



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
- 8 Race reports and results
- 10 Club kit
- 12 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

Please read Shorts each week as all information is always put here.

Facebook and WhatsApp are also widely used.

Facebook group - <https://www.facebook.com/groups/2409157697>

To be added to the WhatsApp group - contact Ebe - dulwichchair@gmail.com

to the ladies' WhatsApp group - contact Kay/Katie - dulwichladiescaptain@gmail.com

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

'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 (alt. club champsmile event), Friday 14 July. Bookings open 1 June.
<https://meets.rosterathletics.com/public/competitions/details/about?id=16697> **S**
- 15 July Elmore 7 **L** <https://register.enthus.com/ps/event/SLHElmore72023>
- 3 Sep Big Half **L** <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 – the draw for community places has been done

Names were pulled out with a 50/50 split between male and female. Everyone successful has been emailed. Please reply asap.

We have applied for some more community places, but there is no indication when, or if, we will receive any. If we do, the people who were unsuccessful this time will have priority.

Assembly League 1 June 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.

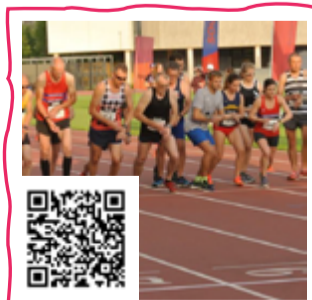
If you are available and not running please contact me asap at mcmann90@yahoo.co.uk. We have supported these races over many years now and this is one of the rare occasions that we will be hosting it. It is important that we have sufficient volunteers to ensure that the race proceeds smoothly.

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!



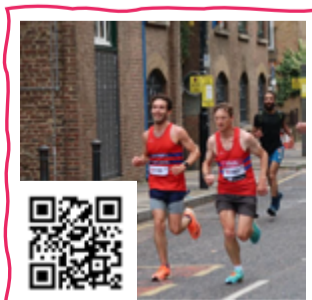
1 mile (SHORT CATEGORY)
 Tracksmith Mile, Tooting Track
Saturday 3 June 2023, 2.00pm
 Likely to sell out well in advance.
 The Golden Stag Mile at Finsbury Park on Friday 14 July will remain as an alternative.



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.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

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:

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).

effort + v.slow jog rec).
Note: midsummer relay on Wed.

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

20 June - Field – 2*(3mins @5k effort + 90 secs rec).

Track – 4*(90 secs @3k effort + 1 min rec) + 3*(225m @1 mile

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

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: ebepriill@yahoo.co.uk

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

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

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

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.

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

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

1. You can enter as a team via Opentrack - enter via relay entry (second green box), choose 'or add a club not in the database' and include DR in the unique name), <https://data.opentrack.run/en-gb/x/2023/GBR/dr-midsummer-relay/>
2. If you do not have a team and would like to be added to a Dulwich one, let Ange know - dulwichchair@gmail.com If not running, it would be great if you help on the night. Let Alice know if you can - alice.williams1712@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

Scan me to enter

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

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



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:

- 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/>
- Golden Stag Mile (alt. club champs mile event), Friday 14 July. Bookings open 1 June. <https://meets.rosterathletics.com/public/competitions/details/about?id=16697>
- Finsbury Park 5000s: 21 July. open for booking on 9 June <https://data.opentrack.run/en-gb/x/2023/GBR/finsbury-park-5ks/>
- Cambridge Harriers - 19 July & 16 August. Entries close 4 days in advance.
- 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

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.

10% off on Sportshoes.com for the club

With a monthly code. Please don't share outside of Dulwich Runners.

The new code for the month of June is - **HXBW5** - valid until 3rd of July 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.

Make sure to select United Kingdom in your shipping address to apply the promotion code without errors

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.



Collecting diversity information

Just a short note to let you know that you will shortly receive, by email, a Google form from the club asking for diversity information. Keeping this information will help us make better informed decisions about our membership, and help us to provide information about our club when applying, for example, for any grants to help improve inclusivity, or in accessing community places at running events. It will also help enable us to be more proactive in seeking to be as representative of the local community as possible.



The information you send will be treated in strictest confidence and used solely for the purpose of compiling anonymous statistics. We won't know who has completed the form unless you elect to tell us. Completing the form is completely voluntary of course. If you would like any further information or have any ideas around improving the inclusive nature of our club, please drop me an email or have chat with me. - Best - Mark markafos@gmail.com

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**.



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

Easily the most successful Dulwich Runner of all-time Clare Elms features on the Runner's Life podcast here.

