



These are your SHORTS

Please send any reports, running news etc to:

barry@bg1.co.uk

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

In your SHORTS this week !

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

Feel free to send in any race reports, 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

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

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

DULWICH RUNNERS 2023 FIXTURES

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

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

Road & other Club Champs Assembly League Cross Country Track

Date	Race	Venue
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

Remaining events

- 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 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 – 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

Assembly League, 1 July

Urgent Request For Volunteers

We still need a couple more volunteers to marshal the course at the Assembly League race at Crystal Palace that we are hosting on the evening of Thursday 1 June. If you are available and not running please contact me asap at mcmann90@yahoo.co.uk. We have supported these races over many years now and this is one of the rare occasions that we will be hosting it. It is important that we have sufficient volunteers to ensure that the race proceeds smoothly.

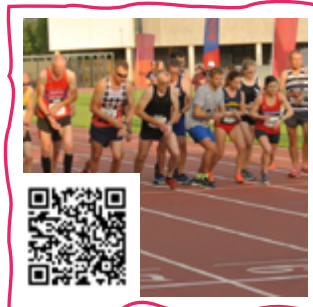
Dino Dash Relays

Wednesday 14 June at 7.30pm.

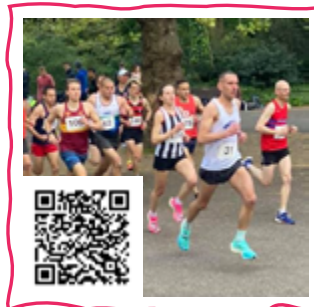
Team captains will be in touch. <https://crystalpalacefunrunners.co.uk/dino-dash> for more details

Dulwich Runners Club Championships 2023

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



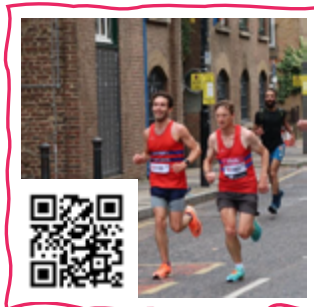
1 mile (SHORT CATEGORY)
 Tracksmith Mile, Tooting Track
Saturday 3 June 2023, 2.00pm
 Likely to sell out well in advance.
 The Golden Stag Mile at Finsbury Park on Friday 14 July will remain as an alternative.



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.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

Start 7:00pm, warm-ups and drills, main session start 7:10pm. £2:00 per session, contactless payment start of each session.

champs (1 July), Assembly League (3m-3.5m). Later in July sessions focus on 5k speed and additional guidance and advice for the Big Half 3 September.

At Dulwich College track and fields over the summer, some hill sessions September and hopefully back at Crystal Palace track for winter if floodlights fixed (alternative arrangements if not). Every Tuesday, except 13 June (5k club champs race then).

Sessions suitable for anyone who regularly runs several times a week and whilst there is no minimum standard novice runners would probably be better off building an aerobic base through steady runs of 40-60 minutes. If new to the sessions, feel free to do just some of the session or to miss out some of the intervals and you could also prepare with some fartlek sessions in advance.

Training focused on the 1 mile club champs (2 June & 14 July), Mark Hayes mile (date TBC) 5k club champs (13 June) parkrun

Subject to any last-minute adjustments, proposed sessions for the next few weeks are:

30 May - Field – 4mins @10k effort (edge of field) + 2*(3:00mins @5k effort + 90 secs rec.) (diagonally across field)
Track – 3*(2mins @3k effort + 1 min rec.) + 2*(225m @1mile effort + v.slow jog rec.). Note: Assembly League following Thurs and Tracksmith mile on Sat.

20 June - Field – 2*(3mins @5k effort + 90 secs rec).
Track – 4*(90 secs @3k effort + 1 min rec) + 3*(225m @1mile effort + v.slow jog rec).
Note: midsummer relay on Wed.

6 June - Field – 5mins @10k effort with a couple of short faster bursts of speed on whistle
Track – 4*(3mins @5k effort + 90 secs rec. + 2*(90 secs @3k effort + 1 min rec).

27 June - Field - 5mins @10k effort with a couple of short faster speed on whistle + 3*(2.30 mins @5k effort +90 secs rec, diagonally across field).
Track – 2*(2:30 mins @3k effort + 90 secs rec) + 2*(400m @1m pace + v.slow jog rec. back to start line).
Note: Brockwell Parkrun club champs on Saturday July 1st

13 June - No session - 5k club champs Battersea Park

Questions or advice on any of the above particularly if you are new to these sessions. Tom Poynton (Coach in Running Fitness) - 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

Thur. Mornings - Brockwell & Crystal Palace Pk.

