



These are your SHORTS

Please send any reports, running news etc to:

barry@bg1.co.uk or barry@1bg1.com

DEADLINE for submissions 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start

£1 fee per run pay contactless only.

Changing rooms, showers & bar available.

Paces and distances to suit all abilities

Tuesday speed work suitable for all abilities (see page 7)

In your SHORTS this week !

- 1 General notices
- 2 Fixtures
- 3 Club runs & training
- 8 Race reports and results
- 10 Club kit
- 12 Wednesday night map.

Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Please remember to sign in and pay your £1 on arrival at the clubhouse for the Wednesday run

Like us on Facebook @dulwichrunners

Connect with us:



2023/24 membership renewals

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
May 4	Assembly League 3.5M 7.30pm start	Victoria Park
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
Jul 1	Brockwell parkrun - S	Brockwell Park
6	Assembly League	tbc
14	Golden Stag Mile - S (alternative to June 3 Tracksmith)	Finsbury Park
15	Elmore 7 - L	Chipstead, Surrey
Aug 3	Assembly League	Victoria Park tbc
Sep 3	Big Half - L	Central London
7	Assembly League	Beckenham Place Park tbc

NOTE: All Assembly League dates and venues to be confirmed

Dulwich Runners Midsummer Relays' the evening of Wednesday 21st June

This is a great club event in our summer calendar, save the date. More details to follow but we will want runners and volunteers. If you're interested in being part of the organising team, please contact Ange - dulwichchair@gmail.com

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.enthus.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

Entries now open, prices as follows -

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

Community Places - We've 25 community places at £10 each - unfortunately not the 50 we asked for. If you'd like one let us know. (If you haven't already.) Give your name at the club on Wednesday evening or email dulwichchair@gmail.com

If there are more keen people than places, names will be entered into a ballot. Unlucky people will have another chance if we are given more places, although I don't know when or if that would be.

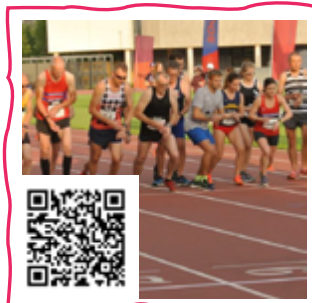
Dino Dash Relays

Wednesday 14 June at 7.30pm.

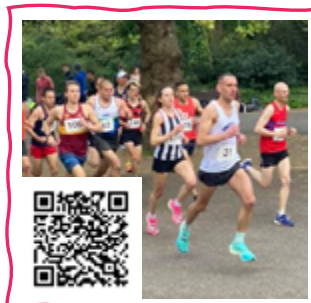
Team captains will be in touch. <https://crystalpalacefunrunners.co.uk/dino-dash> for more details

Dulwich Runners Club Championships 2023

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



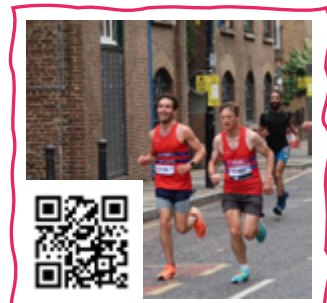
1 mile (SHORT CATEGORY)
 Tracksmith Mile, Tooting Track
Saturday 3 June 2023, 2.00pm
 Likely to sell out well in advance.
 The Golden Stag Mile at Finsbury Park on Friday 14 July will remain as an alternative.



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



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



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

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

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

<https://register.enthus.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

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



weekend of 13th & 14th May

This is described by the organisers as a 22-stage running relay covering 220 miles of the Green Belt around the outside of London over a single weekend. The course follows footpaths and towpaths as much as possible, plus some minor roads.

It largely follows the Green Belt Way which is a long distance footpath, with a variety of scenic landscapes ranging from rivers, meadows, fields and hills to market towns and villages.

Teams are 11 people who all run one stage on both Saturday and Sunday. Although the race is a relay, each stage starts at a fixed time which allows each stage to be a competitive race in its own right. The length of each stage varies but we will always try to match runners with stages according to distance and difficulty, as this is an event for all standard of runners. We have entered a team so we need 11 people to fill it, plus some reserves to cover last minute injury/illness etc.

Have a look at these links: <https://www.dulwichrunners.org.uk/green-belt-relay> & www.greenbeltrelay.org.uk

To be in the team/or more information, email Ange - dulwichchair@gmail.com or let me know on a Wednesday evening.

Assembly League

What is the Assembly league ?