<https://podcasts.apple.com/gb/podcast/163-clare-elms-british-masters-title-holder-of-20/id1504303593?i=1000614945180>

A Runner's Life: #163 - Clare Elms - British Masters Title Holder of 20+ World & UK Records on Apple Podcasts

Show A Runner's Life, Ep #163 - Clare Elms - British Masters Title Holder of 20+ World & UK Records - 29 May 2023
podcasts.apple.com

Serpentine Last Friday 5k Hyde Park

26 May 2023

Andrew Scott	19:11
Ros Tabor	25:41
Gary Budinger	26:17

Banstead Woods

209 ran			
Pos	Gen		
9	8	Tony Tuohy	19:55
84	18	Teresa Northey	26:01
85	19	Ange Norris	26:02

Richmond

405 ran			
Pos	Gen		
153	118	Barrie John Nicholls	25:39
226	63	Lindsey Annable	28:38

Roundshaw Downs

Pos Gen

28	24	Tommaso Bendon	23:35
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Wakefield Thornes

316 ran			
Pos	Gen		
119	19	Claire Barnard	27:11

Harrow

252 ran			
Pos	Gen		
49	43	Sum Mattu	24:11

Beckenham Place

311 ran			
Pos	Gen		
12	12	Sam Jenkins	19:33
95	6	Eleanor Simmons	24:22
96	87	Michael Mann	24:39
165	136	Rob Mayes	27:34
217	156	Peter Jackson	30:19

Crystal Palace

349 ran			
Pos	Gen		
42	6	Yvette Dore	22:42
47	39	Paul Hodge	22:56
87	13	Belinda Cottrill	24:21

Valentines

256 ran			
Pos	Gen		
43	38	Dave West	24:03
91	75	Paul Keating	26:54
222	66	Claire Steward	36:26

Whitstable

332 ran			
Pos	Gen		
13	2	Michelle Lennon	21:35

Riddlesdown

177 ran			
Pos	Gen		
12	11	James Wicks	21:42

Eastville

535 ran			
Pos	Gen		
55	49	Jamie Robinson-Nicol	21:23

Dulwich

657 ran			
Pos	Gen		
20	18	Tom Barker	17:32
45	39	Rupert Winlaw	18:40
85	72	Austin Laylee	19:57
103	85	Ebe Prill	20:15
105	12	Lucy Mordaunt	20:16
146	17	Polly Warrack	21:08
152	126	Stephen Trowell	21:22
159	131	Lee Wild	21:29
168	20	Ola Balme	21:40
186	150	Miles Gawthorp	22:06
211	27	Lucy Pickering	22:29
221	177	Ajay Khandelwal	22:40
296	230	James Gordon	24:19
375	276	Lloyd Collier	25:41
396	284	Michael Dodds	26:16
433	299	Harry Lawson	27:22

Orpington

184 ran			
Pos	Gen		
159	112	Steve Wehrle 2nd Cl	36:30

Tonbridge

495 ran			
Pos	Gen		
131	110	Nicholas Brown	25:05

Lanhydrock

155 ran			
Pos	Gen		
13	12	Chris Lawrence	22:53

Peckham Rye

317 ran			
Pos	Gen		
8	7	Joe Farrington-Douglas	18:32
14	13	James Blackwood	19:03
21	20	Wander Rutgers	20:23
22	21	Justin Siderfin	20:34
66	57	Dan Hill	23:13
85	71	Graham Laylee	23:59
111	90	Hugh French	25:02
155	113	Andy Murray	26:45
160	26	Ros Tabor	26:59

Folkestone

353 ran			
Pos	Gen		
15	1	Kim Hainsworth	20:22

Burnham & Highbridge

282 ran			
Pos	Gen		
1	1	Hugh Stobart	17:18

Leicester Victoria

362 ran			
Pos	Gen		
76	9	Marjorie Epton	24:10

Stratford-Upon-Avon

330 ran			
Pos	Gen		

173	38	Clare Wyngard	27:09
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Portsmouth Lakeside

254 ran			
Pos	Gen		
58	50	Colin Frith	24:33

Worthing

527 ran			
Pos	Gen		
243	194	Joseph Brady	26:32

Macclesfield

270 ran			
Pos	Gen		
99	77	Alex Loftus	26:25

Catford

191 ran			
Pos	Gen		
22	21	Hugh Balfour	21:54

Dinton Pastures

307 ran			
Pos	Gen		
6	5	Mark Callaghan	19:29

Cliffe Castle

90 ran			
Pos	Gen		
75	30	Chris Bell	39:56
81	48	Bob Bell	44:08

Centennial

381 ran			
Pos	Gen		
17	16	Tim R Taylor	19:39

Uckfield

122 ran			
Pos	Gen		
1	1	Aaron Wilson	17:12

Bethlem Royal Hospital

93 ran			
Pos	Gen		
4	4	Eugene Cross	18:48

Charlton

183 ran			
Pos	Gen		
17	17	Michael Fullilove	20:50

Belvoir Castle

55 ran			
Pos	Gen		
7	7	Matthew Wright	22:08

Thames Path, Woolwich

366 ran			
Pos	Gen		
1	1	Euan Gilchrist	15:46
2	2	Andy Bond	16:31
46	40	Stephen Smythe	22:07

