusing miles with km on my watch and thinking I am only half way, thinking about quitting running all together. So crossing the finishing line made me feel completely ecstatic. Luckily I met two runners at the start who chatted to me. Later, they kept the pace and saved me struggles with finding the correct path to run which led me to finish 12.4m run as the 2nd fastest woman over 35.

My day2 and stage 21 started in the beautiful surroundings of Ripley. My first 5km wasn't easy either. I forced myself to land properly on my swollen knee and my stiff muscles. They warmed up after a while and I was able to thoroughly enjoy my 8.4m. Running near the river, crossing locks and bridges, seeing people chilling in charming pubs, feeling a cool breeze from the water, seeing people kayaking and crossing boats all made the run so enjoyable. At the very end, It was great to hear Ange & Ebe supporting me, and I managed to find any final energy in me and sprinted to the finishing line

## **Sum**

### **Day 1 - Stage 1**

After a few days of trying to get my head round Angel's meticulous plans (and rummaging around for kit) I was up @ 05:45 to try and have a bit of breakfast before being picked up by Dave @ 06:30. Gabi was also running stage 1 and she jumped in the car before we headed on to Hampton Court. We arrived in plenty of time, and I started to feel a little nervous, partly due to having no idea of what to expect, having ran 0 k's in the week and the possibility of getting lost! Stage 1 was around 20k, mainly along the river and finishing in Staines. It was a beautiful route, flat (a welcome change from SELDN), so I just tried to find a rhythm and focussed on enjoying the scenery rather than worrying about pace.

Once we'd both finished, we headed to stage 2 (I think) and this where the day gets hazy for me! I marshalled with Dave somewhere in High Wycombe and saw Johnny fly down a steep descent, with Polly close behind and on her way to finishing 1st lady! We then headed to stage 5 to meet up with Ebe, and this is where I said farewell to the Dave for the day! I marshalled with Ebe, before we headed to St Albans, and at this point, I was pretty wiped, not sure whose car I should be in, but also realised that at various points throughout the day (Hampton Court, Boveney, St. Albans) I was never more than 3 miles from an uncle's house! I headed back to London from Stage 7 with Paul, Michelle et al. and followed the updates on Strava/in the WhatsApp group whilst getting ready to go again the next day!

### **Day 2 - Stage 12**

Another 05:45 wake-up before being picked up by Dave again, and this time, Polly was already in the car as she was also running stage 12. We arrived at Blackmore in plenty of time for an 8am start. I'd found it harder to have breakfast in the morning, legs were feeling very heavy, and it's been a while since I've longer distances back-to-back days, so I went through a tentative WU, with the goal being to finish the stage! I started with Polly, but soon saw her effortlessly glide off in the distance and then just to focus on my own rhythm. The stage was around 17k with a lot on undulating A roads and finishing in Thorndon Park. It felt like a slog, but then would take a right (or maybe a left?!) and then all of sudden you'd be running on bridleways surrounded by fields and that would give me a little burst of energy, but it was still a slog! After about 12k the lack of breakfast came into play, and it was

just a case of one foot in front of the other and keeping the runners ahead of me in sight, and trusting that they were going the right way, because I didn't have the brain capacity to follow a map! I found the last couple of k's challenging, as the course went through the woods, so there was a lot of ducking and weaving from overgrown branches, but also trying to stay upright as it was very wet and muddy! I succeeded in crossing the finish line in one piece and was greeted by Dave and Polly who was wearing another stage winner's tee! Stunning effort from her, maybe I should have had some rosé as part of my recovery on Saturday too! I unfortunately couldn't stay around to marshal/support as I told my football team I was available to play, needless to say it wasn't my best performance!

I had a great weekend and was really well looked after and supported! A real highlight for me was spending a little more time than usual with club mates and getting to know them better and hear their stories and links to the club! I'm also pretty sure Low Fell, Gateshead was mentioned by Ebe and Midge in separate conversations on Saturday, but I could've have made this up, as by that point I had no idea where I was and what was happening! A massive thank you to Ange and the team for organising it all!

### **Eleanor Stage 9**

After a nail biting car journey, sitting in crawling traffic south of the Blackwall Tunnel, Katie delivered James B & I to the start of stage 9 with a healthy 12 minutes to spare. 10.2 miles is the limit of my current fitness and I was nervous about getting lost and adding to the mileage, so I was grateful that the course was so easy to navigate and I ran no further than absolutely necessary. After a beautiful 7 mile stretch along the tow path, the route followed a quiet country lane up a killer hill to the finish. Grateful to James for showing me the course profile before we started as the length and steepness of the hill would have been quite a physical & mental shock if unprepared. Soon after finishing, we piled into Ebe's car for the journey home entertained by his very eclectic cassette mix-tape - who knew drum n bass followed by Balkan folk pop music worked so well together?