- A summer evening race series that ran every year from 1975 to 2019 with a partial return 2022 and full season of 6 races is planned for 2023.
- Races free to enter, no need to book in advance, men and women run together.
- A competition between 15-20 London running clubs from north and south of the river.
- Extremely popular, all first and second claim members encouraged to take part whatever your standard or ability
- Just turn up on the evening with a club vest and we'll give you a number to pin on your vest. Club vests can be bought from Ros Tabor on a Wednesday evening.
- Races normally either 5km or 5.6km (3.5 miles) and usually start at 7.30pm unless otherwise advised.
- Beckenham uses the parkrun course, mixture of surfaces so consider this in your shoe choice.
- After each race organisers normally have a bar for food and drink.

All dates and venues TBC - all on Thursdays

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:

- Kent AC Coronation Games (including the Gunpowder Mile): Sunday 7 May - Entries close 1 May - <https://data.opentrack.run/en-gb/x/2023/GBR/kent-ac-open/>
- Cambridge Harriers / BMC Open: Wednesday 24 May - Entries close 20 May. Cambridge Harriers full schedule of open events is available for bookings. - <https://entry4sports.co.uk/#/> scroll down to their events
- Blackheath and Bromley Open including 3000m - 25th May (entries close 21 May) <https://entry4sports.co.uk/#/> scroll down to their event
- Newham & Essex Beagles Open: Monday 29 May - Entries close 26 May. <https://entry4sports.co.uk/#/> scroll down to their events
- Herc Wimbo 1500m Night - Wednesday 31 May - **SOLD OUT**

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

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

Shoes

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

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

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

County Championships

- Kent Senior T&F Championships 13-14 May, Norman Park - entries close 21 April <http://www.kcaa.org.uk/track-field.htm>
- Kent Masters T&F Championships TBC
- Surrey T&F champs entries - close May 4
[Surrey Track & Field Champs 13/05/2023](#)
- Surrey Senior T&F Championships May 2023
- Surrey Masters T&F Championships June 2023 (cancelled)

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

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

English Fell Racing championships 2023

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

May 13	Fairfield Horseshoe - AM 14.5km/9 miles; 914m/1999' Rydal Hall, Cumbria.
June 3	Duddon Valley - AL 29km/18 miles; 1830m/6004' Newfield Inn, Seathwaite, Cumbria.
July 23	Chapelfell Top - AS 7km/4.4 miles; 400m/1312' - St. John's Chapel, Weardale.
Aug 20	Sedbergh Hills - AL 22.5k/14miles; 1830m/6004' - Sedbergh, Cumbria (British Counter)
Sept 23	John Hewitt Shelf Moor - AS 9.1km/5.7miles; 457m/1499' - Old Glossop, Derbyshire.

Masters International Championships

16 Apr - British Masters 10k Road Champs - Grangemouth	20 Aug British Masters 10 Mile Road Champs Prudhoe
20 May - British Masters Open Road Relays - Birmingham	08 Oct - British Masters Marathon Champs - Chester
04 Jun - British Masters 1 Mile Road Champs - Edinburgh	Oct? British Masters 1/2M Champs Gravesend
25 Jun British Masters 30km Multi-Terrain Champs Gravesend	03 Dec - British Masters 5k Road Champs - London

Marathon recovery

Many congratulations to all of you who have already completed a spring marathon, and good luck to those about to do so. Enjoy the celebrations! Running 26.2 miles is a hard arduous thing to do: if you are lucky you might bounce back to normal fairly quickly but you do need to allow your body time to recover and avoid returning too soon to regular focused training. Mentally, you might also want a break and to think about and to do other activities. It's well worth being patient and avoiding rushing back into structured training too soon and then have weeks of little niggles that get in the way of more sustained training as your next target race approaches.

So you might want to have a week or two of no running, with some gentle walking and low-intensity non-weight bearing exercise such as swimming or cycling, perhaps a massage too, and then gradually returning to running, with some easy runs, a few strides to re-

familiarise yourself with faster running but without over-loading yourself, and keeping any runs to a maximum of an hour or slightly longer until a fortnight after your race, after which you could gradually increase your training over a few weeks and then return to interval training after perhaps a month or so. But be flexible and don't feel guilty if you need or want a longer break, particularly if you missed a chunk of training, you really "emptied the tank" (much more so than normal or expected), if this was your first marathon or if you are older than most. Nothing magical happens to your body after two weeks or four weeks, it's a gradual process and your return to training should respect that, so monitor how you feel and not be a slave to a schedule or the club's training sessions.

Once you've recovered then there are lots of great races to do over the summer months, in particular several club championship races and the Assembly

League (for which I hope as many races as possible take place). Your marathon training should serve you well here and our Tuesday track sessions should add in some extra speed. Varying your training stimulus and target races should also avoid monotony and thereby overtraining, even if these aren't massive priorities for you.