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

Sunday Morning Runs

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

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

Longer & faster - 9am from Dulwich Park. Circa 7.00/mile pace - Tom South: thomas_south@hotmail.com

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

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

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

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



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

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 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

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

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

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
mikathlon@gmail.com
alexloftus75@gmail.com



John Carke memorial Fell Race

16th June 7.30pm 3.3 miles 930 ft ascent

For all those who enjoyed the ups and downs of the GBR and everyone else who wants to try a gentle introduction to fell running, this is the only category A fell race inside the M25. It is held around the Yardley Valley in Epping Forest and is well organised by Orion Harriers. It is a brilliant little low key race in a beautiful location.

Entry is via the Spond app which has to be uploaded and you need to register. Use the group code OYPHU. Entry fee is £3. Entry is also available on the day at the Orion Clubhouse, Bury Road Chingford E4 7QJ which is the race HQ and is about 15 minute walk from Chingford Station. Hugh Balfour

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

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

Download on the **App Store** | **GET IT ON Google play**

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

Home | Run | Clock | Trophy | Play | Medal | People | Menu

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@bg1.co.uk
All road, xc, fell, tri and track results etc, are welcome.

Beer Lovers' Marathon Liege, Belgium

21 May 2023

Grzegorz Galezia writes: After the spectacular failure in my Mummy London Marathon last month I needed something to put me back on my running feet. I haven't managed to do a comprehensive medical inventory-taking of my body yet so, just to be a safe side, I thought it'd be reasonable to run something relatively gentle.

The Beer Lovers' Marathon organized in Liege, Belgium, seemed to be a perfect opportunity for that.

It's a long time since I ran a proper fun run and my memories of the Medoc Marathon in France or the Wine and the Mead Marathon in Zielona Góra, Poland, have started to fade.

The Liege event prides itself on its convivialité, superb atmosphere and 15 to 20 beer stations (Belgian beer stations, on top of that), which obviously posed a challenge to less experienced... runners.



Every year the marathon has a different theme. This time it was "Cinema". Wearing a film-related costume was basically compulsory. My first thought was reviving

the Mummy but the wounds felt still a bit too fresh so I accepted an offer from a friend who happened to have Robin Hood costume to spare. A lot of runners went to great lengths to dress to impress. Naturally, there were lots of Smurfs (indigenous to Belgium), around two dozen Forrest Gumps, 20 Marilyn Monroes, the same number of Pamela Andersons, a Jesus bearing a cross, Tom Cruise flying his Top Gun aeroplane, 4 Dudes (Big Lebowski) smoking real joints and sipping their beer stoically in their shabby bathrobes, and all kinds of Jokers, Dinosaurs and Special Agents. I was happy to note that nobody remembered the guy from Sherwood Forest.

The party started already the night before. After collecting your bib, you could warm up trying 12 beers on tap, and get into the cinema mood by having a picture taken in the "Back to the Future" DeLorean car, bearing Christopher Lloyd's autograph. A nice touch was the Oscar bib with your name as the Best Actor. Despite the nice atmosphere that evening everybody seemed to be holding their horses and saving their energy for the big day.

The next morning the huge gym where the race HQ was based looked like a lunatic asylum. Nuns mingling with Borats, Supermen chatting with Asterixes, Minions taking pictures with Rockys. Catchy greatest hits music put everybody in the party mood. After a dancing warm-up and making finishing touches to the make-ups/costumes, we were off. The course ran through the city centre, bridges, towpaths, hills, valleys, bridges, fields, sheep farms, forest trails, tunnels, more bridges, boat, meadows, narrow old town passages, train station, tenement house staircase, and then, when you'd think that nothing

would surprise us, we found ourselves at the bottom of a never-ending set of steps going up at an incline of 30 degrees (marked by a welcoming inscription "Thank you for visiting without screaming"). The course planner



was a definitely a master of building up suspense (on top of being a sadist)! All this made the kilometres pass surprisingly fast. You just had no time to get bored running. But running was the easiest thing - much more important was the fuelling, or rather, to be more accurate, boozing strategy, as getting it wrong with the Belgian beer

(ranging from 5 to 15%) could have disastrous effects. I took it as a point of honour to have a drink at every station, and this year there were 15 of them. Each one, apart from unlimited quantities of beer, served typical running snacks, like ham, cheese, white pudding, salami or chips with the mayo sauces.