### **Stage 14**

Although my Garmin recommended 3.5 days recovery, I was back on the start line with James G only 15 hours after completing Saturday's leg. We ran together

for the first few miles negotiating some very narrow and slippery muddy paths but when James felt he wanted to reign in the pace a notch or two, I continued alone and at times it was a little lonely slogging it out for miles along the bumpy Mardyke Way. With its increasingly long grass underfoot it proved a real leg sapper and I was relieved to get to the finish at Davy Down. Overall, a wonderful weekend of running and camaraderie amongst the Dulwich teams in beautiful areas of the Green Belt. This was my first GBR but I will definitely be back next year.

## **James B**

### **Day 1 - Stage 09 - Dobbs Weir**

Despite some traffic delays causing stress for Katie who was driving, Eleanor and I arrived at the start of the race with 10 minutes to spare. Having run this stage once before back in 2015, I was familiar with the course - a long (13k) flat canal section, followed by a 3k steep climb. While my legs felt recovered from my spring marathon, I hadn't done any speed work yet, so I wasn't sure what a sensible pace would be. At the start, I lined up near the front, behind some Clapham Chasers who looked speedy. As soon as we started, the front 4 took off at a great pace with me trailing them in 5th. I soon realised I had overcooked my first mile and could not sustain the pace. A few miles into the race, the Serpentine runner in 4th was slowly dropping back from the leading group, and I was sure I could move up a place.

I managed to pass him, but the leading group was already out of sight. Shortly after, a tree snagged my hat off, and I almost lost 4th place again, but I pushed on and opened the gap again. Most of the route was a solo effort, with just the threat of the 5th-place runner behind me out of earshot. Running along the canal was pleasant, with a few bridges and turns through Enfield, before heading onto the uphill road. The final few kilometres up the hill to High Beach were very tough - the steep hill seemed never-ending! The finish on the green was a welcome sight. The leading three had all finished over 4 minutes ahead of me, and 5th was a minute behind. I was happy to cheer Eleanor in for the ladies' team in 27th (9th woman) before Ebe drove us home to rest before day 2.

### **Day 2 - Stage 16 - Lullingstone Park**

The map for this stage warned, "This is the toughest course of the day." My legs were already quite tired from the previous day, so I was prepared for a challenge. When Jo and Cameron started their stage 15, it

was overcast, but as Katie and I awaited the start of stage 16, the sun came out. Again, I lined up just behind the front, but as soon as we started, one runner shot off the front, followed by a pack of four behind him. I was trying to get my tired legs going and soon lost a couple more places. The route started relatively easily across fields and tracks, but soon the hills started, and they were tough! I had to walk up one of them; I think I would have been slower trying to run it.

The route then went along the Pilgrims' Way road for 7 kilometres, with gently rolling hills but no shade from the midday sun. I caught sight of the next runner at least 500m ahead, with no sign of anyone behind me. When the route finally went back into the shade of the trees, it was then back onto a serious climb. I didn't have anything left and felt like the whole field must have been catching me as I was getting slower with every step. After a few more short and sharp hills the finish was very welcome when it finally arrived, and I finished in 8th place, 16 minutes behind the winner. Katie finished in 25th overall, 7th woman.

#### **Helen**

The entire GBR weekend was incredible, from seamless logistics and beautiful running routes to Ebe's eclectic mix tape driving home after Day 1 and Michelle's lemon drizzle cake at the end of Day 2. Stage 8 was a winner of a route, a gentle descent down a disused railway track, through Hertford and onto a canal towpath, with families cheering encouragement along the way - what a way to do the weekend long run! Stage 18 featured the beast that is Boxhill, with sheer flint-covered descents (including right down to the finish line for a Road-Runner style breaking at the end!) and brutal climbs that had me and all other runners in sight determinedly march-stomping upwards in place of running. It was an absolute pleasure to share both stages with Ebe (down to his loud curses directed at the hills and the mud), and I am now looking to employ him as my personal pacer because I've never had such consistent splits on Strava in my life. I think the cherry on the cake was being at the Finish line for the last stage, where not only the final runners but also all spectators are still enjoying their post-run high and endorphins. A fantastic event all round.

#### **James G**

Stage 6 - What started with muddy narrow pathways through farms and

quiet countryside, with only the sounds of fellow runners and their breathing, led into some upsills, some downsills, turns and navigating in abundance but fortunately no getting lost. Also, a great performance from Midge who appears to have paced it masterfully and finished with a cracking time. Mercifully chillier weather than the weather forecasts had predicted.

#### **Stage 14**

Navigationally speaking less fiddly than the days previous stage, and what started as very muddy paths to follow largely led into some decent road running. Managed to keep pace with the rather more rapid Eleanor, but what followed was mile by mile on soggy grass, and combined with slightly tired legs and a reduced level of focus led to my left ankle rolling outward and a harder to maintain effort over the second half of the stage. Still great support on the whole and made for an enjoyable weekend of running! Seriously considering entering next year as it feels like good training too, judging by how knackered my lower half felt the day after

#### **Jonny**

##### **Stage 4 / 11.8 miles**

The race website gives it a difficulty rating of 10, which they translate as "bloody hard" and the navigation document describes the stage as 'complex and brutal'. So I didn't have high hopes of enjoying this stage. Thankfully I found the running challenging but good fun especially some of the downhill sections through the woods, and the navigation was well marked and marshalled at tricky spots. Fellow runners quickly helped on a couple of occasions where I looked like taking the wrong fork. Finished in 17th position in 1hr 33 minutes.