I know that many of you will be planning an autumn half or full marathon, and our Tuesday sessions over the summer should help you get in shape for these. Anyone planning to run Berlin on 24 September will have plenty of time to race a mile in June and early July before their training focus shifts to something more specific. I'll provide some more full and half marathon focused advice closer to the time but do get in touch if you have any questions or want any specific advice.

Tom Poynton tpoynton@hotmail.com
Coach in Running Fitness

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.

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



Celebrating 250 parkruns Saturday 22nd April

I am running my 250th parkrun on Saturday at Fulham Palace. I'd be pleased to see fellow DRs at the event. Barrie John Nicholls

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.



v1 **Dulwich Runners**

For the latest results, personal and club records, leaderboards and runners' stats, championships standings and awards, please go to:

app.dulwichrunners.org.uk

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

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
Timer
Awards
Next
Goals
Profile
More

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

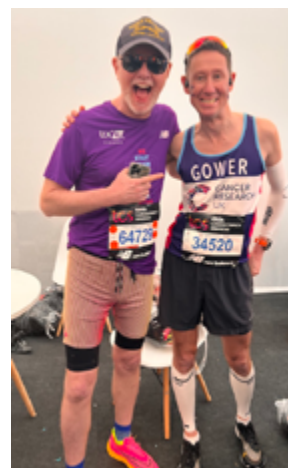
Race Reports & Results

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

London Marathon



A marathon PB, taking 3min 21 sec of my time in Berlin last year, despite a slew of injuries. My sub3 has been a long time coming! Felt strong throughout, finishing in 2:58:30 with a 10 second negative split. Thanks to Josh for running with me - in return, I gave him a spare safety pin from my bib as his came loose and was about to fall off!! Huge thanks to all the DR's out supporting and for so generously supporting my fundraising efforts for Cancer Research UK. - Gower Tan



Ted Pepper more than 10km

1st May 2023

Dave West writes: On a grey day with light winds, this ought to have been a bank holiday treat given that it started and finished on the track that the UK's fastest woman calls home and with parts of the course along the route of the country's 2nd fastest Parkrun. However recent rain had resulted in sections of the off-road part of the course being deemed unsuitable for anything other than 12mm spikes or Tough Mudder and a diversion was devised which ended up making the total distance around 10.62km. Also, at 5am that morning, one of the organisers built a temporary bridge across an area that had turned from a bog to a stream overnight. Nevertheless, this was, as usual, an event well-organised by Blackheath & Bromley albeit a little tougher than recent editions with 335 finishers overall.

There were 10 Dulwich finishers plus Hugh's daughter Pippa joining the fun. Hugh was both first home for the club and first in his age category on his birthday. Some of us stayed

Hugh Balfour adds.... Today was going to be a good day. It was my birthday, my first 10K (they are normally on a Sunday – not great for vicars!) and my daughter Pippa was coming with me for her first race. We joined a good group of DRs, sadly missing Mike Mann whose car got a puncture on the way there.

The race is held in memory of Ted Pepper, a Blackheath and Bromley runner who sadly died in the Three Peaks Fell Race in 1978. It is a well organised off road 10k round Norman Park and the countryside to the south. It was probably never a pb course, but this year it was considerably slower due to the cross-country style mud and the fact that a last minute course change to avoid a bog added an extra 600m.



Dave, Joanne, Claire, Paul, Hugh, Colin

behind to sample the new clubhouse which only opened on 23rd March. Our hygiene consultant, suggests that the shower cubicles are very narrow but the ladies' changing room is vast currently lacking in mirrors and lockers. The bar and café were very busy after the race, but coffees were eventually procured albeit without chocolate sprinkles on the Cappuccino. However, it's a pleasant space with views across the track including, on this occasion, Dina Asher Smith preparing for a session. All-in-all a very good facility that is also accessible to the local community.

The café is now open all day throughout the week, including after Parkrun.

50	Hugh Balfour	49:01	V65 1
54	Mark Foster	49:18	V55 7
59	Michael Fullilove	49:45	V55 9
68	Martin Double	51:00	V45 12
124	Dave West	55:56	V60 8
139	Carys Morgan	56:53	V45 11
140	Colin Frith	57:07	V65 6
155	Pippa Balfour	58:12	SW 6
194	Paul Keating	1:01:05	V55 20
198	Joanne Shelton Pereda	1:01:36	V45 18
247	Claire Steward	1:07:00	V70 3

We started with a lap and a half of the running track before heading out in the park and countryside. I was running with Martin, with Mark and Mike quickly going ahead. I expected them to disappear into the distance, but to my surprise they stayed in sight for the first few kilometres. I managed to get away from Martin, who still had the Manchester Marathon in his legs and found the second half tough going. Eventually I realised that I was gaining on Mike and Mark and much to my surprise I overtook them about 2K from home.