Each station normally had a different film theme, so there was a Braveheart station with live bagpipes players, a Jurassic Park one featuring live dinosaur fights, a Horror Tunnel with thick smoke, strobe lights and black-lipped nuns pouring the beer, and many others. The music at the pit stops was too good to resist. So after, or while having a drink, we would join the crazy dancing crowd before taking off again, to jog a bit and realize that there was another station 1 or 2 km away! So, as you can imagine, it wasn't a piece-of-cake type of marathon.

I ran with my tested Polish friends and we intended to make the best use of the Belgian hospitality, but still make it to the finish line. Last year the last obstacle on the course a slide from which you slid down to cross the line. This year there was a foam party right after the finish line. You would think that one grows out of things like splashing about in puddles or foam, but you're wrong. I didn't see a single runner who would resist the temptation. After the foam party we proceeded to stuffing



ourselves with proper cinema food - pizza and hot dogs, and then moved inside the hall to continue the drinking and dancing. The party lasted till 6 but my crew didn't feel like ending such lovely day so early, so we moved to a nearby beer garden to try some new types of beer, followed by a few rounds of Aperol Spritz. Ultimately we returned to the hotel after 12 hours of serious exercise. It wasn't an easy day at the office.

All in all, the Beer Lovers' Marathon is an mind-blowing race. I give it 10 out of 10 points. The organizers made sure everything was perfect - the course, the music, the food and obviously the drinks. What was striking was that there was no medical staff to be seen! But surprisingly there was no need for that. Nobody was drunk, sick or disorderly. Only at the disco there were, understandably, a few falls.

The race pack included compression socks, themed baseball hat and special bib belt with a cup and cup holder. The finisher's medal in the form an Oscar-shaped bottle opener was also a superb idea (my first medal that will not just collect dust on the wall). And the Nobel prize-worthy course would make the race exciting even without the booze.

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

Banstead Woods

199 ran
Pos Gen
6 6 Tony Tuohy 19:56

Richmond

413 ran
Pos Gen
176 30 Ros Tabor 27:06
196 144 Andy Murray 27:42

Bromley

591 ran
Pos Gen
349 256 Peter Jackson 29:12

Beckenham Place

333 ran
Pos Gen
67 54 Paul Hodge 24:20
159 38 Claire Barnard 27:55

Crystal Palace

383 ran
Pos Gen
27 1 Yvette Dore 21:48
36 2 Laura Denison 22:10
50 43 David Benyon 22:56
90 76 Matthew Trueman 24:46
109 12 Belinda Cottrill 25:29
258 74 Jenny Bomers 30:48
345 128 Chris Bell 36:57
354 198 Bob Bell 38:33

South Norwood

170 ran
Pos Gen
3 3 Andy Bond 17:57
39 7 Carys Morgan 24:33

Nobles

102 ran
Pos Gen
62 44 Paul Hilton 31:42
92 57 Steve Wehrle 2ndCl. 42:04

Wycombe Rye

499 ran
Pos Gen
10 10 John Kazantzis 19:53

Dulwich

657 ran
Pos Gen
5 5 Thomas South 16:22
22 1 Nikki Sturzaker 18:23
27 20 Rupert Winlaw 18:30
29 21 Shane Donlon 18:32
31 23 Mark Callaghan 18:38
51 38 Matthew Ahluwalia 19:30
59 44 Rob Fawn 19:57
69 54 Robert Tokarski 20:12
75 58 Chris Lawrence 20:20
77 6 Michelle Lennon 20:29
85 66 James Blackwood 20:50
106 83 Stephen Trowell 21:35
116 91 Miles Gawthorp 21:47
125 98 Lee Wild 21:54
131 104 Sum Mattu 22:01
155 123 Ajay Khandelwal 22:29
180 144 Hugh French 22:53
206 163 Graham Laylee 23:30
264 203 James Gordon 24:42
352 251 Ian Sesnan 26:29

Hilly Fields

238 ran
Pos Gen
7 7 Joe Farrington-Douglas 19:18

Burgess

515 ran
Pos Gen
26 25 Matthew Wright 19:43
199 160 Hugh Balfour 25:19
384 114 Stephanie Burchill 31:05