##### **Stage 21 / 8.4 miles**

I was grateful for a shorter and easier stage on Sunday. I'd decided I was going to go out as quick as possible on this one so put full effort in from the start - the course was very flat and followed the beautiful 'Wey Navigation' my main recollection is beautiful waterfront houses, serene paddlers and paddle boarders crusing down the River, and some wonderful pubs (I'll be back to visit them). I gradually tired trying to maintain my pace, fortunately the navigation was pretty simple and the KMs clipped by quickly. The weekends running was hard but the navigation and conditions were easier than I'd expected. Great to meet, run with, drive with and celebrate with members of the club who I hadn't met before and inspiring to be part of such a big collective effort to get

round the course. Many thanks to all the organising team and drivers . Finished in 9th position in 55m 20 seconds.

#### **Joe F-D**

##### **Stage 2**

After an illness and injury affected season, I've been a bit down about running recently and not feeling very fit or confident, so I needed something to get me going again. So, I took it as a sign when a last minute call went out and I happened to be free this weekend. It turns out to be just what the doctor ordered, with a perfect mix of competition and camaraderie.

Like all GBR newbies my main worries were (a) getting there (b) not getting lost and (c) not getting injured running on consecutive days, which I don't normally do. My first run was stage 2 from Staines to Windsor. I decided to slot in with a group that meant I didn't have to worry about the route or the pace. I really enjoyed running with a pack, with a bit of friendly chat and supporting hoots, shouts and waves from passing traffic, cycling groups and a clutch of wild swimmers with woolly hats taking a brave dip in the Thames. It was lovely scenery along the river then through Windsor past the horse show, castle and Eton, with no hills and not much mud.

Having run a sensible pace for the first 10k I found I had some reserve to push ahead with a Maidenhead local and gained a few places, completing the 15k in 63 minutes in 7th place, and probably my first ever negative split!

On Sunday I ran stage 20 which is short (just under 10k) and mostly downhill on wooded country lanes. I felt guilty knowing that someone else must have run up to the North Downs ridge so ignoring the stiffness and knee twinge I pushed it a bit too hard to go as fast as I could down the first 5k, clinging on a bit at the end on the main road climbing over a bridge. I finished 8th this time in 37:36, 90 seconds behind the stage winner. I would recommend this stage for the Royal British Legion bar at the end for a cooling pint. We then made it to the end to watch the finale and prizes and see all the teams coming together in this wonderful celebration of team running. Thanks to Ange for organising and Dave for the driving, plus Laura and Midge for joining me on my stages. I thoroughly enjoyed the event and hope to come again next year.

#### **Polly**

This was my first experience of taking part

in the GBR and I thoroughly enjoyed it. While I was probably underprepared when it came to researching the route and what I'd be running, my basic strategy was to go for a steady effort on Saturday and then race hard on Sunday – a plan I was forced to stick to due to the muddy and hilly nature of Saturday's stage four. I spent most of my time trying to keep sight of Jonny Hough's back – a challenging task as he seemingly got stronger as the stage went on – but was very pleased to come in as first woman and receive a neon yellow t-shirt for my efforts (or the 'yellow jersey' as the GBR veteran in the Great Kingshill Spar called it as I was buying my post-race diet coke and flapjack.) Knowing there was now a sort-of prize to be won I decided to try and double my money on Sunday and, after a slower start in the middle of the pack, found myself running well in a pack of three for most of Stage 12.

After trading places with my new friends Dave and Richard for the first half, I was pleased and relieved to find I had a little left for the final few miles and thrilled to come in fourth overall and with a second neon t-shirt to add to my drawer. Type 2 running fun aside, the best part of the weekend was without a doubt the car journeys and time spent with Jonny, Mark, Catherine, Dave and Sum. Massive thank you to Jonny and Dave for driving and to Ange for the excellent organisation and re-organisation that had to take place to get us all there.

### **Midge**

I ran stages 6 and 20, both reasonably short distances. I was so concerned about getting lost and tied myself in knots watching the videos the previous few days. Five minutes into the first run, I realised that was never going to happen - both routes were well marked, with marshalls and sawdust at the tricky bits and there was always someone ahead or behind you to shout if you'd gone the wrong way (I was never going to be in the lead!!). So I relaxed and enjoyed the run - fields, bluebell woods and country lanes, idyllic and definitely my idea of running. First rule of GBR is don't panic and I would definitely offer that as my take home message. Stage 20 the next day was short and downhill and I was very pleased with my time; great to meet my running partner at the finish down in Ripley already halfway through his pint! Thanks to everyone for organising, driving and marshalling. A feat of organisation, thanks Ange!

### **Catherine**

As a first-timer, I can see how people get bitten by the GBR bug. This is a really special event - you get to run places you'd never normally go to, it includes everyone so there's no pressure to hoof it, and chasing about across the stages and marshal points are as fun as the running.

My stage (3) started with an journey to a field by the river somewhere in Berkshire (?) where I probably should've laughed less when Mark brought out two left footed trainers then calmly resolved to do the stage in his trusty Reebok Classics.