The rest of the Dulwich contingent put in solid runs, including Claire who had not run as far as this for many months and who put in a great effort in what were challenging conditions. This was shown by the fact that the winning time this year (38:37) was the slowest ever by over 2 minutes.

Serpentine Last Friday 5k Hyde Park

28 April

Perfect conditions for the last Friday 5k this month - Ros Tabor

Murray Humphrey	18:01
Andy Scott	19:01
(Matt Ladds	19:50)
Ros Tabor	25:40
Gary Budinger	27.22

Crystal Palace Canter 5k

2 May

Numbers were down for this month's Canter and 3 out of the 4 taking part were suffering from heavy legs following the previous day's Ted Pepper 10k+ bog snorkelling escapade. - Mike Mann

Mike Mann	23:43
Dave West	25:06
Paul Keating	28:20
Claire Steward	29:48

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.

Roundshaw Downs

508 ran
Pos Gen
98 88 Sam Jenkins 25:38

Bromley

647 ran
Pos Gen
13 1 Kay Sheedy 17:53

Hackney Marshes

373 ran
Pos Gen
34 34 Justin Siderfin 20:40

Town Moor

603 ran
Pos Gen
115 99 Sum Mattu 22:37

Brockwell , Herne Hill

371 ran
Pos Gen
1 1 Aaron Wilson 16:38
3 3 Thomas South 16:44
20 18 John Kazantzis 20:24
19 1 Liberty Simpson 20:24
40 34 Mark Foster 21:19
46 40 Lloyd Collier 21:34
56 48 Stephen Trowell 21:58
58 7 Catherine Buglass 22:03
99 81 Graham Laylee 23:46
207 51 Sharon Erdman 27:22
371 189 Ian Sesnan 55:40

Beckenham Place

308 ran
Pos Gen
36 3 Michelle Lennon 21:55
46 5 Ola Balme 22:34
61 10 Lucy Pickering 23:38
67 11 Eleanor Simmons 24:03
101 15 Ange Norris 25:18

Crystal Palace

428 ran
Pos Gen
3 3 Matthew Trueman 18:34
31 1 Yvette Dore 21:40
59 53 David Benyon 23:02
157 25 Belinda Cottrill 26:17

385 212 Bob Bell 36:09

Whitstable

360 ran
Pos Gen
6 6 Alastair Low-Macrae 19:12
7 1 Polly Warrack 19:12
70 11 Teresa Northey 24:52

Riddlesdown

122 ran
Pos Gen
21 4 Laura Vincent 23:25
27 21 James Wicks 24:23

Eastville

566 ran
Pos Gen
31 28 Jamie Robinson-Nicol 20:35

Mile End

336 ran
Pos Gen
1 1 Andy Bond 16:13

Dulwich

510 ran
Pos Gen
23 20 Mark Callaghan 18:46
27 23 Rupert Winlaw 19:08
75 62 Hugh French 21:25
203 149 Paul Vivash 25:07
408 141 Stephanie Burchill 32:12
505 209 Susan Vernon 45:23

Hilly Fields

235 ran
Pos Gen
6 6 Joe Farrington-Douglas 19:55

Southwark

414 ran
Pos Gen
101 85 Dave West 23:32
143 108 Barrie John Nicholls 25:12
161 37 Joanne Shelton Pereda 25:55
194 141 Paul Keating 26:53
195 142 Ebe Prill 26:54
206 51 Claire Steward 27:25
228 62 Lindsey Annable 28:13
259 163 Paul Hilton 29:06

286 171 Peter Jackson 30:06

Warszawa-Praga

92 ran
Pos Gen
18 18 Edward Smyth 21:22

Preston Park , Brighton

553 ran
Pos Gen
1 1 Theo Gittens 17:10
153 124 Nicholas Brown 24:51

Clumber Park

324 ran
Pos Gen
8 8 Matthew Wright 20:10

Fulham Palace

546 ran
Pos Gen
271 65 Ros Tabor 27:06
335 208 Andy Murray 28:45

Peckham Rye

336 ran
Pos Gen
42 40 Lee Wild 21:18
55 5 Emma Ibell 22:09
57 51 Huw Russell 22:21

Folkestone

364 ran
Pos Gen
15 1 Kim Hainsworth 20:10

Jersey

277 ran
Pos Gen
7 6 Jonathan Whittaker 19:04
274 149 Chris Vernon 71:38

Sutcliffe

206 ran
Pos Gen
22 20 Michael Fullilove 21:36

Ancholme Valley Way

123 ran
Pos Gen
27 20 Colin Frith 24:42

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

Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



DULWICH RUNNERS' SHORTS - All sizes available
Traditionally cut either 'racing' style, or slightly longer – Both styles are a bargain £15.