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



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

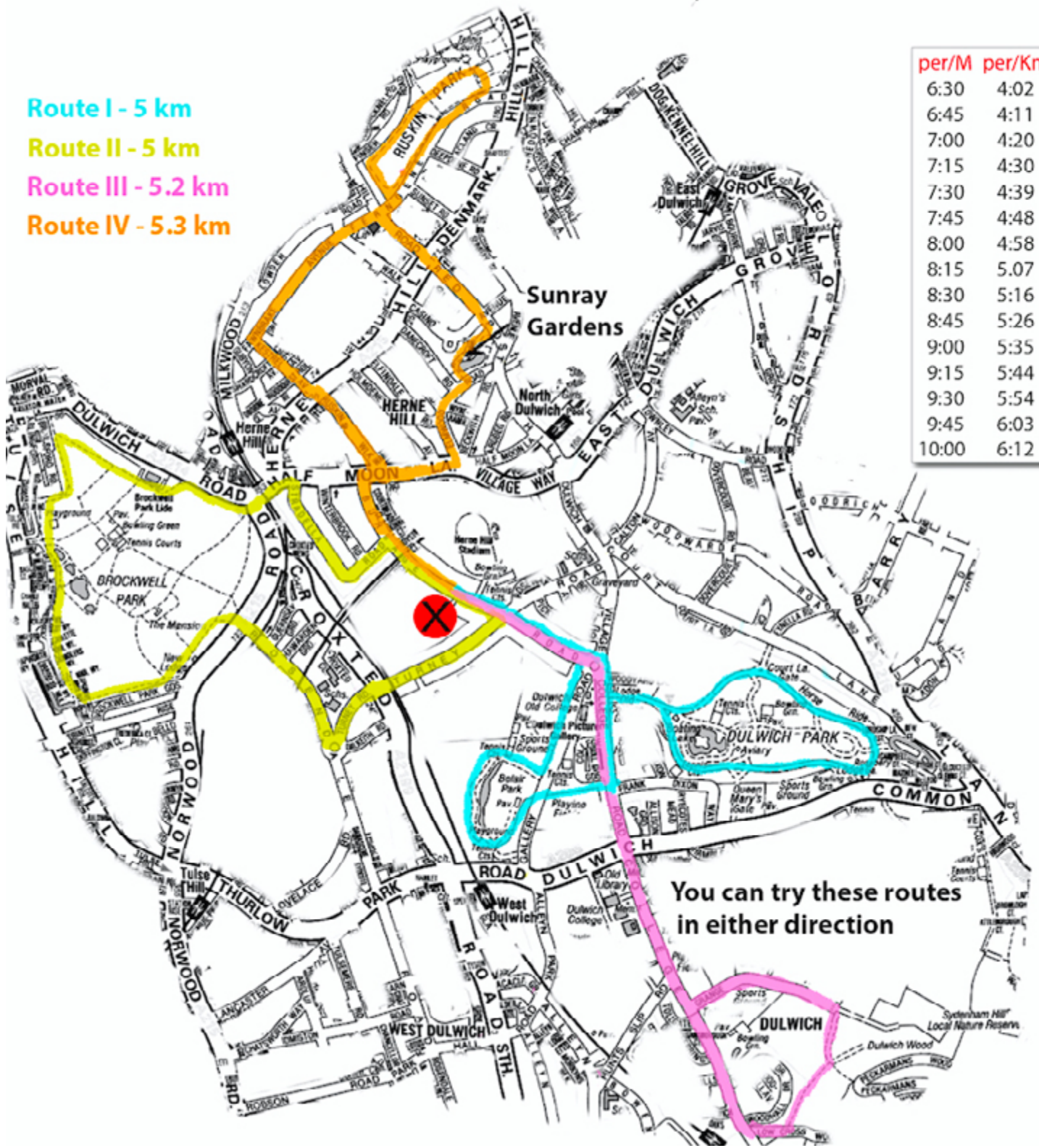


Pro Mid Layer 1-4 Zip Top

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 2

14 km / 8.7 miles - 152m elevation gain
 9.9 km / 6.1 miles - 100m elevation gain
 7.4 km / 4.6 miles - 48m elevation gain

An extra full lap of
 Dulwich Park is
 1 mile / 1.6 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

An extra full lap of
 Crystal Palace Park is
 1.75 miles / 2.8 km