Running somewhere new, following the odd mound of way-marking sawdust and chatting to runners from other clubs was a pretty good way to spend a Saturday morning run.

I had expected to be knackered for Sunday stage 13 but, following an early drive to Essex with five of DRs taller runners sandwiched into Ebe's Polo, the buzz (and the downhills) pushed me to speed up a bit more and chat a bit less.

I loved it. Reckon I'll be back. Catherine

### **Jo S-P**

What an amazing weekend! I ran stage 7 on Saturday afternoon from St Albans to Letty Green (11.6 miles) and stage 15 on Sunday morning from Stone Lodge (Dartford) to Lullingstone Park (9.4 miles). I was quite nervous as I hadn't run further than 10 miles in a couple of months and wondered if I would be able to complete both of my stages within the cut off times. I needn't have worried so much. On Saturday I found myself running alongside a guy from Ealing and we kept up a quicker pace than I had planned for. The first half of this stage is along the St Albans Way with the second half through some muddy woods and fields. It was here that we caught up with a small group of runners and I just hung on to them for dear life to the end.

Sundays stage was an alternating mixture of roads trails and fields. My legs felt a lot slower and it was no surprise to me when I tripped and fell on a narrow trail just after 6 miles. I felt a little sorry for myself until a passing cyclist told me there were other still behind me. On the road to the Roman Villa I managed to catch up and pass a couple of others. Woohoo! I really wasn't last!!!

Highlights include the amazing team support both in person and via whatsapp, Reebok Classics, a back to front vest, and

getting to spend time with the lovely people from Dulwich Runners.

Thanks to Ange for organizing us all and to the drivers. Also to Stragglers for creating an amazing weekend of running. I hope I get to take part again next year!

### **Katie**

Still giggling from Mark Foster running his stage in his Reebok classics we arrived at stage 11 with only 6 mins to spare when coach Tom decides to change his shoes and socks and realise his vest was on back to front. No time to change the vest, so he had to carry on regardless. We arrived at the start with minutes to spare! I started off too fast chasing some youngsters so had to slow midway especially as the mud was ankle deep and crops head high finishing exhausted. On Sunday Stage 16 loomed at the height of the heat of the year and definitely at the height of the race. A very rough and tough stage but not much mud thankfully. Was an amazing weekend getting to know team mates more and making the most of driving breaks with a beer in the sun. The great belt relay remains the highlight of my running year!

### **Tom P**

I am a big GBR fan, having taken part with DPR in 2010, 2011 & 2012 and with Serpentine in 2015, 2016 & 2019. You can even see the top of my head in the cover photo for the GBR Facebook group. So I was really keen to take part last year and disappointed at having to drop out shortly beforehand when I was unable to run. After a long time of hardly any running due to some very painful lower back problems, I am slowly getting back to running more and I was delighted to be taking part this year, but a little bit daunted at having to run 7.5m on Saturday evening and 6.6m on Sunday morning given my current level of fitness. But both of my runs went well, with a mixture of terrain and scenery, and I managed to wade through deep thick mud on both days, which partly made up for my disappointment at having to miss out on the cross-country season this winter.

I also learnt a valuable lesson in the importance of arriving at a race ready to run, and to check that my race number was on the correct side of my club vest: fortunately nobody appeared to notice and any embarrassment averted. This was also a very social event and a great way to get to know people in the club much better. I'd highly recommend it to anyone provided that they have recovered from their spring marathon and don't have any other target races at around the same time.

Can we get three teams out next year?

## Laura

### Stage 2: Staines-Boveney Church

Despite the promised sunshine, Staines was surprisingly frosty Saturday morning. Excellent running weather, less good for shivering outside a pub with Dave and Joe on the Thames path at 9am. The run got underway promptly, immediately crossing a bridge over the Thames and then the next few miles were along the Thames path past Runnymede and pretty straightforward. I jostled with a couple of runners for positions, but as we crossed back over into Datchet with four miles to go, I decided to seize the moment and take the girl in front of me down. I immediately regretted this as four miles is quite a long time to affect the appearance of effortless running and sustain an infinitesimal lead. But despite near collisions with pedestrians, horses and cars in Windsor, this I did and my Garmin rewarded this heroism by telling me I needed 68 hrs recovery. I settled for the CBD drink my mate cycled over with and a sarnie at Cobham services on the way home.

### Stage 17: Tatsfield to Mertsam

With only 44 hours recovery time remaining on my Garmin, I set off by train via Lewisham to Knockholt with Alex. Stage 17 was very inconveniently scheduled for lunchtime and as we waited for Ebe to come and pick us up and take us to the start, I was increasingly aware of both how hungry I was and that it was alarmingly hot outside. Safely arrived at Tatsfield the first panic was quite who was supposed to be taking our bags to the end of the stage. We hid them under one of the fourteen park benches on the village green and I sent a highly ambiguous photo of a pond and bench to the group WhatsApp. Readers, it was glorious. I ended up running with an Ealing Eagle, Schaefer shifter and Thames Hare and whatever for much of the stage and it was an intoxicating mixture of dazzling views from the ridgeway atop the North Downs and wild garlic and bluebells clinging on for a final fling. After a mostly solo run on Saturday it was nice to have a couple of people to chat to and whinge slightly about the 'undulations'. The best bit: the stage ended at a pub. Katie, James and Jo arrived to meet us, but not before we'd finished our first beer in the sunshine.