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



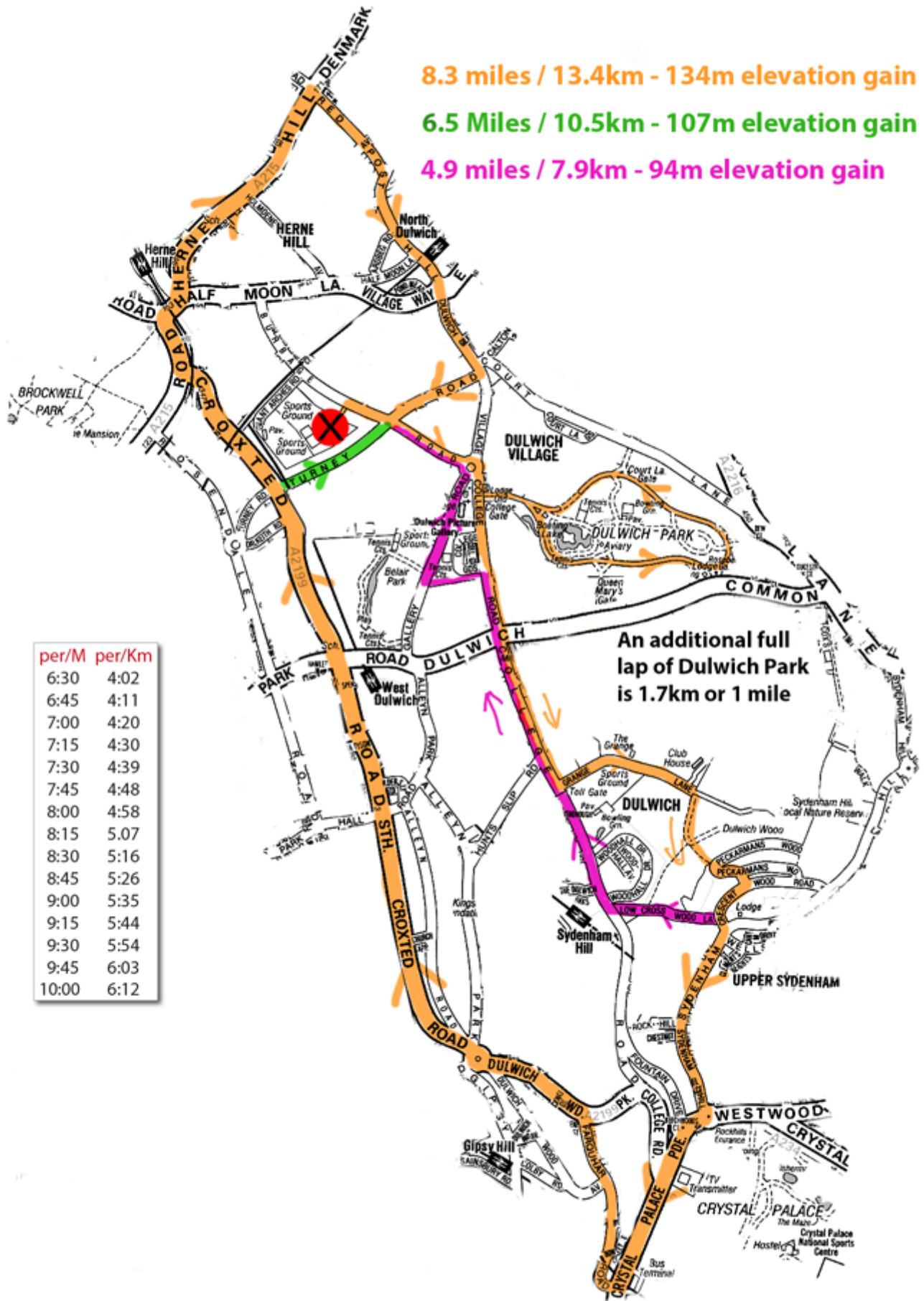
Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer Map D

8.3 miles / 13.4km - 134m elevation gain

6.5 Miles / 10.5km - 107m elevation gain

4.9 miles / 7.9km - 94m elevation 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

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