Chelmsford Central

676 ran
Pos Gen
8 7 Jonathan Whittaker 18:31

Southwark

401 ran
Pos Gen
65 53 James Wicks 21:40
180 139 Gary Budinger 26:15

Peckham Rye

283 ran
Pos Gen
31 4 Ola Balme 21:45

Lullingstone

58 ran
Pos Gen
18 12 Michael Dodds 28:41
27 9 Clare Wyngard 30:39

Dartford Heath

81 ran
Pos Gen
6 5 Michael Fullilove 22:19

Malling

307 ran
Pos Gen
84 75 Nicholas Brown 25:50

Bedgebury Pinetum

148 ran
Pos Gen
12 3 Kim Hainsworth 21:54

Centennial

335 ran
Pos Gen
127 82 Tim R Taylor 25:46

The Old Showfield

181 ran
Pos Gen
56 5 Katie Prior 23:39

Charlton

198 ran
Pos Gen
32 32 Stephen Smythe 22:26

Southall

82 ran
Pos Gen
3 3 Tommaso Bondoni 19:04

Thames Path, Woolwich

479 ran
Pos Gen
100 91 Dave West 23:42
199 157 Paul Keating 27:22
454 192 Claire Steward 52:16

DULWICH RUNNERS KIT

Vests £18 each
 T-shirts short sleeved £20 each
 T-shirts long sleeved £22 each
 Socks £5 pair
 Buffs-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



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



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



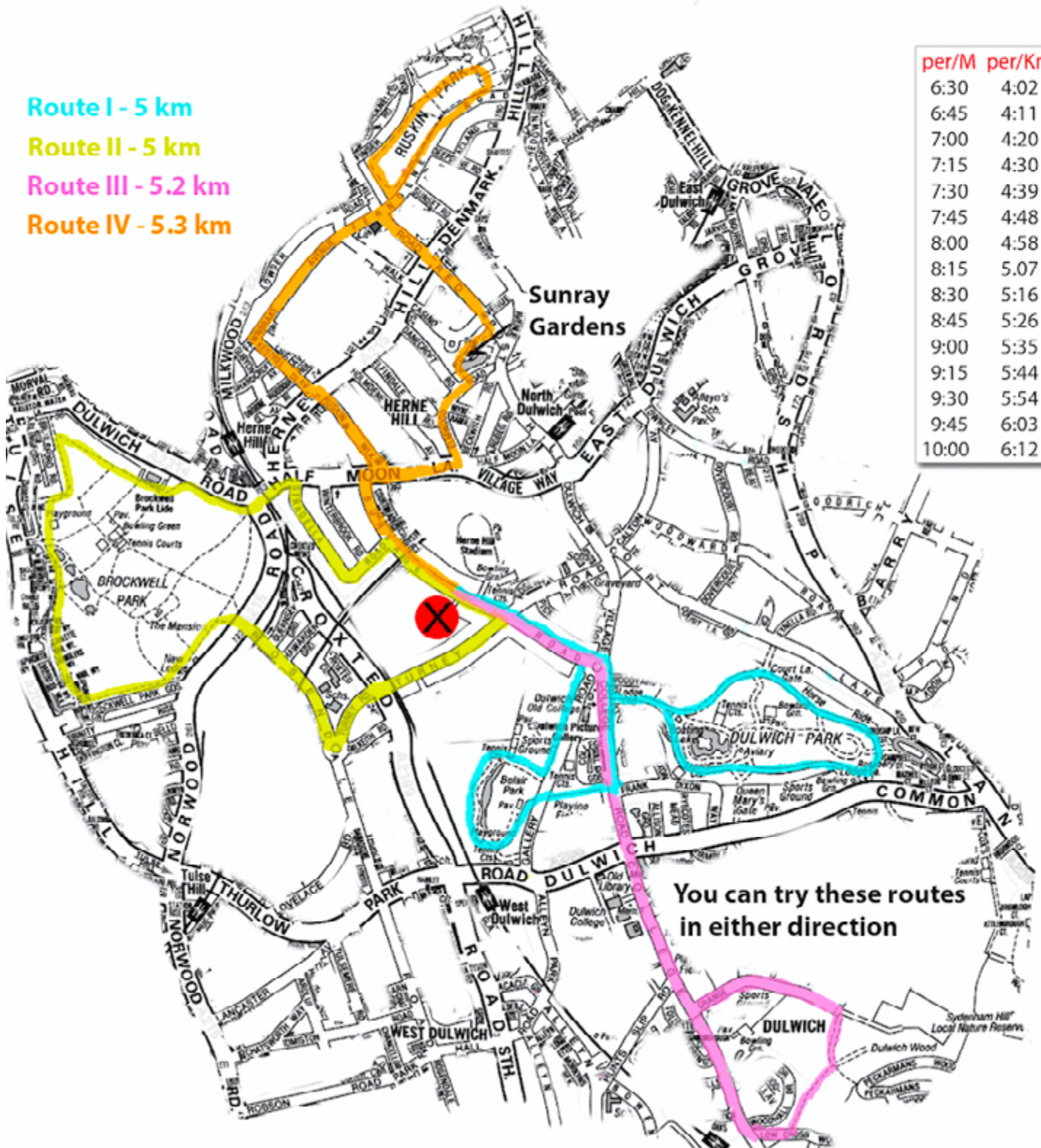
Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer 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