They were easily persuaded to stay on for one more! My Garmin upgraded my needed recovery to three days. Good news: I'll be ready by Beckenham relays on Wednesday...

## Alex

### Stage 5 – 13.5 miles – 1:29:52 – 7th place

After a wonderfully chatty journey to the start of Stage 5, Michelle and I lined up alongside a pretty racy looking bunch, many with serious looking road shoes on, and I started to wonder if the decision to wear trail shoes was a bad one. The first couple of miles is on a fairly flat road, before it ducks inside a hedge, along a field and then opens onto the most stunning view of the Chilterns across a farmer's field. These bits were ideal running terrain, and I found myself chatting to another GBR newbie from Wimbledon Windmilers. Neither of us knew the route, but both of us had maps on our watches, and it was reassuring to have someone to double check the navigation with.

About two thirds of the way in, we both trusted our watches too much in a woodland section and left the obvious trail, only to have to climb back onto it after a few hundred yards. Having lost a little bit of time, a Straggler managed to catch and pass us before what seemed like a never-ending uphill on road. I managed to nip past the Straggler close to the top, and thinking I spied the finish, went for my sprint, only to find it was a water station and another couple of miles still to go. These last miles were a twisty-turny adventure through bluebell-filled woodland, ending in a final uphill finish. I just about held off the Windmiler and the Straggler for the (real) final sprint and felt hugely relieved to make it over the line in 7th. Dave was very kindly waiting, and Michelle came in very soon after. A wonderful run, and a superb introduction to the Chilterns.

### Stage 17 – 10.5 miles – 1:07:28 – 5th place

In blazing Spring sunshine Laura and I met on the Sunday morning for the train out to Knockholt. Ebe generously collected us from the station and drove the winding lanes to Tatsfield ready for the start. The first three miles of this stage are all on roads, gradually climbing along the ridge

of the North Downs. As with the day before, I found myself alongside a Straggler, this time someone I remembered running with in several cross country races over the last few years (little did I know he's a lot faster than me now!). We were similarly paced, although he gradually eased away on the middle section of undulating road, and then I completely lost him on the descent to Merstham. This descent was one of the absolute highlights of the weekend: the sun was shining, the Kent countryside opened up down below, and my tired legs were able to just keep turning over.

A final mile or so along roads, and I just had enough left to sprint to the finish. Little did I know that my Straggler friend had taken a wrong turn and didn't come in for another 3 minutes, gifting me 5th place. We had a nice catch up afterwards: if I could have given him back the place I would have! Laura crossed the line not long after and we met up with the others for the most delicious Dorking Brewery pint at the finish line pub. Again, this was a beautiful leg, with lovely views, great company and the best possible descents. Above all, the chance to catch up with friends from the club while meeting new ones felt the biggest treat of all. Thanks to all the drivers who did such an amazing job of looking after us. And a huge thanks to Ange for coordinating the whole weekend for the DRs.

## Dylan

Had a lovely couple of off-road stages through Epping Forest and along the North Downs Way; there was lots of mud, a few hills and a lot of fun. On Saturday, through Epping Forest, we ran through the trees for most of the route on lots of twisty paths that were thankfully very well marked with sawdust; quite a relief as the video had made the route look almost impossible to follow. Sunday's stage was a lot more familiar on the North Downs Way between Box Hill and Westhanger car park. The stage went by all too quickly, as had the day before, and relatively uneventfully with the exception of the minute or so that I spent waylaid by a very young girl who insisted that I stopped and looked and the, and I quote, 'special woodlouse' that she had found. All round another excellent and chaotic weekend at the Green Belt Relay.



# Fairfield Horseshoe fell race

Ben Smith writes...Pre-race nerves are different when you have to factor in questions like 'will I get stranded on a mountain?' and 'will I break my neck?' but it was the baking hot sun that was most on my mind as I nervously waited in the grounds of Rydal Hall for the midday start of the Fairfield Horseshoe fell race – one of the classic Lakeland races, organised by Ambleside AC, that dates back to 1966.

This year the race was the second of the five races that make up the English Champs, so the start line was packed. I looked around and saw the cream of English fell running: calves to rival Jack Grealish and smiles that seemed to say 'this will be a lot easier for me than it will be for you'. I

squeezed into a space in the middle of the pack and then we were off, weaving our way up a narrow path out of the estate, onto the open fellside and then straight into the brutal climb up towards Nab Scar - full-on hands-on-knees head down lung-busting stuff seemingly designed to instantly extinguish any hopes and dreams and force you to focus on mere survival for the rest of the race, which by that point had barely even begun.