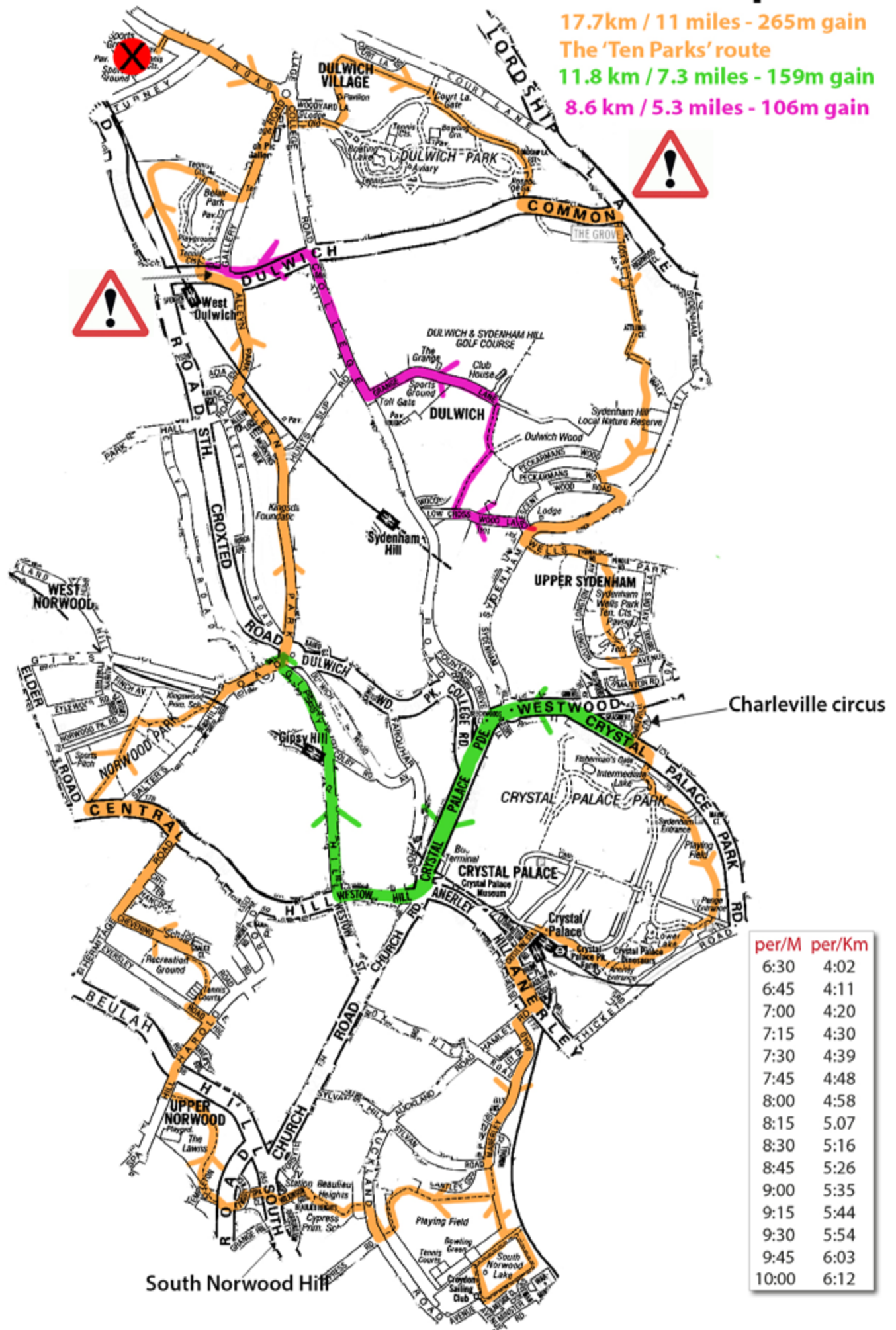
Dulwich Runners Summer Map 1

17.7km / 11 miles - 265m gain

The 'Ten Parks' route

11.8 km / 7.3 miles - 159m gain

8.6 km / 5.3 miles - 106m gain



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