Eventually we reached the check point on the ridge line, turned



right and then up we went again, past Heron Pike, up to Great Rigg and relentlessly in the heat up to Fairfield, at 873m the halfway point of the horseshoe and highest point of the race. It took some effort not to stop and admire the views but I knew the next 5 downhill miles would need all my concentration and I was itching to let go and push the pace if I could. The field was quite strung out at this point, and it was crucial to stick to some local runners to tap into their experience finding the best route down, so what followed was an exhilarating chase as we hurled ourselves off rocky drops, down steep grassy hillsides, round the edges of crags and eventually made it to the bottom.

Thinking I was nearly done I kicked hard and overtook a few runners only to realise there was still a kilometre to go, up a hot dusty track. I somehow clung on to muster a final sprint to the finish and after collapsing on the grass was rewarded with the traditional finish line cup of orange squash.

I'd planned this race for just a bit of variety in my bob graham training but it was so much more than just more hilly rocky miles and I'd really recommend it to anyone - I can't think of many better running experiences than flying down a fellside in the sun with lake Windermere stretched out in front of you.

I came 165th out of 449 runners in a time of 1:47 (the winner's was 1:18)

## Woodland Woggle 10K

Racing in London I am in the habit of coming towards the bottom of the field, of being lapped and of struggling to make the Dulwich Runners team photo in time. Out of London I am on fire. I entered the Woodland Woogle, a testing 10K trail race, and managed to come 12th out of 410.

I have decided to adapt my race selection policy accordingly. The route was a testing trail race on perfect terrain and through beautiful scenery. There was about 200m of climbing and the race used a rolling start which cleverly meant you didn't get stuck behind other people on the narrower parts of the course. A great day out.

Hugh French 46.53 12 of 410

marshalling.

Eight Dulwich Runners took part, all second claim members of Vets AC, with some good placings in the age categories. Andy Bond won the race outright, like last year. Kay Sheedy was first woman and continued her good form by breaking 30 minutes for the first time. Having run 5 races or at least race pace efforts in 11 days, I was never going to be at my sharpest but was still 90 seconds faster than at the recent Victoria Park 5 and it was good practice to run hard on tired legs for the longer events later in the year. Even super-shoes need a bit of help to go fast! - Dave West

## Veterans AC 5 Mile Champs Road Race and Walk

May 9th 2023

The Vets AC 5-mile championships were held on a stormy night in Battersea Park to the accompaniment of the Eurovision Semi-finals in an adjacent field complete with big screen, a big PA system and beer tents. There was a brief gap in the rain for the race, although it was very muggy and the tree pollen, which is a feature of this park in the warmer months, probably affected at least three of our runners who had curious stitch-like symptoms. 95 runners and 10 race walkers started the race, which was chip timed and open to Masters, i.e. anyone over 35. Andy Murray and Stephanie Burchill assisted with

1	Andy Bond	26:08	1st M45
29	Kay Sheedy	29:49	1st W35
30	Tony Tuohy	30:14	2nd M60
54	Ebe Prill	33:20	
73	Clare Norris	35:50	3rd W45
78	Graham Laylee	37:50	2nd M65
80	Dave West	39:15	
88	Ros Tabor	42:50	2nd W70

### Bushy

1275 Ran  
Pos Gen  
339 269 Nicholas Brown 24:21

### Banstead Woods

225 Ran  
Pos Gen  
6 5 Tony Tuohy 19:47

### Finsbury

628 Ran  
Pos Gen  
49 3 Helena Flippance 20:20

### Brockwell

352 Ran  
Pos Gen  
1 1 Andrew Inglis 17:43  
18 14 John Kazantzis 19:54  
42 36 Stephen Trowell 21:35  
44 4 Katie Styles 21:38  
89 74 Graham Laylee 23:38  
143 103 Hugh French 25:39

### Ashford

275 Ran  
Pos Gen  
15 1 Kim Hainsworth 20:48

### Highbury Fields

477 Ran  
Pos Gen  
96 8 Lucy Mordaunt 22:26

### Crystal Palace

380 Ran  
Pos Gen  
59 6 Naomi Crowther 23:17  
80 64 Paul Hodge 23:39  
257 170 Paul Hilton 30:15  
344 121 Chris Bell 35:46  
351 199 Bob Bell 37:18

### Oak Hill

287 Ran  
Pos Gen  
69 11 Katie Prior 24:13

### South Norwood

156 Ran  
Pos Gen  
37 4 Carys Morgan 25:25  
81 19 Hannah Harvest 28:50

### Riddlesdown

160 Ran

Pos Gen  
13 12 James Wicks 22:29

### Medina I.O.W.

225 Ran  
Pos Gen  
39 4 Lucy Pickering 22:49

### Mile End

363 Ran  
Pos Gen  
172 37 Ros Tabor 25:30

### Dulwich

646 Ran  
Pos Gen  
3 3 James Dazeley 15:35  
48 42 Mark Callaghan 18:43  
91 75 Rupert Winlaw 19:58  
119 95 Lee Wild 21:04  
142 111 Christopher Nunn 22:02  
149 20 Izzy Pickles 22:11  
151 117 Dan Hill 22:13  
169 22 Clare Norris 22:52  
207 159 Miles Gawthorp 23:29  
269 44 Teresa Northey 24:45  
280 212 Ajay Khandelwal 24:59  
346 80 Claire Barnard 26:24

### Burgess

574 Ran  
Pos Gen  
80 64 Hugh Balfour 21:49  
405 134 Stephanie Burchill 29:36  
572 225 Susan Vernon 56:04

### Orpington

160 Ran  
Pos Gen  
35 33 Colin Frith 25:21

### Telford

438 Ran  
Pos Gen  
129 106 Michael Dodds 26:09  
176 35 Clare Wyngard 27:38

### Southwark

428 Ran  
Pos Gen  
241 171 Paul Keating 27:23

### Shrewsbury

491 Ran  
Pos Gen  
47 42 James Auger 21:09

### Fulham Palace

555 Ran  
Pos Gen  
266 182 Barrie John Nicholls 26:50  
327 94 Lindsey Annable 28:25

### Croxteth Hall

382 Ran  
Pos Gen  
26 23 Austin Laylee 21:17

### Jersey

241 Ran  
Pos Gen  
111 30 Sharon Erdman 27:41

### Tooting Common

668 Ran  
Pos Gen  
263 183 Ian Sesnan 26:22

### Clapham Common

958 Ran  
Pos Gen  
70 63 Joe Sheppard 20:24

### Centennial

394 Ran  
Pos Gen  
233 125 Tim Taylor 27:57

### Zuiderpark

93 Ran  
Pos Gen  
24 22 James Blackwood 23:03

### Sutcliffe

314 Ran  
Pos Gen  
7 7 Jonathan Whittaker 18:50  
266 145 Steve Wehrle 2nd cl 37:08

### Woolwich

437 Ran  
Pos Gen  
2 2 Andy Bond 16:39  
26 26 Tommaso Bendoni 19:36  
45 44 Justin Siderfin 21:13  
81 74 Sam Jenkins 22:19  
125 112 Stephen Smythe 23:48  
279 211 Peter Jackson 29:46



# 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



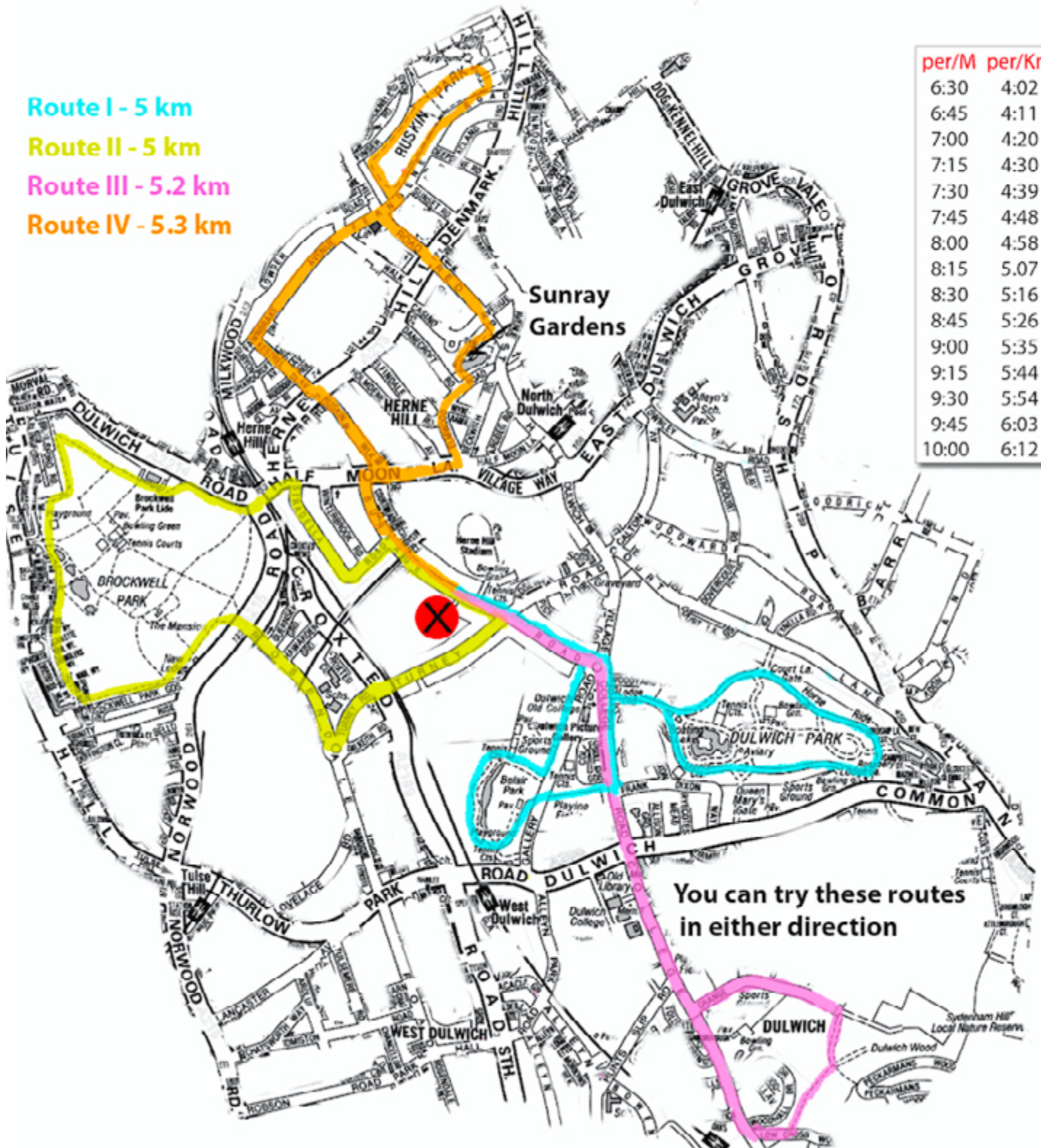
Showerproof Team Jacket



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



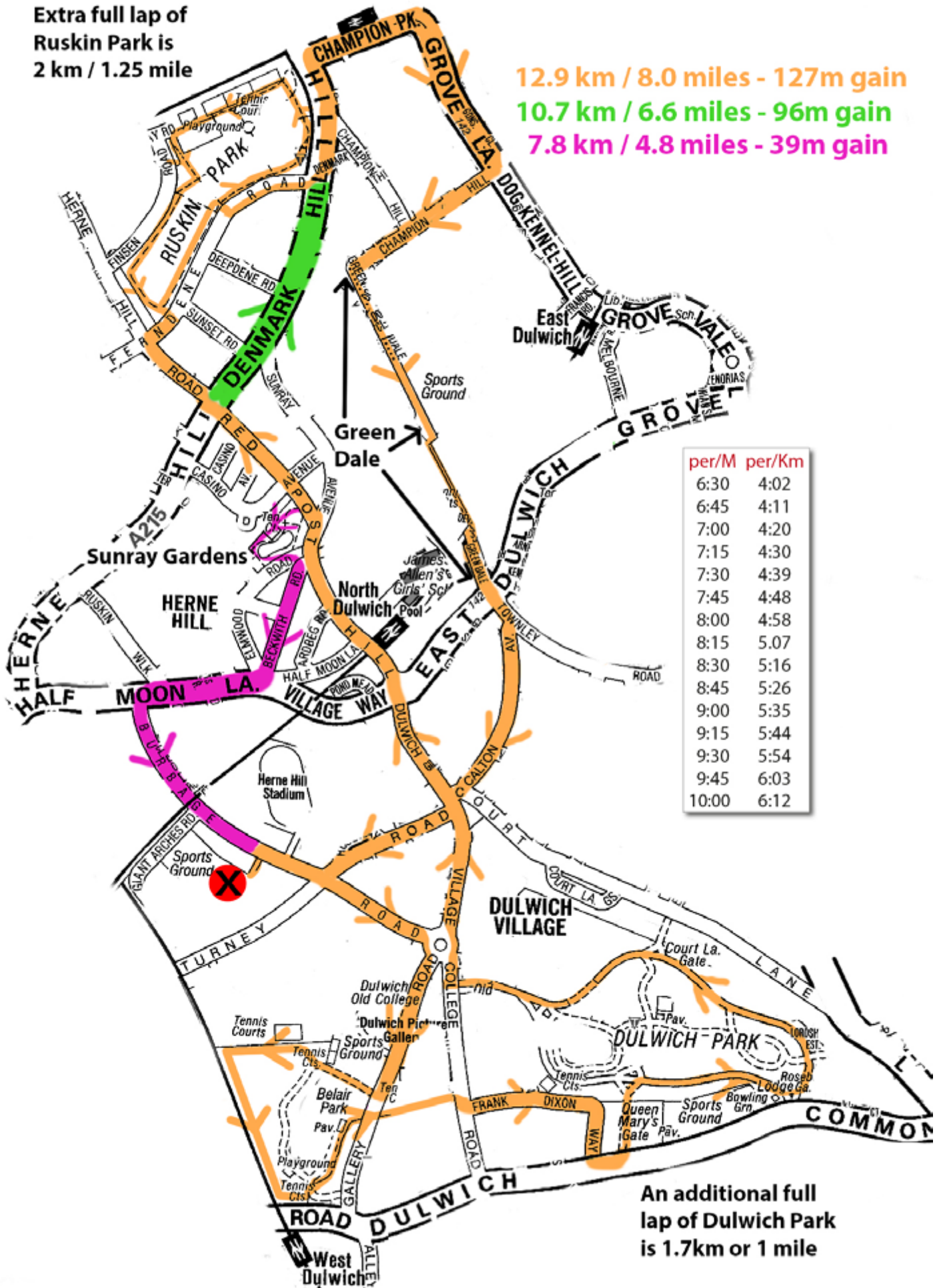
per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

You can try these routes in either direction

# Dulwich Runners Summer Map F

Extra full lap of  
Ruskin Park is  
2 km / 1.25 mile

12.9 km / 8.0 miles - 127m gain  
10.7 km / 6.6 miles - 96m gain  
7.8 km / 4.8 miles - 39m gain



An additional full  
lap of Dulwich Park  
is 1.7km or 1 mile